

## From the County Manger

I hope that most of you took the time to participate in our Employee Health Fair. If you didn't, you really missed a treat with all the vendors, food and fun activities. The Health Fair is a reminder that working towards better health does not have to be something to dread, but rather a path to a better and more enjoyable life.

I am sure that those of you who did participate may have found some areas where your health needs some attention. I hope you got some information and resources to help. Also, don't forget to take advantage of the opportunities we provide to help you like: health-related workshops that are offered from time to time, the exercise room here in the Admin Building that's available to employees; your health insurance that covers many wellness and preventative services, and the \$100 that is in your Flexible Spending Account to help cover co-pay and other out-of-pocket costs. As much as we can help, we want you to be a healthy workforce.

## June is National Men's Health Month

June is National Men's Health Month. Men in the United States live, on average, five years less than women. The life expectancy for men in the United States is around 75 years old, whereas women have a life expectancy of 80. Are men destined to live shorter lives? Not necessarily. In the 1920's, the life expectancy for men and women differed by only one year. Prior to that, life expectancy for men and women was about equal. So, if it's not biology, what would cause such a large difference in life expectancy? Studies suggest that one of the biggest reasons is that men are simply much less proactive about their health. Men are less likely to go to the doctor when sick, and far less likely to go to the doctor when well. Men also tend to be less aware of what they eat, how much they eat, and don't get the recommended amounts of physical activity. Making small changes in life like increasing physical activity, decreasing fat intake, and quitting tobacco use can work wonders for your health. Take charge of your life today and live healthy!

How Do You Check Out?  
(see page 2 for your results)

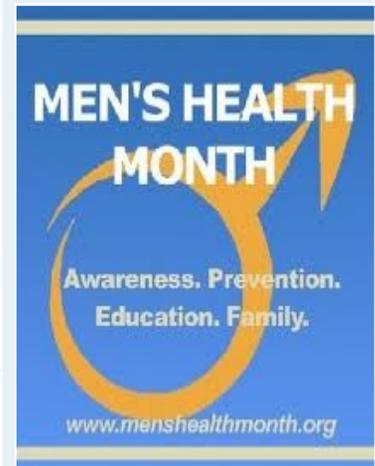
	Often 0 pts	Sometimes 1 pt	Rarely 2 pts.	Never 3 pts.
I get the recommended 150 mins/week physical activity				
I eat a diet low in fat, cholesterol, and/or sodium				
I watch my weight				
I try to find new ways to improve my health				

Submitted by Derrick Haskins, Health Education Specialist



### Dates to Remember:

- June 6th - Commissioners Meeting, 7 PM
- June 8th - 8:30 Dept. Head Mtg.
- June 19th - Father's Day
- June 2nd - 8:30 Dept. Head Mtg.



### Happy Memorial Day!!



## Open Enrollment!!!!

Once again its time for Annual Benefits enrollment. You can now enroll online. **Beginning June 28th - July 3rd**, you can review current benefits and make changes. For some benefits, a personal meeting with a benefits counselor is required. For more info, go to the County Webpage, click "Selected Links" and then "Employee Downloads and Links" and look for "Open Enrollment 2011"



### Men's Self Assessment Scale

**0-3**

You are doing great!  
Keep it up!

**3-5**

Keep a watch on un healthy factors in  
your life.

**5-8**

Think about ways you can improve your  
lifestyle habits.

**9-12**

Talk to your healthcare provider about  
making lifestyle changes

## When You Don't Want to Feel the Burn.

A report from our health insurance provider shows that one of the most used prescriptions is Nexium. The medicine seems to be effective for many people in treating acid reflux disease, or heartburn as it is more commonly referred to, by reducing the amount of acid that is produced by the stomach.



When food travels down the esophagus into the stomach, there are muscle rings that close off the opening where the two meet. Sometimes these muscles don't close well, allowing food, liquid and stomach acid to back into the esophagus. This is called reflux. Not only does this cause discomfort and pain, but over time can result in damage to the esophagus.

**What are others ways you can control reflux?** There are some contributing factors you can control that can help with reflux. Obesity, smoking and alcohol all seem to contribute. Some foods that may be avoided or moderated that contribute to reflux include: caffeine, carbonated beverages, chocolate, citrus fruits and juices, tomatoes and tomato sauces, spicy foods, full-fat dairy products, peppermint & spearmint.

Some changes in eating and lifestyle habits can also help: avoid bending over or exercising right after eating, avoid garments or belts that fit tightly around the waist, don't lie down on a full stomach, eat smaller meals, reduce stress, and sleep with your head raised about 6 inches. Try these strategies when you don't want to Feel the **Burn**.

## Employee News

- Thanks to everyone who contributed in some way to the Relay for Life Fund-raiser!
- "I would like to thank everyone who donated time and sent cards, but most of all for your thoughts and prayers. I greatly appreciate it." —Trina Williams, Veterans Services.
- Open enrollment ends **July 3rd**. If you need to make changes, discontinue cover-age, add or drop dependents, etc., go to the county website [www.edgecombecountync.gov/downloads](http://www.edgecombecountync.gov/downloads) to download and complete the Enrollment Form .
- Don't forget to use the money the county put on your Flexible Spending Account. You have until August to use it or lose it.

## Get to Know Your Commissioners

Commissioner Jonathan Felton has been on the Board for 15 years. He is a semi-retired stock broker. He and his wife of 57 years, Elizabeth, live in Macclesfield, where he was born and raised. They have 2 sons and 2 daughters, 8 grandchildren and 2 great grandchildren. Commissioner Felton is a proud graduate of East Carolina University. He also served in the United States Air Force for 4 years.

Commissioner Felton believes Edgecombe County has an excellent staff, and he is very proud of your hard work. He appreciates your efforts to maximize the benefits to our citizens with the taxes dollars collected. He offers his support and gratitude to a great group of employees.

