



# Partners in Prevention

Taking Health & Safety to Higher Ground

July 2017

## YOUR GAMEPLAN TO LIVE

### Summer Safety Tips for Children

With kids spending more time outdoors in the summer time there is more opportunity for everything from broken bones, sprains, strains and lacerations, to tick bites and heat stroke.

**Accidents do happen, but there are many ways parents can help prevent injuries without ruining the fun:**

- Children should always wear shoes. When kids shed their shoes, they are at risk for splinters and cuts from broken glass as well as ticks bites and bee stings. Also, for children, foot cuts are among the most common summer injuries hospitals treat.
- When bicycling, skateboarding, rollerblading, etc. children should ALWAYS wear proper safety gear. That includes a helmet as well as wrist, elbow and knee pads.
- Trampoline injuries are also common during the summer, and some cause lasting damage. The American Academy of Pediatrics urges parents not to let their kids use home trampolines.
- Ticks are another threat. They can cause illnesses such as Lyme disease and Rocky Mountain spotted fever. When walking or hiking in the woods, wear long sleeves and long pants tucked into your socks, and use insect repellent that contains DEET. When you come inside do an all-over skin check (including scalp) and always check clothing.
- Children should drink plenty of water and avoid overexertion to prevent heat-related illness.
- If you have a swimming pool, it should be fenced with a gate that locks and have the gate closed and locked at ALL times. When kids are swimming, an attentive adult needs to be present.
- Never leave a child unattended in a car. The temperature inside a vehicle can rise so quickly that it can kill a child in as little as 15 minutes. Be mindful when there is a change in your morning routine or if you are distracted by other events in your life, because that's when a moment's inattention can turn into a tragedy.



### Skinny Mexican Street Corn

**Serves 4**

**Ingredients:**

- 4 ears of fresh Sweet Corn (shucked)
- 2 T plain Greek Yogurt
- 2 T lite sour cream
- 3/4 cup shredded parmesan cheese
- 1 tsp chili powder
- Dash of salt and pepper
- 1/4 cup fresh cilantro, chopped
- 1 lime, cut into wedges
- Light Olive Oil or Olive Oil Spray

**Directions:**

In a small bowl, mix together Greek Yogurt and sour cream. Set aside. In a small bowl, mix together chili powder and salt and pepper. Set aside. Spray or brush each ear of corn lightly with olive oil. Grill for approximately 10 minutes, turning often to avoid burning. The corn should brown in places and be cooked through. Take corn off of grill and brush with Greek Yogurt mixture. Sprinkle with spice mixture, cheese, and cilantro. Squeeze lime wedges over each piece of corn.

Source: <http://www.thecookierookie.com/mexican-grilled-corn/>

*(Continued on page 2)*

(Your Gameplan to Live, continued from page 1)

## Why You Should Make the Switch to Grass-Fed

In pretty much any grocery store dairy and meat section these days you will find many products labeled “grass-fed.” It’s certainly a nice thought to imagine our cheese coming from cows that grazed on sunny, green pastures instead of cooped up inside giant, cramped warehouses, and as it turns out - grass-fed animal products are not only better for the animals, but are better for our nutrition too.

A lot of standard cow feed comes from dent corn, which is super-high in starch. This corn is nutritionally very different than grass—and more difficult for cows to digest. Basically, what a cow eats and how it lives affects the products we eat from the cow. People are really starting to ask where their food is coming from and if it’s a sustainable choice.

Research has found that organic, grass-fed milk contains:

- Fewer omega-6 fatty acids and more omega-3 fatty acids than the conventional stuff, which is a good thing. Many Americans consume too many omega-6 fatty acids from foods like processed veggie oils, and not enough omega-3 fatty acids, which are found in foods like fatty fish.
- Grass-fed milk is also higher in CLA (conjugated linoleic acid), a fatty acid that supports lean muscle mass.
- More environmentally-sustainable choice, on top of being an opportunity to support companies that prioritize the treatment of their animals.
- Grass-fed animal products may also be higher in antioxidants like vitamins A and E.

## Anxiety Disorders are the Most Common Mental Illness in the United States

We’ve all felt anxious or depressed at times. After all, difficult things happen. Feelings of sadness, fear, loneliness, hopelessness, anxiety, etc. are normal reactions to stress. For some people, however, some or all of these feelings are a daily occurrence - sometimes with good reason - but often, for no apparent reason at all. Getting through the day can become extremely difficult, or even impossible.

Anxiety and depression are more common than ever before with anxiety disorders actually surpassing depression in prevalence. According to the National Institute of Mental Health, 18% of the population, or 40 million American adults are affected by this highly treatable condition. Yes, we said highly treatable. Unfortunately, only about 1/3 of people with anxiety actually seek treatment.

### Some Anxiety Facts:

- **Generalized Anxiety Disorder (GAD)** – feeling generally anxious most of the time – affects 6.8 million adults in the U.S. Women are twice as likely as men to have GAD.



## Hummus and Grilled Vegetable Wrap

Serves 4

### Ingredients:

- 2 medium zucchini, cut lengthwise into 1/4-inch slices
- 2 teaspoons olive oil
- 1/8 teaspoon salt
- Pinch freshly ground black pepper
- 1 cup store-bought hummus
- 4 pieces whole-wheat wrap bread (about 9 inches in diameter)
- 1/4 cup pine nuts, toasted
- 1 medium red bell pepper, thinly sliced
- 2 ounces baby spinach leaves (2 cups lightly packed)
- 1/2 cup red onion thinly sliced into half moons
- 1/4 cup fresh mint leaves

### Directions:

Preheat the grill or grill pan over medium heat. Brush both sides of the zucchini slices with the oil and sprinkle with the salt and pepper. Grill until tender and slightly browned, about 4 minutes per side.

Spread 1/4 cup of the hummus over each piece of bread. Sprinkle 1 tablespoon of pine nuts on top. Top with 3 slices of zucchini, 2 pieces of red pepper, 1/2 cup of the spinach, a few sliced onions, and 1 tablespoon of the mint. Roll each of them up and cut in half on a diagonal.

Source: <http://www.cookingchanneltv.com/recipes/hummus-and-grilled-vegetable-wrap-1910036>

(Your Gameplan to Live, continued from page 2)

- **Panic Disorder** – People experience out-of-the-blue extreme fight-or-flight fear (usually for no reason) with accompanying uncomfortable symptoms. Sufferers live in constant fear of a recurring attack. 2.7% (6 million) of the U.S. population suffer from panic attacks. Major depression is commonly co-occurring. Women are more often affected than men.
- **Social Anxiety Disorder** – Sufferers fear that they are scrutinized and/or judged by others in social situations. This is NOT the same as shyness, and it can cause sufferers to have few relationships making them feel alone and powerless. 15 million Americans are affected – both men and women.
- **Post-traumatic Stress Disorder (PTSD)** – This disorder can develop after a very fearful, shocking, or dangerous event. Affected are 7.7 million people, or 3.5% of the U.S. population.

**Anxiety disorders affect people of all ages, including children, but can be treated, so if you are presenting with anxiety-type symptoms, contact your physician. Therapy, medication, and other complementary approaches are very effective.**

**For more detailed Anxiety Disorder information including symptoms and treatment:**

Mental Health America: [www.mentalhealthamerica.net/conditions/anxiety-disorders](http://www.mentalhealthamerica.net/conditions/anxiety-disorders)

Anxiety and Depression Association of America: [www.adaa.org](http://www.adaa.org)

National Alliance on Mental Illness: <https://www.nami.org/Learn-More/Mental-Health-Conditions/Anxiety-Disorders>

American Psychiatric Association: [www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders](http://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders)

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**At Occupational Athletics, we know that the future of healthcare is in the *prevention* of illness and injuries.**

**It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!**

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## Garlic-Parmesan Hasselback Zucchini

Serves 4

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon finely chopped fresh oregano or ½ teaspoon dried
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

### Directions:

Preheat grill to medium-high. Combine oil, oregano, garlic powder, salt and pepper in a small bowl. Make crosswise cuts every ½ inch along each zucchini, slicing almost to the bottom but not all the way through. Gently fan the zucchini to open the cuts wider and place a small piece of Parmesan into each cut. Brush the oil mixture over the top. Place the zucchini on a double layer of foil and grill, without turning, until browned and tender, 16 to 18 minutes.

Source: <http://www.eatingwell.com/recipe/254648/garlic-parmesan-hasselback-zucchini/>



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