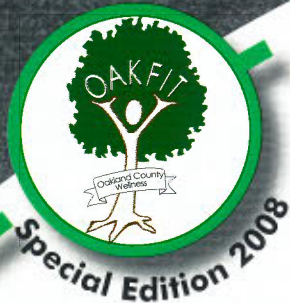


# Telegraph



## OakFit – It's Working! A message from L. Brooks Patterson



*Oakland County Executive L. Brooks Patterson during one of his recent workout sessions with trainer Dan Houston*

The Oakland County Wellness Program, now officially called **OakFit**, began as a concept in the spring of 2006 as we were faced with skyrocketing healthcare costs for active employees and future retirees. We put together the “Wellness Committee” that generated over 200 ideas on how Oakland County could assist employees with adopting healthy lifestyles and creating an environment that supports an employee’s pursuit of their health goals. I want to thank the members of the committee for their ongoing dedication to this effort.

I also want to thank the Board of Commissioners for their wholehearted support of **OakFit**. Research shows that a Return on Investment from a wellness program is not realized for 3 to 5 years. The Board took the leap of faith to support this program and fortunately, we are seeing some preliminary indications to support that this was absolutely the right decision to make.

### OakFit Mission Statement

Assist Oakland County employees with establishing and maintaining healthy behaviors in order to: improve overall quality of life, enhance productivity, and reduce long term employee/ employer health care costs.

### Wellness Program Goals:

- Build countywide awareness
- Invite participation from all employees
- Engage employees in improving overall health
- Track and measure improvement efforts in order to reduce long term health care costs

The cost for Oakland County active employee healthcare has increased an average of \$2.5 million per year during the past five years. This year, I am happy to report for the first time in nearly a decade, we are projecting active employee healthcare costs to remain level. This dramatic change represents a \$2.5 million savings in “cost avoidance” for active employee healthcare.

**OakFit** is working! Blue Cross Blue Shield reports the County’s Lifestyle Related Illnesses (illness that can be controlled through employee lifestyle choices) decreased 8.1% and the number of lifestyle related hospitalizations dropped 17.3% since last year.

Almost 1,800 Oakland County employees participated in the **OakFit** Health Screening program this year. Data shows we are lowering our bad cholesterol and increasing our good

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cholesterol, but we still need to work on our blood pressure readings and lose a few pounds around the waist. If we do it together we can become a healthier workforce.

In the second part of the Health Screenings - the Health Risk Assessment Survey - you indicated that areas important to you include weight reduction, stress management, exercise and diabetes risk reduction. The **OakFit** program offers classes, educational articles, seminars, recipes and tips to help you achieve your goals. All you have to do is get involved!

These preliminary trends are impressive given the fact that we are only completing our 2nd year in the program. Your progress is just one more reason why I'm so proud of the incredible workforce we have here at Oakland County.

In this newsletter you will read about the many events and activities currently available for employees through **OakFit**. You'll also learn about the results of our Health Screening Program and hear stories from your fellow employees about how **OakFit** has changed their lives.

Get involved! You'll find you can enjoy healthier living, improved morale and higher energy levels for work and play and hopefully lower-than-average out of pocket healthcare costs.

Exercise, proper nutrition, stress reduction and regular health screenings are the best offense for keeping your health in check. Our **OakFit** program, our employee assistance program and our benefit plans provide all the necessary tools to assist you in creating your own plan to meet your health and fitness needs.

Set a health goal today and begin improving the quality of your life for tomorrow!

## Telegraph

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## Fighting Childhood Obesity Through Education and Empowerment

Childhood obesity often leads on a path to health issues once confined to adults, such as diabetes, high blood pressure and high cholesterol. Obesity costs society nearly \$100 billion annually.



Oakland County, in partnership with Commissioner Marcia Gershenson, will be holding a conference on childhood obesity titled "Fighting Childhood Obesity Through Education and Empowerment." The conference is scheduled for Saturday, September 27, 2008 from 8:30 a.m. to 3:00 p.m. at Oakland Schools, 2111 Pontiac Lake Road, Waterford.

The purpose of this conference is to empower families and childcare professionals with techniques and evidence based strategies to promote and encourage healthy lifestyles.

Renowned obesity expert, Thomas Robinson, MD, MPH, Professor of Pediatrics and Director of the Center for Healthy Weight at Stanford University School of Medicine and Lucile Packard Children's Hospital will be the keynote speaker. Other presentations will include learning about outdoor activities in Southeast Michigan, exploring ways to create healthy menus and snacks and dealing with psychological issues of the overweight child.

In addition to the sessions for adults, there will be a program for children ages 5-12, who accompany their parents to the conference. The children's program will include fun games and activities.

For registration information, contact event management at 248.209.2500 or 888.263.3867. Registration forms are also available on the OakFit website at: [http://www.oakgov.com/intranet/wellness/programs/obesity\\_conference.html](http://www.oakgov.com/intranet/wellness/programs/obesity_conference.html).



# Quarterly Wellness Commitment

Each quarter employees are asked to voluntarily commit to their own personal wellness by (1) either not smoking or participate in a smoking cessation program AND (2) commit to an exercise program or physical activity.

Five \$200 Visa Gift Cards awarded each quarter! Remember to turn in your forms.

Congratulations to ALL of our past Quarterly Wellness Commitment Winners!!

## 2008 Second Quarter Winners

Jerome Becigneul, Probate Estates

Christopher Becker, Information Technology

Laura Huyghe, Health

Brittany Koester, 52/1 District Court

Karen Korbut, Information Technology

## 2008 First Quarter Winners

Russ Larson, Treasurer's Office

Kirk Miller, Drain

Mike Plouhar, Sheriff's Office

Denise Regal, Sheriff's Office

Kristine Wood, Medical Examiner's Office

## 2007 Year-End Grand Prize Winners

Entry into the year-end drawing is based on the number of quarters an employee participates throughout the year. (e.g. 4 quarters= 4 chances to win in the year-end drawing)

\$500 First Place - Janise Perret, Library

\$300 Second Place - John Greenhill, Circuit Court - Family Division

\$200 Third Place - Sherry Hakim, Library

The next opportunity to participate will be the end of September. See your employee records specialist or attendance clerk for details!



*L. Brooks Patterson cuts the ribbon for the 2006 Employee Fitness Walk, with help from George Miller, who was appointed Director of Health & Human Services in 2008.*



# OakFit Wellness Committee

A special "thank you" to our OakFit Wellness Committee members! The committee is comprised of representatives from departments throughout the County. These committee members attend quarterly meetings and help promote and encourage participation in the OakFit program within their departments.

If you have an interest in participating on this committee, please contact Dawn Smith in Human Resources at (248) 858-5473.

Karen Agacinski, Corporation Counsel

Bianca Aguilar, Clerk/Register

Stephanie Bedricky, Human Resources

Janet Brinker, Information Technology

Angie Broegman-Stinde, Human Resources

Clare Cheesman, Human Resources

Chari Christie, Prosecutor's Office

Karen Cipriani, Health Division

Robin Danto, MSU Extension

Jim Dunleavy, Parks & Recreation

Eileen Foss, Aviation

Nancy Fournier, Fiscal Services

Robert Gatt, Community Corrections

Marcia Hall, Clerk/Register

Suzanne Hollyer, Friend of the Court

Steve Huber, Economic Development & Community Affairs

Penny Knope, Facilities Management

James Krebs, Friend of the Court

Kevin Larsen, Drain Commission

Paige Leslie, Human Resources

Stephanie Mackey, Human Resources

Rhonda Mohlman, Friend of the Court

Julie Panasuk, Library

Sal Petrusis, Sheriff's Office

Tina Ramey, Human Resources

Karl Randall, Aviation

Nancy Scarlet, Human Resources

Kari Schmalzel, Human Resources

Dean Schultz, Risk Management

Dawn Smith, Human Resources

Patricia Smith, Emergency Response & Preparedness

Dan Stencil, Parks & Recreation

Lois Thieleke, MSU Extension

Jennifer Thompson, Clerk/Register

Elaine VanDyke, Drain Commission

Weight Watchers believes that dieting is just one part of long-term weight management. A healthy body results from a healthy lifestyle -- which means mental, emotional, and physical health.

Weight Watchers does not tell people what they can or can't eat. The goal is to help people make healthy eating decisions and encourage them to enjoy more physical activity, thereby losing weight safely and sensibly. At meetings, Weight Watchers members get motivation, mutual support, and encouragement in handling the challenges encountered in the process of changing behavior.

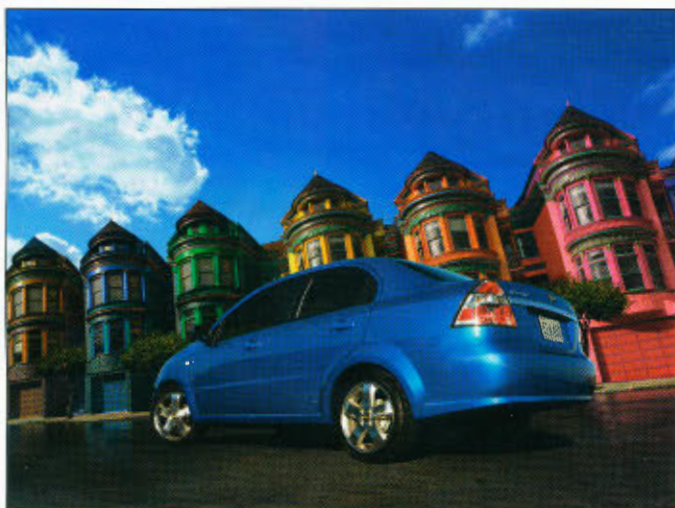
### Join us!

Weight Watchers "at work" meetings are being held on Tuesday's during lunchtime at the Information Technology Building. County employees pay \$135 for the 12 week "at work" sessions and \$138 at "community sites". Employees currently enrolled in HAP pay only \$25.

Employees can join at anytime during the 12 week sessions. For class schedules or further information, please visit the OakFit website at <http://www.oakgov.com/intranet/wellness/programs/weightloss.html>.

Last year, I went on a diet (drinking protein shakes) to lose some weight. Although I lost 7 pounds, I quickly grew tired of not eating real food. Reluctantly, I tried Weight Watchers. At meetings, I learned a lot about healthy eating and how to enjoy a variety of food choices. I am never "starving", and have lost 37 pounds in about 7 months. On maintenance now, if I do gain a few pounds (pizza is my weakness), I get in control quickly to lose it. Not every weight loss plan works for everyone, but I highly recommend this one for a lifetime of good eating habits.

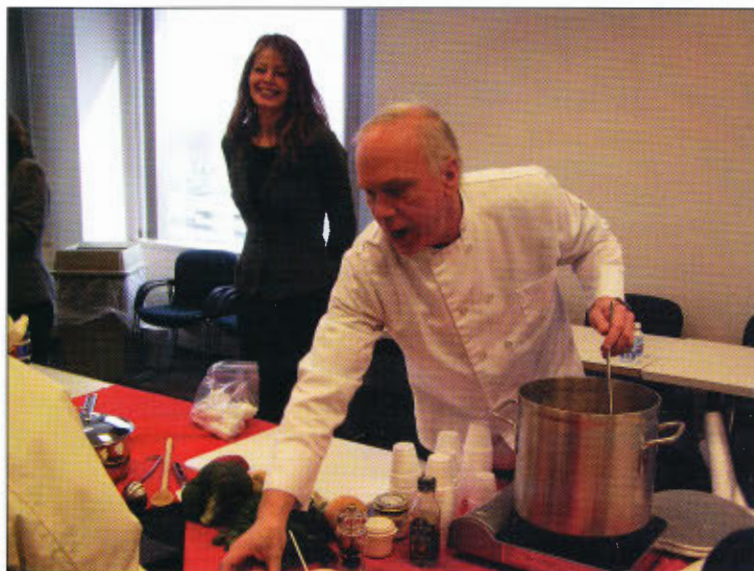
~ Kathy Craig, Clerk/Register



Did you know that in 2007, the Oakland County Weight Watchers at Work program had 244 participants? Those participants lost a combined total of 2,348 lbs. That's the same weight as a Chevrolet Aveo!



L. Brooks Patterson with WeightWatchers President Florine Mark



### Weight Watchers

I am a lifetime member from the 70's and know this program works. I rejoined last year, have gotten rid of 42 pounds, have 10 more to go and, this time, will remain on maintenance for the rest of my life. It is amazing how much better I feel when consistently eating healthier - can't believe I didn't continue with WW all these years.

~ Jill Carney, Clerk/Register





Total Employee Assistance & Management, Inc.

T.E.A.M. provides confidential assistance for employees and their family members to help resolve any concerns that are affecting their personal or work life. T.E.A.M. offers assessment, personal coaching, and short term counseling, as well as crisis intervention and referrals. In addition, T.E.A.M. can also provide assistance with other matters, such as: Legal issues; financial concerns; elder care referrals and child care resources.

T.E.A.M. can guide employees in finding whatever type of assistance employee's need either by providing that service directly, or connecting you with an organization that can help.

To reach T.E.A.M. call 1-800-448-TEAM (8326).



I took part in several programs on health. I love the health screening. It is very informational about your general health before you see your doctor. It was good to know that I had to work on my high blood pressure.

I took the Pilates class. I was not very flexible at the beginning; however I worked up to it. I was glad to be able to participate in another form of exercise. I also took part in the lunch time educational classes. Every event was convenient, affordable and enjoyable. Thank you for caring about the employees' health.

~ Wendy Mcneary, Information Technology

# OAKFIT FLU SHOT PROGRAM

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Take action to protect yourself from the flu.

## TAKE TIME TO GET A VACCINE

- **Free** Flu Shots (\$11.00 value) to the first 1,500 Oakland County Full-time and Part-time **Employees**
- Employees will be required to (1) provide a coupon which will be available on the OakFit Website **AND** (2) be required to provide County ID prior to receiving the shot
- Oakland County Employee Flu Shot Week will be **September 29th - October 3rd, 2008**
- Beginning October 13th, employees may still receive free flu shots, however, wait times at the Health Division may increase due to flu shot screenings to the public
- Flu shots will be given at all three Health Division locations (North Office, South Health, and West Office)
- Regular Health Division hours will apply for shots:
 

Monday's	12:00 pm - 8:00 pm
Tuesday's - Friday's	8:30 am - 5:00 pm
- Employees **must** pre-register for an appointment.
 

North Office	(248) 858-1328
South Office	(248) 424-7011
West Office	(248) 926-3302



To receive further information regarding the flu vaccine, please visit the Center for Disease Control at: <http://www.cdc.gov/flu/>

QUESTIONS AND COMMENTS CAN BE DIRECTED TO:

DAWN SMITH 858-5473

[WWW.OAKGOV.COM/INTRANET/WELLNESS](http://WWW.OAKGOV.COM/INTRANET/WELLNESS)

# OakFit Employee Wellness Fair

Friday, September 12th, 2008  
from 10 am – 3 pm at Oakland Schools

Employees, families and retirees are all invited to the 2008 Wellness Fair! This is your chance to become more aware of your health, gather resources from local businesses and learn information about how to change your behavior for your overall wellness.

There will be as many as fifty vendors will be on hand including Oakland County healthcare providers, Oakland County Departments and several local health and wellness related businesses from around Oakland County.

- Chair Massages
- Blood Pressure and Cholesterol Checks
- Skin Care
- Healing Touch Sessions
- Healthy Food Samples
- Social Security Administration
- Crime Prevention
- Organ Donation Registry
- Smoking Cessation & Weight Loss Information
- Service Dogs
- Exercise Information Available
- Conservation and traditional outdoor offerings by the Oakland County Sportsman's Club (archery, rifle/pistol indoor and outdoor ranges, shotgun courses)



Tasting smoothies at HAP booth

Don't miss out on the many raffle prizes and giveaways. Lunches are available for purchase. For more information visit the website at <http://www.oakgov.com/intranet/wellness/>.



After going to one of the lunch and learns hosted by Houston Fitness, my husband (Kert) and I called them and set up some private training sessions. We started working out with Cheri twice a week and did that for eight weeks before we decided to try 1 day a week on our own. Although we haven't lost much weight we

have really begun to feel and see the difference in our muscles again. Cheri was an inspiration because of her fitness level at 50, stating she's in the best shape of her life. At one appointment Kert wanted to cancel because he had injured his knee working around the house, Cheri talked him into coming and Dan gave him an evaluation, showed him an exercise and he was back in shape the next day. Not only did my husband and I start training with Cheri and Dan at Houston Fitness but so have my sister and brother in law, and my daughter in law and her mother. Thanks for finding inspiring people to help us achieve our fitness goals. We hope to stay fit for life.

PS We know Brooks is practicing what he preaches because we ran into him at Houston Fitness one morning working out.

~ Penny Peters, Information Technology



The instant I read the email regarding the July "A Lifetime of Wellness" seminars for Seniors 50+ years of age I read all the topics offered and knew I wanted to find out more!

As I fall into the 50+ category and have two conditions that limit me in the exercise field, I was curious to see if I might pick up a few pointers that could benefit me and not feel intimidated being in a group with much younger attendees. So, I sent an email off to Dawn Smith to enroll me.

**FIRST DAY** – Very impressed as I received handouts of many different types. Some followed along with a visual presentation. Questions were answered when asked.

Each subsequent presentation included visuals and small items relating to the presentation to take home and use.

For instance, a whistle was given out that can be carried or attached to a walker. In case of a fall, it can be used to attract attention for assistance. An elderly person's voice is sometimes frail and can't be heard a long distance whereas the whistle is very shrill and catches attention!

Another item given at the Walking Your Way to Wellness presentation was travel mug with the OAKFIT – OAKLAND COUNTY WELLNESS logo. This one is not going to travel but sits on my desk and has encouraged me to drink much more water than I had been in the habit of doing (this results in less pop intake – GREAT BENEFIT!).

I am looking forward to attending any future seminars that might be offered for Seniors 50+.

~ Fiona Brenner, Fiscal Services

# 2008 Upcoming Wellness Events



Sept. 11, 2008	12:15 pm – 1:15 pm	Menopause: A Midlife Passage <u>L &amp; L*</u>
Sept. 12, 2008	10:00 am – 3:00 pm	Employee Wellness Fair @ Oakland Schools building
Sept. 15, 2008	12:00 pm – 1:00 pm	What is a Budget? Basics of Budgeting <u>L &amp; L*</u>
Sept. 18, 2008	12:00 pm – 1:00 pm	Healthy Lunch – Sponsored by Parks & Recreation
Sept. 27, 2008	8:30 am – 3:00 pm	Fighting Childhood Obesity Through Education & Empowerment
Sept. 29, 2008	12:00 pm – 1:00 pm	What are you doing to protect yourself? ID Theft <u>L &amp; L*</u>
Sept. 29 – Oct. 3, 2008		Employee Flu Shot Week
Oct. 4, 2008	10:00 am – 5:00 pm	Brooksie Way Health & Wellness Expo @ Oakland University
Oct. 5, 2008	8:00 am	Brooksie Way Half Marathon & 5K Walk/Run
Oct. 9, 2008	12:15 pm – 1:15 pm	Cholesterol – Signs of Heart Disease <u>L &amp; L*</u>
Oct. 13, 2008	1:00 pm – 5:00 pm	Taking Charge of Stress Class
Oct. 13, 2008	12:00 pm – 1:00 pm	Where to Begin: Investing 101 Basics of Investing <u>L &amp; L*</u>
Oct. 24, 2008	12:15 pm – 1:15 pm	Healthy Lunch – Sponsored by the Prosecutor’s Office
Oct. 27, 2008	12:00 pm – 1:00 pm	Wills and Trusts: How do they work? <u>L &amp; L*</u>
December 3, 2008	1:00 pm – 5:00 pm	Taking Charge of Stress Class (Holiday stress focus)

To learn more about these offerings, visit the OakFit website: <http://www.oakgov.com/intranet/wellness/>

\*All Lunch & Learn events will be held at the Executive Office Building Conference Center.

The recent safety education program increased my awareness tremendously! I have passed on the information to family and friends already. Prevention through “planning ahead” fits right in with the “personal and prevention services” we aim to teach as health professionals, as well. Thanks for putting on the class and also for sharing your experience with all of us.

~ Joanne Sedor, Health Division



Flu shot week starts Sept. 29th

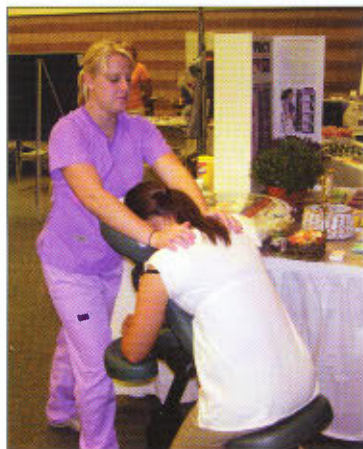
## Health Screening

The Oakland County Health screenings have made a positive difference in my life. During the first health screening I found that I had slightly high cholesterol. I went to the doctor and they wanted to put me on medication. I decided to try and lower it first through diet and exercise. At the next health screening I found I had been successful. The most encouraging thing to me was that I didn’t go on a specific diet. I simply became MUCH more conscious of what I was eating as well as the quantity. So it was not a painful process. More cutting back than cutting out. I’m thankful that I had the opportunity to find this out early while it was correctable without medication.

## Lunch and Learn – Metabolism

This was a very informative and encouraging learning session. Informative because it dispelled the age old excuse of “I have slow metabolism so I can’t lose weight”. It got down to the nitty gritty of how your body functions and how you can use metabolism effectively to lose weight. Encouraging, because I now understand the reason you reach the “no weight loss plateaus” which are so frustrating and how to get off the plateau.

~ Kim Morris, Information Technology



Chair massages are a favorite with employees at the Wellness Fair



Take charge of stress at a stress reduction class

# Ongoing Wellness Activities

## YOGA

Thursday's August 7th – October 9th

11:45 am 12:20 pm

12:45 pm – 1:20 pm

10 weeks for \$89.00

or 3 payments of \$35.00

EOB – 4th Floor – County Conference Room

Instructor: Siglinde Miotke from Kerry's Dance Stages

## YOGA PILATES FUSION EXERCISE CLASS

Tuesday & Friday

Health Building (Old EOB)

10 sessions – punch card \$6.50 session

Instructor: Amanda Dennis (248) 961-4922

## JAZZERCISE

Monday's, Tuesday's, Wednesday's, Thursday's

5:45 pm – 6:45 pm

Saturday's

8:30 am – 9:30 am

\$89 Two Month unlimited pass

\$9.00 walk-in

Walled Lake United Methodist Church (Health Division – West Office )

Instructor: Letha Chatham (248) 722-4095

## WEIGHT WATCHERS AT WORK

Tuesday's @ noon

August 12th – November 7th

(12 weeks for \$135)

IT, Building 49W Lecture Hall



*Cookoff festivities*

I think offering exercise classes like yoga and Pilates during work is a great way to energize yourself for the remainder of the day; and it fits into the work day time schedule. I have attended both classes and come back to work relaxed, refreshed and ready for the afternoon's work. Kudos to Oakland County for arranging this for their employees. We feel better, work better and are healthier too! Keep up the good work Oakland County!

*~ Richard Renas, Health Division*



Lunchtime is one of the workday's highlights. When we joined a noon exercise program, lunchtime got even better! Twice a week, we exchange our work duds for our exercise duds, grab our yoga/exercise mats and head for the old EOB. There, we meet Amanda, our exercise instructor, and happily sweat, stretch and strengthen for the next hour or so. (Well, O.K., not all of us are happy all the time – those frog jumps and side plank poses are sort of hard.) Besides the very obvious benefits of getting stronger, improving our balance, and becoming more flexible, we get a few minutes to chat, laugh about our exercise "fashion sense" and enjoy the fresh air as we walk from our building to the class. Having a couple of exercise buddies has made all the difference in sticking with the class – otherwise, who would commiserate with you when your legs are sore or celebrate with you when you can finally balance on one foot for as long as Amanda can?

*~ Judy Cunningham, Karen Agacinski and Sandy Beedle,  
Corporation Counsel*



*Jazzercise demonstration at the Employee Wellness Fair*



# OakFit Website

## Visit the OakFit Website

OakFit's website is a resource for Oakland County employees to discover health related information. This information is to promote a healthy, active lifestyle and educate on prevention and nutrition. A link to OakFit is located on the Oakland County Intranet homepage.

For fast, easy access to daily health links, set the OakFit website to your favorites!

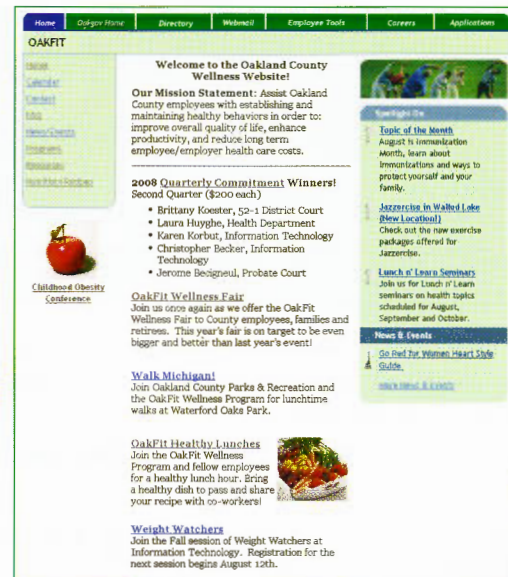
The OakFit website contains a vast amount of resources, including monthly health topics, safety tips, and articles from carefully screened sources, healthy recipes, walking paths, exercise programs and motivational resources to assist employees with a healthy lifestyle.

One section of the OakFit website is dedicated to providing health programs for employees, including Lunch n' Learns, Quarterly Commitment goals and the Employee Wellness Challenge. OakFit posts Jazzercise, Pilates, yoga and low impact aerobics classes on campus. OakFit has up-to-date information on walking paths on Oakland County campuses and the latest Parks and Recreation activities at [www.oakgov.com/intranet/wellness/programs/](http://www.oakgov.com/intranet/wellness/programs/). OakFit keeps an online calendar for OakFit classes and activities in addition to a community calendar of local events.

The OakFit website provides a place to promote activities and encourage involvement on campus and in the local area, such as the Brooksie Way 5K/ Half Marathon, Oakland County Health Fair and the Fire and Ice Festival in Rochester, MI. The OakFit website posts up-to-date information on resources such as the County cafeteria menu, flu shots, links to Parks and Recreation activities and much more! OakFit also provides updated monthly tools such as MSU Extension's News You Can Use monthly newsletter, the Health Spot newsletter and Harvest of the Month newsletter that promotes seasonal fruits and vegetables.

Use the OakFit website to reinforce your commitment to get fit or stay fit by adding it to your website favorites today!

Check out the OakFit website at [www.oakgov.com/intranet/wellness](http://www.oakgov.com/intranet/wellness).



The Fire & Ice Festival in Rochester

### OakFit Partner Program Offerings:

- A Lifetime of Wellness
- Brooksie Way
- Childhood Obesity Conference
- Cookbook and Cook-Off
- County Sports Teams
- Employee Wellness Challenge
- Exercise Programs
- Expectant Parents
- Health Fair
- Health Screenings
- Health Spot Newsletters
- Healthy Lunches
- Just for Seniors
- Lunch n' Learns
- Parks & Recreation Activities
- Quarterly Commitment
- Safety Courses
- Smoking Cessation
- Start! OakFit Wellness Challenge
- TEAM Employee Assistance Program
- TEAM Newsletter Archive
- Walking Paths
- Walk Michigan
- Weight Management
- Wellness News You Can Use (MSU Extension)
- Winter Festival

Did you know that the OakFit website offers walking maps & trails??

- 12 campus walking maps - 1/2 mile to 1 1/2 mile routes, multiple campus locations)
- A Trails & Paths Mapping Service - an interactive map for users to access a network of trails, safety paths, bike routes and park paths for recreation facilities throughout Oakland County.
- Metro-Detroit Mall Walking Guide
- Oakland County Trail Network – including equestrian trails, mountain bike trails and Oakland County Parks trails

For more information visit the OakFit website Maps & Trails page at: [http://www.oakgov.com/intranet/wellness/resources/maps\\_trails.html](http://www.oakgov.com/intranet/wellness/resources/maps_trails.html)



# FAQS FAQS FAQS

## Frequently Asked Questions about the Wellness Program

### What is “wellness”?

Simply put, the Wellness Program is an employer-sponsored program which provides tools and resources to employees to assist them in leading a healthy life.

### Is the Wellness Program for current Oakland County employees only?

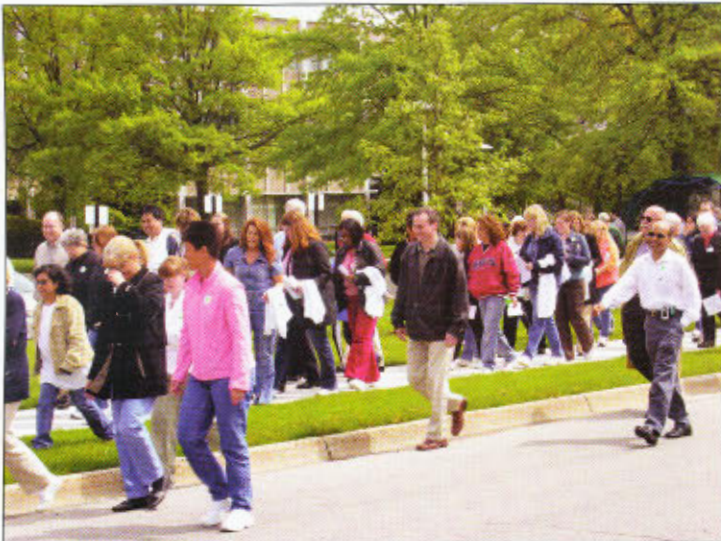
Yes, the Wellness Program is primarily targeted at Oakland County employees. We also offer programs to our retirees. Employees are encouraged to share healthy choices, wellness information and ideas with their family members.

### Does it cost anything to participate in the Wellness Program?

No, it does not cost anything to participate in the Wellness Program. All employees are encouraged to participate in any of the programs offered. Some activity fees may apply but most activities are free of charge.

I have a family history for heart disease. My father was athletic and began distance running in the early 80s like so many others when running was popularized by running guru Jim Fixx. Fixx dropped dead during a run in 1984. He had serious coronary artery disease but was asymptomatic. My father probably owes his life to Fixx and to my mother for she demanded that dad stop running until he had his cardiac health examined. Turned out that he too was asymptomatic-and a ticking time bomb like Fixx. There is no substitute for regular checkups at the doctor’s office but I am not always as diligent as I can be. OakFit health screenings make it easier for me to keep better track of my cholesterol and blood pressure to ensure that I am maintaining healthy numbers.

~ Brett Chudler, Prosecutor’s Office



OakFit walking program

# OAKLAND COUNTY FARMERS MARKET



### Visit the Farmers Market

The Oakland County Farmers Market, located in the County Market building at 2350 Pontiac Lake Road in Waterford, opened in May. Visit every Tuesday, Thursday and Saturday from 6:30 a.m. to 2:00 p.m.

Visit the website at [www.oakgov.com/cmarket](http://www.oakgov.com/cmarket) for market information and download a produce availability guide indicating peak harvest times of Michigan agricultural products.

My name is Patti Shafer and I have benefited greatly from Oakland County’s OakFit and Wellness Challenge programs.

When I participated in the health screening last year, I was surprised to discover that my blood pressure reading had increased greatly from what was normal for me. I took the results of the health screening to my physician and was prescribed a mild medication which has kept my blood pressure within the normal range since that time. The nurse at the health screening gave me valuable information also, including the fact that blood pressure can change abruptly as a woman experiences menopause (another “wonderful” benefit of the process) , and that lowering sodium intake, especially “hidden” amounts in processed foods, can help to reduce high blood pressure.

I was fortunate to win the Wellness Challenge Grand Prize in 2007—a Schwinn mountain bike! This provided the perfect opportunity for some additional exercise in my weekly routines. I now bicycle for about an hour, four days a week with my daughter and granddaughter. Besides the great chance to spend time with them, the extra cardio work has helped maintain my fitness level and weight. I have lost over 18 pounds since I started participating in the OakFit programs.

The OakFit campus walks were a great way to fit exercise into the daily work schedule and gave me an opportunity to meet other county employees, exchange fitness ideas, get inspired and socialize. Although my work schedule doesn’t allow participation in all events, and I will continue to add in all I can!

~ Patti Shafer, Library



# County Employees

## Sports Leagues

### Let's Play!

Below is a list of sports teams that County employees voluntarily participate in after work. The leagues and teams on this list are not endorsed, sponsored or promoted by Oakland County. But this list may provide new ideas of ways that employees can promote their own health and fitness outside of work. Since team sports and activities carry some risk of injury and participants assume all risk of injury that might occur, check with your doctor if you have any questions about your ability to participate.

#### Ladies Golf Leagues

Thursday evenings @ White Lake Oaks

Beginning in May

Tee times beginning at 5:20 pm

16 week season

Strictly a fun league -- non-competitive!

Looking for teams (4-sums) and/or subs

Contact: Debbie Beck at [beckd@oakgov.com](mailto:beckd@oakgov.com)



Thursday evenings @ Heather Highlands

Beginning in May

Tee times beginning at 5:42 pm

16 week season

Looking for teams and/or subs

Contact: Jennifer Mason at [masonj@oakgov.com](mailto:masonj@oakgov.com)

#### Men's Golf Leagues

Tuesday evenings @ Pontiac County Club

Beginning in April

League has been in existence for approx. 50 years

Contact : Mike Pucher at [pucherm@oakgov.com](mailto:pucherm@oakgov.com)

Tuesday evenings @ Springfield Oaks

Tee off around 4:30 pm

Beginning end of April

30+ years

Looking for teams/subs

Contact: Richard McGraw at [gem99@yahoo.com](mailto:gem99@yahoo.com)



#### Softball Leagues

Co-ed league

Wednesday evenings here on the County Campus (Center)

Season starts May

Games begin at 6:15 pm

OC employees' softball league has been in existence for over 35 years and

has had up to 22 teams from all divisions of the County, with some divisions having 2 - 3 teams. Currently have 10 teams comprising employees from FM & O, Community Corrections, Health Division, Parks & Recreation, Drain, Probate Court, Sheriff's Office, Prosecutor's Office, Animal Control and Treasurer's Office.

Contact: Kerry Kampsen at [kampsenk@oakgov.com](mailto:kampsenk@oakgov.com)

Organized co-ed league

Been playing for 4+ years

Games played at 11 Mile & I-75 at Huffman Park, Madison Hgts

Games played at 6:15 pm, 7:30 pm & 8:45 pm

Individuals welcome

Contact: Derek Meinecke at [meinecked@oakgov.com](mailto:meinecked@oakgov.com)



#### Hockey Leagues

Thursday nights at the Onyx Arena in Rochester 25 years and older league

League runs September thru March

Games at 9:30 pm and 10:30 pm

[http://www.onyxicearena.com/adult\\_leagues.html](http://www.onyxicearena.com/adult_leagues.html)

Contact: Edward Joss at [josse@oakgov.com](mailto:josse@oakgov.com)

#### Bowling Leagues

Womens:

Thursday evenings, 300 Bowl, Waterford

Bowling begins at 5:45 pm

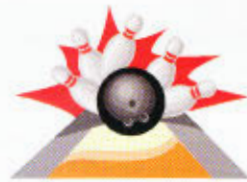
33 week season (September - April)

USBC Sanctioned League

Strictly a fun league -- non-competitive!

Teams and/or subs welcome

Contact: Ada Dawson at [dawsona@oakgov.com](mailto:dawsona@oakgov.com)



Men's:

Wednesday evenings, Imperial Lanes, Garfield & Hall Rd (Macomb County)

Bowling begins at 9:30 pm

Season runs August until mid April

3 man teams

Teams welcome

Contact: Kevin Pozsgay at 586-948-2725

# "Healthier at Home" Self-Care Guides

## Helping to Reduce Oakland County Healthcare Costs

At the end of last year, all fulltime eligible, part-time eligible employees and retirees were sent "Healthier at Home" self-care guides. These easy-to-use handbooks are intended to be an additional resource in assisting you (and your family) when making healthcare decisions.

The county's healthcare coverage is "self-insured." This means the county incurs the actual expenses each time a covered employee, family member or retiree visits the doctor, goes to the hospital, enters an emergency room or fills a prescription. Better informed employees lead to better health decisions and lower healthcare costs. Lower costs lead to less pressure on the budget and less pressure to pass increases on to employees. One way to reduce employer healthcare costs is to reduce the demand for unnecessary medical services by being educated consumers.

The self-care book can assist you in making informed choices about your health and guide you in having informed discussions with your doctor. It is important to note that the book is not meant to be a complete guide to healthcare nor is it intended to replace expert medical advice for treatment. Follow your doctor's advice if it differs from what is given in this book. If a problem you are experiencing does not go away after a reasonable amount of time, see or call your doctor.

Research shows the "Return on Investment" (ROI) for a self-care program can be significant. According to the U.S. Department of Health and Human Services, the average cost of an E.R. visit is about three to four times more than the cost of care in a health care provider's office or urgent care facility. It has been estimated that 55.4% of emergency department visits were for non-urgent conditions, such as headaches, sore throats, and stubbed toes (Centers for Disease Control and Prevention, 2002).

Oakland County provides healthcare coverage for 11,298 employees, their spouses and dependant children and retirees. In 2007, 3,241 active employees and retirees utilized the Emergency Room. Imagine the impact on our fringe benefit fund if each insured family was able to prevent one unnecessary Emergency Room visit per year and instead chose an Urgent Care/ 24-Hour Clinic facility.

In addition to reducing unnecessary visits to physicians and emergency rooms, there are other benefits from teaching consumers to make better healthcare decisions. They include:

- Reduced employee out-of-pocket healthcare costs
  - Emergency Room visit (PPO) requires \$200/person deductible be paid before coverage
  - Urgent Care visit (PPO) requires only \$20 co-pay before coverage
- Reduced absenteeism
- Increased patient satisfaction with their care
- Improved quality of care
- Patient empowerment and sense of control

We hope that you have found the Healthier at Home book to be a helpful resource and that you'll participate in other OakFit programs to improve your overall health.

Additional books may be purchased for family and friends for \$6.71. Contact Dawn Smith 248-858-5473.



Regular bicycling carries many health benefits for people of all ages, including: reduced risk of coronary heart disease, stroke, and other chronic diseases; lower health care costs; and improved quality of life.

- More than half of all American's live less than five miles from where they work according to *Bicycling Magazine*.
- There are 103 million bicycles in the United States
- Bicycle commuting doubled between 1983 and 1990
- In China, bicycles outnumber cars 250 to 1



**To encourage biking to work, OakFit has purchased bike racks for several County buildings. You can now park your bike at: Courthouse, Friend of the Court, Information Technology, Executive Office Building, Health - North Office, and Health - South Office.**



During my health screening last year, I found out that I have high blood pressure. The health screening nurse suggested I should follow-up with my doctor and have the high blood pressure investigated. So, I made an appointment and saw my doctor; sure enough the doctor diagnosed me with hypertension.

I don't go to the doctor that often; if it wasn't for the health screening my high blood pressure could have gone undetected for years. Who knows causing what kind of damage to my vital organs?

I have been to a couple of walks this year and have been going to a Gym since the beginning of the year. I also use the Healthier at Home book to help minimize the number of doctor visits. Thanks again for the support of this program by Oakland County.

*~ Naeem Iqbal, Information Technology*

# You Can Quit Smoking!

## *Why should I quit smoking?*

- 20 minutes after you stop smoking your body begins to heal, your blood pressure and pulse become normal.
- After 48 hours, nerve endings begin to re-grow while smell and taste improve.
- After one to nine months, you experience less coughing, stuffiness and shortness of breath. Your lungs begin to heal, you feel more energy and have fewer colds.
- After one year, your risk of dying from heart disease is half that of a smoker.
- Smoking is responsible for 420,000 deaths each year in the U.S. That's one in every five deaths! It's a leading cause of heart disease, cancer, and lung problems.
- Smoking stains your fingers and teeth, creates wrinkles on your face, and leaves a stale smell on your breath, hair, and clothes.
- Smoking is expensive. If you smoke a pack a day, you spend over \$1,800 a year on cigarettes

## *Ask Your Doctor For Help!*

This is the current list of prescription drugs that are covered under Oakland County's health insurance program to help employees quit smoking. Please be advised the drugs on this list may change in the future, so talk to your doctor now about which option is best for you.

<u>Brand Name</u>	<u>Generic Name</u>
Zyban Tab 150mg SR	Bupropion HCL Tab 150mg
Nicotine PT24	Nicotine patch
Nicotine Polacrilex Gum	Nicotine gum
Nicotine Polacrilex Lozg	Nicotine lozenges
Nicotine Kit	Nicotine patch kit
Nicotrol Inhaler	Nicotine Inhaler System 10mg
Nicotrol NS SPR 10mg/ml	Nicotine Nasal Spray 10mg/ml
Chantix Tab	Varenicline Tartrate Tab 1mg
Chantix Pak	Verenicline Tartrate Tab (.5mg x 11 & Tab 1mg x 14)

*Information current as of 8/20/08 through Navitus (prescription drug program).*



# How Healthy Are We?

Blue Cross Blue Shield provides a report about the overall health of our employees with regard to “lifestyle related illnesses” and “non-lifestyle related illnesses.” And as you know, the OakFit program conducted Health Screening and Risk Assessment Surveys for the past two years which also gives us a snapshot of the health of our workforce. These reports are simply aggregate data, not individual reports, so your personal health information is kept private. However, the data we collect from these reports helps us plan future OakFit programs for employees based on our collective health needs.



How healthy are we? The news is encouraging in some areas, but there are other areas that we need to continue to work on. Overall, we are pretty healthy; for detailed information about Health Risk Assessment and Healthy Screening Outcomes go to: <http://www.oakgov.com/intranet/wellness/programs/>.

## Blue Cross Blue Shield Lifestyle Related Illness Report

Of the \$33 million paid in claims last year (March 07-Feb 08), about 17% were considered “lifestyle related illnesses.” What is a lifestyle related illness? These are illnesses that have a correlation to the type of lifestyle we lead or a type of medical problem that we have some control over if we take certain steps to improve our overall health. For instance, high blood pressure can often be controlled by losing weight, eating a healthy diet and exercise. Breast cancer can be caught in the early stages if we conduct regular monthly self exams and have annual mammograms. The good news is that we have reduced the cost of claims for lifestyle related illnesses by 8.1% from last year! Just think of the potential long term health conditions that could be avoided if this trend continues!



### BCBS Top 5 Lifestyle Related Illnesses of Oakland County employees

The examples listed for each category are not an exhaustive list, but are provided here to give a general idea of what each category contains.

1. Circulatory Conditions - high cholesterol, heart disease, hypertension, angina
2. Psycho-Social/Substance Abuse – substance abuse, sexually transmitted diseases, skin cancer, mental health diagnosis, poor dietary habits, lack of sleep
3. Screenable Diseases - breast cancer, cervical cancer, colon cancer, prostate cancer, testicular cancer, glaucoma
4. Respiratory Conditions - Chronic obstructive pulmonary disease (COPD), emphysema, sleep apnea, chronic bronchitis
5. Endocrine & Metabolic Conditions - Type II Diabetes, obesity, metabolic syndrome, malnutrition

## OakFit Health Screening

The OakFit program offered each Oakland County employee a free Health Screening between March and May 2008 in 27 different locations through the Oakland County campus. There were 1,794 screenings completed which accounts for over 46% of our workforce represents a slight increase over last year’s participation. There were 1,217 employees who were screened both this year and last year so we are able to compare our improvements as a group.

Summit Health, Inc, the company that conducted the screenings, provided a report about the overall health of those who participated while keeping individual results private, as promised. But we can see some encouraging trends from the data and also see which areas we still need to work on. First the good news!

**Cholesterol Levels** – We’re doing a great job on improving cholesterol levels. Of those tested, there was an average drop in the Total Cholesterol Ratio by 10%. And we’ve increased the good cholesterol (HDL) by 7%. We still have some work to do in improving our numbers even further, but we are well on our way.

Now, let’s talk about the areas we need to work on.

**Blood Glucose Levels** – Our collective average is 97.2 which is an increase of 8% over last year’s tests. Although this is still within the normal range of fasting glucose levels, we are at the high-end of the normal range (<100 mg/dL).

**Blood Pressure** – Our collective average blood pressure is 122/82 which is the same as last year’s average. This number puts us at the “pre-hypertension” stage and puts us at a higher level than the national average. This is a risk we need to address with proactive steps to reduce our blood pressure readings.

**Body Mass Index** – Oakland County employees who completed the Health Screening have a collective BMI of 27 which is on par with the national average, but also indicates we are an “overweight” workforce. The normal range for BMI is 18.5 to 25. Body Mass Index correlates with hypertension, high cholesterol, Type II diabetes, heart disease, stroke and respiratory problems.

## OakFit Health Screening Results

Comparison of 2007-2008 \*

Category	2007 Average	2008 Average	Change
Total Cholesterol	187.1	185.5	- 1%
HDL (Good Cholesterol)	50.6	54.1	+ 7%
LDL (Bad Cholesterol)	117.4	107.0	- 9%
TC/HDL Ratio	4.1	3.7	- 10%
Triglycerides	121.3	134.9	+ 11%
Blood Pressure	123/82	122/82	None
Body Mass Index	27.7	27.8	None
Glucose (Fasting)	89.6	97.2	+ 8%
Glucose (Non-Fasting)	99.7	105.8	+ 6%

\* Based on aggregate data from Summit Health of 1,217 employees who were screened in 2007 and re-screened in 2008.

The staff at the Oakland County Health Division Laboratory has really benefited from the OakFit program. Our staff occasionally attends the Lunch and Learn programs on Women's Health issues, and participates in the group walks.

The program that has affected us most has been the Wellness Screening. We had 100% participation, and it made our staff very aware of their health data. When you go in to your own doctor, the doctor might tell you that "all your tests are satisfactory". The Nurse at the Wellness Screening reviewed the exact result of each test with you, and discussed lifestyle changes that could improve these results. As a result of these Health Screenings, one employee stopped smoking, and three joined Weight Watchers. The rest of the staff learned healthier eating habits from our WW members, and collectively the lab has lost 80 pounds. We have also collectively dropped our cholesterol values by 200 points, lowered our blood pressure, and have changed our dietary habits. This program has made us healthier, wiser, and very OakFit!

~ Barbara Weberman, Health Division, Laboratory Supervisor



As a strong advocate for good health and fitness, I think it is imperative that employees are offered resources to meet optimum health. The Sheriff's Offices have top notch exercise rooms and employees are encouraged to utilize these facilities.

They are also encouraged to participate in all the great Wellness programs the county is offering, most specifically the Health Screening program. The benefits of this program became disturbingly significant when one of our deputies went for his screening and discovered his blood pressure was alarmingly high. At the nurse's direction he was driven to a medical facility where they had great difficulty lowering his pressure. Even after dispensing medicine it was still quite high. He was told if he hadn't been in such good shape he would have had a stroke. This Deputy indicated that he really appreciated the wellness program and that it literally saved his life as he had no idea he had high blood pressure.

What a testament as to why it is so important to participate in health screenings.

~ Michael Bouchard, Oakland County Sheriff

## Risk Assessment Survey

As a second part of the Health Screening, each employee was asked to complete a Risk Assessment Survey online. Again, the aggregate data was provided to Oakland County without any individual results being revealed.

The highest health risks according to the answers provided by employees include:

1. Body Weight
2. Blood Pressure
3. Stress

With those participants who are at risk for high body mass index, 98% indicated they want to lose weight. Of those who had insufficient exercise, 95% reported a wish to increase their physical activity. Of those with high stress levels in their daily lives, 80% indicated they wanted to learn new techniques for stress management.

The other good news is that we have 229 county employees who are trying to quit smoking with the help of their doctor. There are many smoking cessation drugs available to help you with this process, so see your doctor for assistance. (See the information printed on page 13 for a list of prescription drugs currently available through Navitus.)

BCBS also offers a smoking cessation program called "Quit the Nic." This is a telephone-based program designed to help employees in their efforts to quit all forms of tobacco use. Employees receive educational materials and telephone support from a health coach to design a plan of action and develop coping responses. Health coaches also serve as a support system by offering encouragement, answering questions, and evaluating progress.

So can we get healthier?

Yes! Absolutely we can be healthier. The mission of OakFit is to educate and support employees in their quest for healthier lifestyles. By lowering our health risks we also improve our quality of life, lower out-of-pocket healthcare costs, improve productivity and decrease absenteeism due to illness. OakFit has a full schedule of classes, seminars and exercise programs lined up to help you meet your health goals.

For information about the Health Risk Assessment and Health Screening outcomes, go to:

<http://www.oakgov.com/intranet/wellness/programs/>.

# The Brooksie Way Half Marathon and 5K Race



Join thousands of your friends, neighbors and co-workers as they take part in the inaugural running of the Brooksie Way Half Marathon and 5K Race on Sunday, October 5, 2008 at 8:00 a.m. in Rochester. Also plan to attend the Health and Wellness Expo being held on Saturday, October 4th at the Shotwell-Gustafson Pavilion on the campus of Oakland University from 10:00 a.m. to 5:00 p.m.

The Brooksie Way is named in memory of Brooks Stuart Patterson, the son of Oakland County Executive L. Brooks Patterson who died after a tragic snowmobile accident in 2007. Brooksie, as he was known to his family and friends, left a legacy of the exuberance with which he lived his life, the passion he had for his family and friends, and his dreams for the future. Brooksie never did anything halfway. He was all in, all the time. He lived life "The Brooksie Way."

That's why the race was named in his memory.

The 13.1 mile route takes runners on a scenic journey through one of the most inviting and challenging race courses in the country. You'll pass through established neighborhoods, traverse the Clinton River and Paint Creek trail systems and experience beautiful downtown Rochester. But don't get too comfortable. A series of hills along the way will get your attention. We didn't want to make it too easy on you! You'll finish the race with a breathtaking view of historic Meadow Brook Hall on the campus of Oakland University.

If you prefer a shorter race, the Brooksie Way also offers a 5K race/walk on the beautiful grounds of Oakland University. Families are encouraged to come out and walk/run the 5K. Strollers are welcome.

Online registration is available at the Brooksie Way website at [www.thebrooksieway.com](http://www.thebrooksieway.com).

Oakland County will also be offering employees the opportunity to be part of the Corporate Challenge, which is for individuals interested in running the 1/2 marathon portion of the race. (These are competitive teams running against other corporate teams - runners will be ranked in age categories; best 5 scores from your team will be tabulated for official ranking). If you are interested in joining the Oakland County Team, please contact Dawn Smith at (248) 858-5473 for further details.

On event day, Oakland County will also have a tent for employees for gathering prior to the race. We will have healthy snacks and beverages available to send our runners & walkers off! So join us to cheer on other Oakland County employees who will participate!

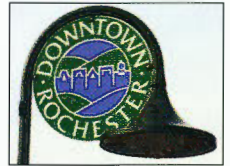
Want to Volunteer? If you are unable to participate in either of the events, please consider volunteering. Many volunteers are required to pull together such a large community event! For volunteer information, please visit the Brooksie Way website.

# BROOKSIE WAY™



## HALF MARATHON

October 5th 2008



*Meadow Brook Hall*

