



**DeKalb County Employee
Wellness Committee Newslette- September 2023**



SAVE THE DATE

Annual Wellness Screening Dates

*Details and information about the registration process
will be sent in the fall.*

November 1st, 2023

DeKalb Campus
Community Outreach
Building

November 9th, 2023

Sycamore Campus
Gathertorium

Northern Illinois Food Pantry

The County hosted a Northern Illinois Food truck pantry at the DeKalb Campus on August 25th.

A HUGE THANK YOU TO ALL VOLUNTEERS WHO HELPED!



If you are interested in volunteering for the October 6th food pantry, please email wellnesscommittee@dekalbcounty.org

DID YOU KNOW- These benefits come with your health plan?

Take advantage of them to get healthier and save money. Many of these services are available at no extra cost to you.



[You have a personal Health Advocate¹ as part of your health plan.](#) Learn how they can help make health care easier for you and your family.



[Avoid unexpected health care costs.](#) Learn about prior authorization and what you need to know before you get care.



[Get extra help managing chronic conditions.](#) Available at no extra cost to you, these programs can provide in-home technology, extra support and coaching.



[Earn a cash reward when you choose a lower-cost, quality location for your medical service or test.](#) Learn how it works.

You get the VIP Treatment

A *personal* Health Advocate[®] is part of your plan! They can answer any questions you have about the services listed above. Contact them 24/7 for your health and benefit needs:

- Call 877-245-5681
- Live Chat – log in to [MyEve.com](https://www.myeve.com)[®]



Want to talk to a registered nurse?

You can schedule a call with a Health Advocate who is also a nurse. Just log in at [bcbsil.com](https://www.bcbsil.com) and choose **Contact Us**, click on **Nurse Health Advocate** and then schedule your call.



Event Sponsored by the DeKalb County Health Department and the Illinois Environmental Protection Agency in Partnership with Heritage Environmental Services



FREE

Household Hazardous Waste Drive



September 9th, 2023
8:00AM - 3:00PM
DeKalb Taylor Municipal Airport
Located at 2200 Pleasant St. DeKalb, IL

Pre-Registration Required.
Open to All Illinois Residents.
Residential Waste Only.

Items That Will Be Accepted

Acids
 Adhesives
 Aerosol Products
 Antifreeze
 Auto Fluids
 Ballasts (PCB)
 Black Top Sealer - oil based
 Cleaning Products
 Cooking Oil

Corrosives
 Drain Cleaners
 Fluorescent Bulbs (tubes and CFL's)
 Gas, Oil/Gas, Diesel, or Kerosene
 Herbicides & Pesticides
 Hobby and Photo Chemicals
 Insecticides
 Lawn Chemicals
 Mercury/Mercury-containing devices

Oil-Based Paints (No Latex Paint)
 Paint Thinners
 Poisons
 Pool Chemicals
 Resins, Glues
 Stains & Varnishes
 Solvents
 Used Motor Oil

Items That Will Not Be Accepted

No Latex Paint - It is not hazardous and can be taken to DCHD E-Waste Collection events or safely dried and discarded with trash. See Recycling A-Z on the DeKalb Co Health Department website for additional information.

Acetylene Cylinders
 Agricultural Waste
 Ammunition, Explosives, or Fireworks
 Biological & Medical Waste
 Business, Institutional, or Commercial Wastes
 Controlled Substances - Pharmaceuticals
 Farm Machinery Oil

Fire Extinguishers
 Lead-Acid (auto) Batteries
 MAPP Gases
 Needles/Syringes
 Oxygen Tanks
 Propane Tanks
 Radioactive Materials



DeKalb County Health Department, Solid Waste
 2550 N Annie Glidden Rd, DeKalb, IL 60115
 Tel: 815 748 2408
 Email: Recycle@dekalbcounty.org



FREE CLASSES
Leishman Center Nutrition Classes
Registration Required

Leishman Center is offering shorter online classes- join some of these sessions as they only take 15 minutes of your day!



Bite Sized Class: Egg Cups (online)

Wednesday, September 6th

Online/Virtual

10:00am-10:15am or 12:00pm-12:15pm

Description: Join Leishman Center staff for this bite sized, 15 minute class, on how to create the perfect "on the go" breakfast, egg cups.

Creating a Well Stocked Pantry (online)

Thursday, September 7th

10:00am-10:30am or 12:00pm-12:30pm

Description: Join Leishman Center staff, for this quick, 30 minute demonstration on how to create a well stocked pantry.

Game Day Eats (online)

Wednesday, September 13th

12:00pm-12:30pm or 6:00pm-6:30pm

Description: Join Leishman Center staff, for this quick, 30 minute demonstration on how to create healthy tailgating recipes.

Bite Sized Class: Garlic (online)

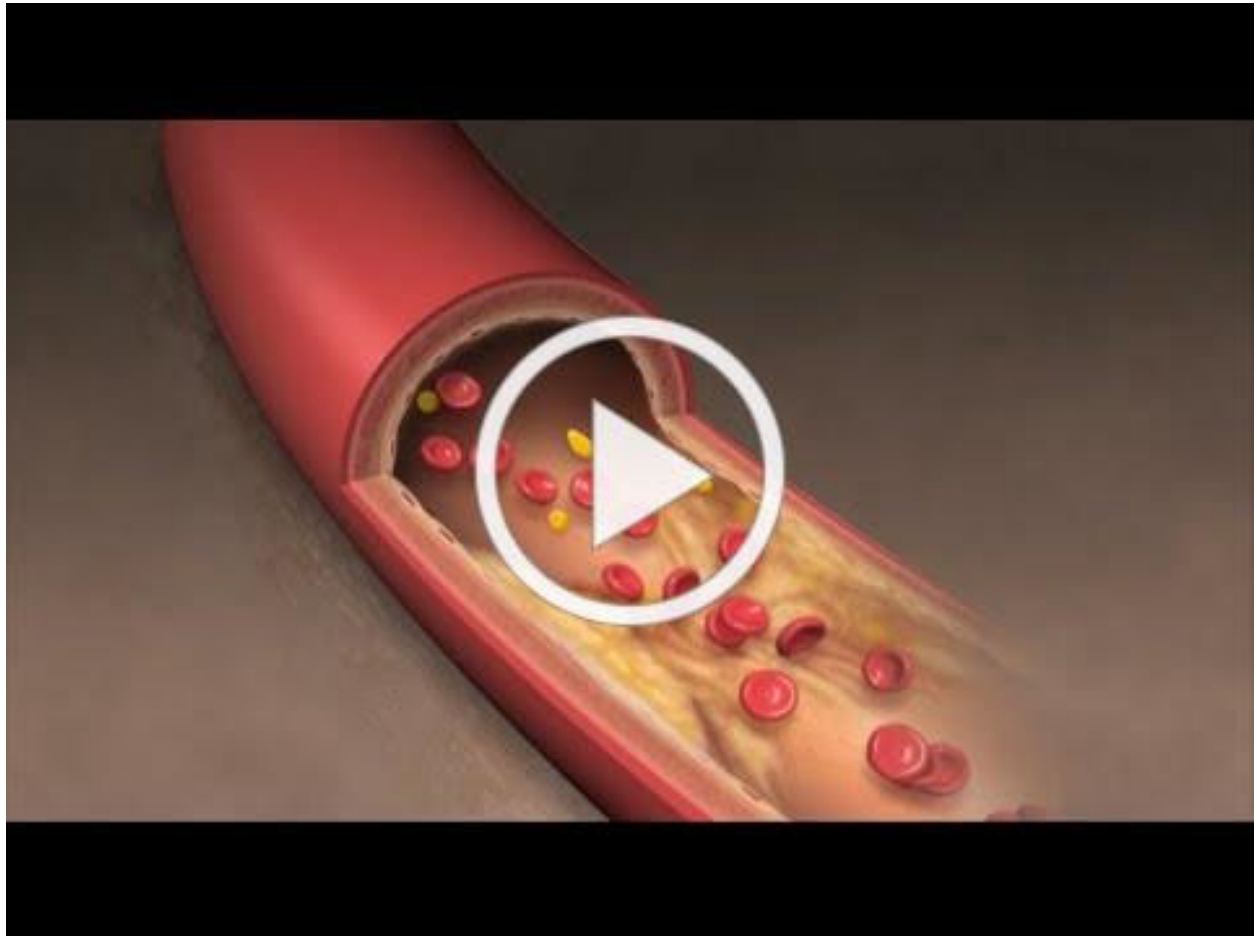
Wednesday, September 20th

10:00am-10:15am or 12:00pm-12:15pm

Description: Join Leishman Center staff for this bite sized, 15 minute class, on learning more about the benefits and uses for garlic.

To view [all](#) of the September classes, visit this [link](#)

To register for classes, visit the link above or call 815-748-8962



Healthy Habits Newsletter

September 2023



8 Heart-Healthy Habits That Can Help You Live Longer

A healthy lifestyle is one of the best ways to increase your chance of a long life. According to the [American Heart Association](#), eight lifestyle factors (known as the AHA's Life Essential 8™) can help lower risk of heart disease:

- 1. Choose nutritious meals** - Strive to keep a balanced diet of fruits, vegetables, whole grains, lean proteins, nuts, and seeds.
- 2. Stay active** - Get at least 150 minutes of moderate-intensity exercise or 75 minutes of high-intensity exercise per week.
- 3. Avoid smoking** - If you smoke or vape, consider quitting.
- 4. Be mindful of sleep habits** - The average adult requires 7-9 hours of quality sleep each night to function their best and stay healthy.
- 5. Maintain a healthy weight** - Visiting your healthcare provider is the best way to determine your ideal weight. A BMI calculation can also assist in establishing this number.
- 6. Manage your cholesterol** - Having your cholesterol levels checked routinely can help identify serious health risks.
- 7. Reduce your risk of type 2 diabetes** - Control your blood sugar with a healthy diet and active lifestyle to reduce your risk of diabetes.
- 8. Monitor your blood pressure** - Routinely check your blood pressure to aid in assessing your risk of heart attack or stroke.



12 Foods For A Healthy Heart

Opting for meals and snacks that reduce your risk of heart disease is one of the best ways to care for your health.

Healthline shares some of the foods that can benefit heart health:

- Leafy green vegetables
- Whole grains
- Berries
- Avocados
- Fish
- Walnuts
- Beans
- Tomatoes
- Almonds
- Seeds
- Edamame
- Dark Chocolate



Get Your Fruits And Veggies In With These Delicious Recipes

Parmesan-Roasted Broccoli

Salad-Stuffed Peppers

Spaghetti Squash Carbonara

Fresh Fruit Salad with Honey Vanilla Yogurt

Grilled Eggplant Chickpea Wraps

Roasted Brussels Sprouts and Kale

Apple Harvest Oatmeal

Chili-Stuffed Sweet Potatoes

Broccoli-Walnut Pesto With Pasta

Smoked Salmon and Asparagus Puffs

Carrot-Ginger Soup with Roasted Vegetables

Chicken and Broccoli Stir-Fry

Frozen Chocolate-Banana Pops

Find these recipes on [FoodNetwork.com!](https://www.foodnetwork.com)

What Is The Difference Between HDL Cholesterol And LDL Cholesterol?

September is National Cholesterol Education Month. Do you know your cholesterol levels? Keeping these levels healthy can lower your risk for heart disease and stroke, two of the leading causes of death among U.S. adults. [The Centers for Disease Control and Prevention](#) breaks down the different types of cholesterol to monitor:

First things first... What is cholesterol? This waxy substance is produced by the liver and helps with important functions such as digesting food and making hormones. Our body naturally produces enough cholesterol, but we also get cholesterol from what we eat. In fact, dietary cholesterol is found in foods such as meat, seafood, dairy, and eggs.

What are the different types of cholesterol?

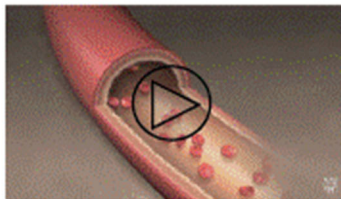
LDL (low-density lipoprotein) cholesterol is the "bad" cholesterol in the bloodstream. A poor diet can cause elevated levels of LDL, which increases risk for heart disease and stroke due to plaque buildup in the arteries.

HDL (high-density lipoprotein) cholesterol is the "good" cholesterol in the bloodstream. A balanced diet and exercise can elevate HDL levels, which decreases risk for heart disease and stroke.

This risk level can also be impacted by the amount of triglycerides in your bloodstream, a type of fat converted into energy. When combined with high LDL and low HDL levels, high triglycerides can be dangerous.

When testing your cholesterol, you may also receive a total cholesterol number, which is the total amount of cholesterol in your body, based on LDL, HDL, and triglycerides.

To learn more about how cholesterol affects heart health, watch this video from [Mayo Clinic](#).



Boletín Hábitos Saludables

Septiembre 2023



8 Hábitos Saludables Para El Corazón Que Pueden Ayudarle A Vivir Más Tiempo

Un estilo de vida saludable es una de las mejores maneras de aumentar sus posibilidades de tener una vida larga. Según la Asociación Estadounidense del Corazón, ocho factores del estilo de vida (conocidos como Life Essential 8™ de la AHA) pueden ayudar a reducir el riesgo de enfermedad cardíaca:

- 1. Elija comidas nutritivas** - Esfuércese por mantener una dieta equilibrada de frutas, verduras, cereales integrales, proteínas magras, nueces y semillas.
- 2. Manténgase activo** - Haga al menos 150 minutos de ejercicio de intensidad moderada o 75 minutos de ejercicio de alta intensidad por semana.
- 3. Evite fumar** - Si fuma o vapeas, considere dejar de hacerlo.
- 4. Sea consciente de sus hábitos de sueño** - El adulto promedio necesita entre 7 y 9 horas de sueño de calidad cada noche para funcionar lo mejor posible y mantenerse saludable.
- 5. Mantenga un peso saludable** - Visitar a su proveedor de atención médica es la mejor manera de determinar su peso ideal. Un cálculo del IMC también puede ayudar a establecer este número.
- 6. Controle su colesterol** - Controlar sus niveles de colesterol de forma rutinaria puede ayudar a identificar riesgos graves para la salud.
- 7. Reduzca su riesgo de diabetes tipo 2** - Controle su nivel de azúcar en sangre con una dieta saludable y un estilo de vida activo para reducir su riesgo de diabetes.
- 8. Controle su presión arterial** - Controle su presión arterial de forma rutinaria para ayudar a evaluar su riesgo de sufrir un ataque cardíaco o un derrame cerebral.



12 Alimentos Para Un Corazón Sano

Optar por comidas y snacks que reduzcan el riesgo de sufrir enfermedades cardíacas es una de las mejores formas de cuidar tu salud.

Healthline comparte algunos de los alimentos que pueden beneficiar la salud del corazón:

- Verduras de hoja verde
- Cereales integrales
- Bayas
- Aguacates
- Pescado
- Nueces
- Frijoles
- Tomates
- Almendras
- Semillas
- Edamame
- Chocolate negro