



# Living WHOLE



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LOMA LINDA UNIVERSITY ADVENTIST HEALTH SCIENCES CENTER

The New Year is a wonderful time for reflection on the past and anticipation and planning for the future.

The coming year, 2008, has endless possibilities for *Living Whole!* May all of us embrace every opportunity we have to better our health in all aspects of life as we embark on a new year together.

*Olivia Moses, DrPH, administrator  
Employee wellness, LLUAHSC*

## Spiritual health

Winter. It brings images of bare-branched trees, crisp mornings and ground lying fallow—not exactly images that bring comfort and hope. Most of us survive the harsh months by looking forward to the new life of spring.

It's hard to live in the bleak times of life, to experience the harsh times of reality. And yet, the cold winter months are often what allow the rebirth of spring. Many apple and cherry trees require hundreds of hours of "chilling" (temperatures below 40 degrees Fahrenheit) in order to produce a decent crop. The cold winters facilitate tastier and more abundant fruit.

We all pass through seasons of life that leave us feeling rather cold and lacking in hope. And yet, just as the fruit trees are improved by harsh conditions, God promises that He will work in all circumstances to bring about good in our lives (Romans 8:28).

In her song "Every Season," Nicole Nordeman sings the following:

*And everything that's new has  
bravely surfaced  
Teaching us to breathe  
What was frozen through is  
newly purposed  
Turning all things green  
So it is with You  
And how You make me new  
With every season's change*

*And so it will be  
As You are re-creating me  
Summer, autumn, winter, spring.*

May you experience God's hope breathing new life into you this new year.

*Kathy McMillan, MA, director  
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## Mental health

Seems like the first of the year is all about new beginnings and resolutions, of what we will *never* do again or what we will *definitely* do from now on. The new year is usually a time of reflection and new resolves to make changes within our lives.

Many think that failed resolutions come from weak resolves. Not necessarily true in all cases.

When our bodies ready themselves to do or say anything, there is a complicated preparation that takes place within us involving perceptions, cognitions, feelings, and—eventually—behaviors. That preparation can be the difference between success and failure.

Think about past resolutions ... how much did you prepare for them? Making or instituting a drastic change without an adequate mental foundation can and often does lead to failure. With that said, it isn't a huge surprise that most people fail their new year's resolutions by February 2.

So what is a proposed solution?

Pauline Wallin, PhD, makes a few suggestions.

First, examine your motivations. Are they rooted in your desire for overall wellness?

Or are they because a friend of a friend attempted something

and it worked for them?

If you are realistic and can anticipate the commitment needed for change, your motivation will be sustained. Now you are ready to set realistic goals.

Decide based on your motivation what you can and will be able to accomplish. Find that happy medium between pushing yourself too hard and not enough. Oftentimes, identifying the objectives to eventually get you to your goal will increase your confidence.

Next, change your focus to the behavioral aspect versus the actual goal. Focusing on your behavior will allow you to feel in control of your life.

Make your tasks and goals non-negotiable. We are our worst enemy and can sabotage our most valiant efforts.

This next step could be the most significant: Allow for imperfections. We are imperfect beings and therefore make imperfect choices. Forgiving ourselves is often harder than forgiving an enemy.

And last, do it now. Tomorrow has always been and will continue to be elusive. Remember: Habits and behaviors that change gradually have a greater chance of success. This year, the American Psychiatric Association wants to make 2008 the year *you* take control of *your* mental health and enjoy life more. It is my challenge to you as well.

*Amrita S. Rai, LCSW, lead clinical therapist, LLU Behavioral Medicine Center*



## Nutritional health

At the beginning of each new year, thousands of people make resolutions to improve their eating habits. We talk about making over our eating habits—why not start by making over our kitchen? If your goal is to become healthier, a kitchen makeover is a great first step.

The concept of a kitchen makeover begins with eliminating or replacing certain food items with healthier options. When you replace items, you feel less deprived because you are eating something in their place. Here are a few tips:

- 1 **Re-examine your condiment shelf.** Throw away all thick cream-based dressings, creamers, dips, and mayonnaise. If you must replace these items, try fat-free or low-calorie dressings, mustard, ketchup, or hot sauces.
- 2 **Revamp your beverages.** Eliminate soda, or at least convert to diet soda or zero-calorie flavored waters or drinks. The goal is to drink water; however, these drinks can be a good first step.
- 3 **Throw out all bad fats.** The most obvious villains are foods containing trans-fatty acids, which have been linked to increased bad cholesterol levels. Watch for hydrogenated or partially hydrogenated ingredients, often found in non-dairy creamer, margarine, vegetable shortening, and commercial baked goods.
- 4 **Stock up on fresh fruits and vegetables.** These should be your go-to snacks—chop them up and store them so they are ready for eating when you get the munchies.
- 5 **Replace refined grains with whole grains.** Switching from white bread, regular pasta, and white rice to 100 percent whole-wheat bread, whole-wheat pasta, and brown rice will give you a high-powered boost to your diet.

These five steps will get you off to a good start. If you're worried about a household revolt, start slow and take one step at a time. Remember ... *small* steps can lead to *big* accomplishments!

**Olivia Moses, DrPH**  
Employee wellness administrator

## Physical health

It's a new year, and that means resolutions. The most popular new year's resolution is to lose weight. But what should you weigh? Here is the way to weigh.

The most common tool to help gauge ideal weight is the body mass index—or BMI. This is a measure of height compared to weight. It is calculated by one of the following formulas:

### For pounds and inches:

Weight ÷ (height)<sup>2</sup>. Then multiply your answer by 703.  
*Example:* 175 pounds, 5 ft. 10 in.  
 175 lb. ÷ (70 in. x 70 in.) = .036  
 .036 x 703 = 25 BMI\*

### For kilograms and meters:

Weight ÷ (height)<sup>2</sup>.  
*Example:* 68 kg, 165 cm (1.65 m)  
 68 kg ÷ (1.65 m x 1.65 m) = 25 BMI\*  
 \*Decimals are rounded.

The recommended BMI is found in the following table:

BMI	Weight status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

The BMI is a good gauge or rule of thumb, but it is not the final say. Each person has a different mix of muscles and bones in his or her body. Some very muscular people can have a BMI of close to 30 and be at a healthy weight for them. Others can have a BMI that's close to 24.9, but be quite overweight.

The difference is the amount of body fat. The recommended percent body fat is found in the following table:

Description	Women	Men
Essential fat	12–15%	2–5%
Athletes	16–20%	6–13%
Fitness	21–24%	14–17%
Acceptable	25–31%	18–25%
Obese	32%+	25%+

Body fat can be measured several ways. The most accurate is through DEXA (dual-energy x-ray absorptiometry) scanning or underwater weighing.



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However these techniques are not readily available at a low cost. Another good method more easily obtainable is bioelectrical impedance. This method relies on a small electrical charge to measure resistance, which is different in fat tissue when compared to muscle and bone. A variety of devices measuring bioelectrical impedance are available for home use or at a fitness facility, with varying levels of accuracy.

Measuring BMI and percent body fat can help you set your goal weight and ensure that you know the way to weigh.

**Wayne S. Dysinger, MD, MPH, chair**  
LLUSM department of preventive medicine

## Wellness calendar

### January

Cervical Health Awareness Month  
Thyroid Awareness Month

### February

American Health Month  
National Wise Health Consumer Month  
3 National Wear Red Day 2008  
3–9 National Burn Awareness Week  
14 National Donor Day

### March

National Colorectal Cancer Awareness Month  
National Multiple Sclerosis Education and Awareness Month  
National Nutrition Month  
Workplace Eye Health and Safety Month  
25 American Diabetes Alert Day