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March 2010

Healthclips

from
Herbruck Alder



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Quote

"If you live each day as if it was your last, someday you'll most certainly be right."

- Unknown

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.

National Nutrition Month



National Nutrition Month® (NNM) is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The following are a few tips on what can be done in the workplace for NNM.

- Organize a "healthy recipe" contest among employees. Have the judges be VIPs from your workplace. Award t-shirts, mugs or other items as prizes.
- Distribute coupons for discounts on a healthy meal featured in your cafeteria.
- Decorate the cafeteria with NNM materials. Have the cashier ask every 10th customer to tell them the NNM theme. Give those customers a discount on their meal, a pencil, pen or button.
- Create a "take one" box with a nutrition brochure, NNM bookmarks, Nutrition Fact Sheets, or MyPyramid handout.
- Sponsor a canned food drive, and deliver the food to a homeless shelter or food depository.

[Click here](#) for additional information.

Workplace Eye Wellness Month

The following information was



recently released by Prevent Blindness Ohio regarding Workplace Eye Wellness Month.

Vision Insurance Coverage is a Sound Investment for a Brighter Future - Prevent Blindness America Offers Free Wellness Information to Employers Emphasizing Benefits of Vision Plans and Eye Safety Programs

With healthcare costs rising and insurance benefits becoming increasingly difficult to afford, eye health can unfortunately be moved down on the priority list. Although many companies may see adding vision care coverage to their existing insurance plans as an unnecessary expense, vision benefits can actually save on costs. Dilated eye exams can even provide early detection of serious health problems such as diabetes, hypertension, neurological disorders and brain tumors.

A nationwide survey found:

- Vision disorders are the second most prevalent health condition in the United States.
- 11 million Americans live with uncorrected vision problems.
- Of a \$51.4 billion total annual economic impact that adult vision problems bring to the United States, an estimated \$8 billion is attributed to lost worker productivity.
- Two-thirds of Americans state they would be more willing to get an eye exam if they had insurance coverage.
- 63 percent would sign up for vision care coverage if given the opportunity.
- Only 17 percent of employers offer vision plans.

Prevent Blindness America, the nation's leading non-profit eye health and safety group, offers the Healthy Eyes Vision Wellness Program designed to help companies provide the tools employees need to protect their eye health. The program offers educational and promotional materials that help to deliver critical vision wellness information in the workplace.

[Click here](#) for additional information.

Helpful Health Hints presented by Herbruck Alder

Cleveland Clinic Chief on the Business of Health

Health-care reformers should study up on the Cleveland Clinic, and they know it. President Obama, who toured the clinic last July, has praised it for providing "the highest-quality care at costs well below the national norm."

[Click here](#) to read Herbruck Alder's recent blog posting regarding this article.

Low-Fat Diet Tops Low-Carb in Long Run

A low-carb diet may offer quick results, but a new study suggests that a low-fat diet may be best for long-term weight loss and maintaining a healthy weight.

[Click here](#) to read more.

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

Healthy Recipe



Chicken Pad Thai

A traditionally prepared Thai classic, lightened up. Also great with shrimp or cubed tofu instead of chicken.

[Click here](#) for recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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