



King County

Health Matters

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Supporting the King County Health Reform Initiative

JULY 2007

Live Well Challenge Returns

Last year's first ever Live Well Challenge was a huge success with close to 1,200 employees forming 172 teams across King County. From the fun and excitement of viewing the creative team photos and reading the blogs to laughing at the list of hilarious team names, King County employees had a blast!

Comments included:

"I met new people and bonded with my coworkers"

"I lost weight"

"I had fun"

The King County **Live Well Challenge** is your opportunity to keep the momentum going. It's new and improved...fierce, yet friendly.

The Live Well Challenge is an annual 8-week event from August through September. You don't have to be an athlete to join; you just have to be up for the Challenge. There's something for everyone from couch potatoes to the super athlete.



*From the 2006 Live Well Challenge —
Kelsey Creek Duck 'N Goose Fitness Club Team*

*Photo — Team members are: Team Captain Donna Tinner, Administrative Specialist; Jason Parrot, Mechanic; Gilbert Horvath, Mechanic; Bill Kipp-Young, Chief; Max DiThomas, Parts Specialist; and Terri Allen, Equipment Dispatcher and former Employee of the Year.
Missing: Bruce Lillquist, Acting Supervisor*

Your team of 3–9 co-workers, led by your Team Captain, will earn points for meeting daily nutrition and physical activity recommendations established by the Dietary Guidelines

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Health Leadership Forum III: healthy workplace = high performance

A healthy workplace is the springboard for high performance in a 21st century organization and both managers and employees have shared responsibility to make it happen. That's the message King County Executive Ron Sims and a renowned workplace expert delivered to a packed house of lead managers from every county department, separately elected office, labor unions and county council staff at the 3rd annual Health Leadership Forum.

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King County goes generic

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How I Spent My (Healthy) Summer Vacation

Summer time is vacation time! Vacations can be just what the doctor ordered to help us stress less, but they can get in the way of our healthy lifestyles.

Vacations don't have to mean complete abandonment of your activity schedule. With a little preparation, you can come back from vacation relaxed, recharged, **and** wearing the same size pants as when you left.

- **Plan ahead.** Find out ahead of time if your hotel has gym access. Pack appropriate shoes, clothes, and other sports-type equipment you think you might need.
- **Start at the airport.** Instead of sitting before your plane boards, walk up and down the terminal. You'll be less restless during the flight.
- **Take the stairs instead of the elevator at your hotel.** You can burn as much as 100 calories in 10 minutes.
- **Sightsee by foot rather than taking a taxi or tour.** Some towns have free walking maps of historical places. For extra satisfaction, wear



a pedometer so you know just how much you've walked.

- **Play!** With the kids, go play in the pool, beach comb or fly kites. Without kids, challenge someone to tennis, rent roller blades, find a ping-pong table or go dancing.
- **Ask for advice.** Your hotel concierge might be able to point out a great local park or walking trail.
- **Eat locally.** Find restaurants close to your hotel so you can walk there and back.
- **Be realistic.** You probably won't be able to fit your regular workout into your vacation schedule. That's ok. Doing something is better than doing nothing. If you aim for 50% of your normal routine, you'll be ready to pick up where you left off when you get home.

For more information about Moving More on Vacation, visit our web site at www.metrokc.gov/employees.



LIVE WELL CHALLENGE RETURNS

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for Americans and the Centers for Disease Control. You will also earn points for reaching your goal, stress management, participating in worksite health promotion activities and a host of other health behaviors.

You gave us great feedback about last year's event and we heard you!

NEW AND IMPROVED FOR 2007

- A more challenging event
- A new point structure
- More opportunities to earn points
- More prize categories
- Easier to participate even while on vacation
- Streamlined information and instructions

King County encourages everyone to participate in the Live Well Challenge. Here's how:

- Visit Focus on Employees: www.metrokc.gov/employees to read details about the Challenge.
- Locate or create a team of 3 to 9 co-workers. All team members must be King County employees.
- Choose a team captain.
- Pick a team name. Be creative.
- Register yourself or your team beginning July 9th but no later than July 27th.
 - For online registration or to download registration forms, visit the Focus on Employees web site: www.metrokc.gov/employees.
- Get ready, get set...the Challenge officially begins on August 6th and ends September 30th.

Questions? Call the Health Matters Team at (206) 263-3733 or email: livewellchallenge@metrokc.gov.

QUIT TOBACCO

FREE ONLINE CUSTOMIZED SUPPORT:

- HealthMedia's BREATHE program at <http://quit-tobacco.healthmedia.com>. Click on Sign Up Today and enter a unique username. Access code is IWILLQUIT.

FREE TELEPHONE SUPPORT:

- King County Tobacco Quit Line — 1-877-279-0624

- Washington State Quit Line — 1-877-270-STOP (7867); More info at www.quitline.com
- Reimbursement for patch and other nicotine replacement treatment: Go to www.metrokc.gov/employees and click on Quit Tobacco; or call 206-685-1556.

Get a **Free Quit Kit** from Public Health's Tobacco Prevention Program: 206-286-7613. Tips on How to Quit Smoking at www.metrokc.gov/health/tobacco/quitsmoking.htm.



Think Your Drink

What better way to enjoy a hot summer day than with a cool, refreshing beverage? But be careful...that cool, refreshing beverage could be packed with calories and sugar. In your continual effort to eat smart, don't forget to think about your drink.

Instead of...	Calories	Try...	Calories
Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat-free milk	125
20-oz. bottle of non-diet cola	227	Bottle of water or diet soda	0
Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
A glass of non-diet ginger ale (12 ounces)	124	Water with a slice of lemon, lime, cucumber, or watermelon	0
Sparkling juices 8- to 12-ounce bottle (Juice Squeeze™, Izze®, esn™)	135–160	Seltzer water with a splash of 100% fruit juice	About 30 calories for seltzer water with 2 ounces of 100% orange or cranberry juice
A 20-ounce cup of 100% orange juice	280	A 12-ounce cup of 100% orange juice	168

Don't forget...

Sugar is sugar!

Sweeteners that add calories to a beverage go by many different names. Some common sweeteners include high fructose corn syrup, fructose, fruit juice concentrates, honey, sugar, syrup, corn syrup, sucrose and dextrose.

There are high-calorie drinks in unexpected places!

Coffee drinks and blended fruit smoothies sound innocent enough, but the calories in some of your favorite coffee-shop or smoothie-stand items may surprise you. Check the web site or in-store nutrition information of your favorite coffee or smoothie shop to find out how many calories are in your favorite drink.

Portion control and reading nutrition labels isn't just for food, but for beverages, too!



It's Farmers' Market Season!

Meat your Puget Sound Fresh farmers at the farmers' market in your neighborhood.

Products at farmers' markets are renowned for being locally grown and very fresh. Since locally grown produce does not travel as far to get to your table, the difference in mileage allows farmers to pick produce at the peak of flavor and preserve the nutritional content of fresh produce.

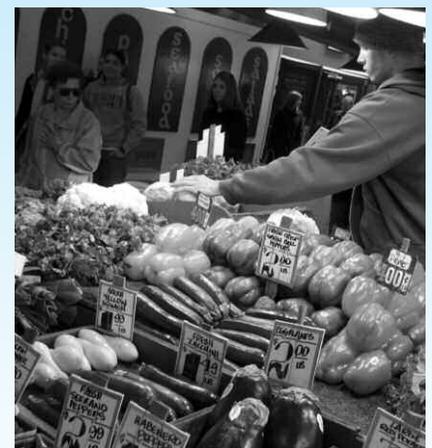
King County supports Puget Sound Fresh and local farming. You will find a wealth of information at <http://dnr.metrokc.gov/wlr/farms/> including:

- The **Puget Sound Fresh 2007 Farmer Guide**. Download this beautiful guide of farmers' markets, farms and a harvest calendar as well as a list of grocery stores and restaurants who buy from local farmers.
- 2007 events including fairs and farm festivals.
- Favorite farm recipes.

- Many other online resources.

For questions about Puget Sound Fresh, please contact Steve Evans, King County Farm-budsman, at steve.evans@metrokc.gov.

Support local farms and preserve natural resources. Shop at a farmers' market this week!



Pike Place Market is internationally recognized as America's premier farmers' market.

Health Leaders healthy workplace



Dr. Edington banters with lead managers about workplace health.

(continued from page 1)

The forum is convened annually to report on the progress of King County's nationally recognized Health Reform Initiative, engage directors and lead managers, and set the stage for the next level of improvements in the coming year.

Sims said attaining high performance hinges on the increasingly vital role managers must play in building a healthy workplace with their employees.

"Health is a shared responsibility," he said, echoing the forum's title. "Over ninety percent of our employees participate in the Healthy IncentivesSM program. They are engaged and looking for more ways to stay fit and lower their health risks. Managers should know that

embracing health in the workplace means better morale and higher performance."

Sims's message to managers was seconded by keynote speaker Dr. Dee Edington, head of the University of Michigan's Health Management Research Center, who detailed his well-researched business case for health promotion, establishing a dynamic connection between a healthy workplace, employee vitality and keeping a lid on costs.

"If you reduce health risks — even just keep everybody from getting worse — you'll become what I call a champion workplace," said the blunt but affable Edington, who laid out a prescription for healthier employees that includes personal health assessments and coaching — very similar to King County's Healthy IncentivesSM program. Edington also praised King County's efforts to include a broad range of programs to raise awareness

about health through the workplace.

"You can't change behavior without changing the work environment. You have to provide a range of choices so that the individual has the opportunity to act when they are ready," said Edington.

The King County Health Reform Initiative focus on the workplace includes:

- **Healthy Workplace Funding Initiative** providing funds at a rate of \$25 per employee for workgroups to purchase health-enhancing goods and services such as yoga, fitness training, exercise videos, stress reduction classes and nutrition information.
- **Weight Watchers at WorkTM** classes are held at many county locations. To date, more than 5,754 pounds have been shed by participants who drop an average of eight pounds per 13-week session.
- **Take the Stairs** campaign has spurred a movement of hundreds of stair-stepping groups and individuals, expanding lung capacity and sprucing up passageways around King County along the way.
- **Flu Shot** program this winter reached 34% of our targeted population in offices throughout King County.
- **Live Well Challenge** — the friendly competition produced 172 self-organized work groups and thousands of participants engaged in healthy activities.
- **Health & Benefits Fair** brings thousands of employees out every fall to learn about personal health and to sample the opportunities available through the workplace and at home.



Executive Sims, Deputy Chief of Staff Jim Lopez and Noel Treat, Deputy Director of Facilities Management, discuss the finer points of health reform.

Leadership Forum III: = high performance

KING COUNTY: ON TRACK FOR HEALTH AND HIGH PERFORMANCE

- 91% participation in the Wellness Assessment (two years in a row)
- 16% have moved to a lower health risk category in 2007
- 78% of high-risk participants report reducing or eliminating at least one risk factor



Transit's Labor & Employment Manager Laird Cusack and Disability Services' Berneta Walraven go over the day's exercise...how to promote a healthier workplace.

Health Leadership Forum: managers engage

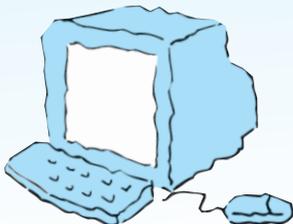
Almost 200 directors and lead managers engaged in a Q & A session with Dr. Edington and in group exercises to foster new thinking about promoting health in the workplace.

- **Stephanie Warden (DDES):** "I thought it was excellent. His style was great and his message was simple: Keep your healthy people healthy. We always need to look at rewarding people for good behavior."
- **Greg Kipp (DPH):** "It really brought home with data, the fact that if you stay healthy, it has long-term impacts, and how important it is to get and keep your workforce in the lower risk categories."
- **Christie True (DNRP):** "It was helpful to get the data on all the movement between risk groups...and that zero (trend) is attainable. You feel like it's something you can accomplish."

ON THE WEB:

For more information on workplace health, go to www.metrokc.gov/employees.

Managers can find more information on the Health Leadership Forum, including Executive Sims' address, Dr. Edington's presentation, and links to special resources by visiting the site above and clicking on the **Manager's Health Tools** button.



DNRP lead managers engage Dr. Edington during the Q & A.

Meet the new Health Promotion Leadership Committee

(see back page)

eat smart, move more

Sun's out. Days are long. Let's Move More.

RIDE YOUR BIKE

- **Bicycle Saturdays and Sundays** — July 14th and 29th. Lake Washington Boulevard is closed to motorized vehicles from Mount Baker Beach to Seward Park, 9 am–6 pm. For \$10, riders can buy a custom-fitted bike helmet from Cascade Bicycle Club (1–4 pm) near the entrance to Seward Park.
- **Tour de Peaks** — July 29th, 7–10 am. Four routes to fit your ride, with proceeds to benefit the Tanner Jeans Memorial Foundation. Music, food and raffle prizes. www.tourdepeaks.org
- **Seattle to Portland (STP)** — July 14th and 15th. In its 28th year, this classic northwest ride takes you 200 miles from Seattle to Portland. Two days or (umpf!) one. www.cascade.org



Executive Sims puts rubber on the road during May's Bike To Work Month.

WALK AND LEARN

- **Garden Tours** — there are many regional garden tours in July, some free and some that charge. For a complete list, visit www.millerlibrary.org. Try the July 8th Georgetown Art and Garden Walk — it's free!
- **Port Susan Bay Preserve Nature Walk** — July 21st. The Nature Conservancy hosts walks at its Port Susan Bay Preserve near Stanwood. This preserve safeguards some of the finest estuarine habitat in the Puget Sound region. You must sign up in advance by calling 206-343-4345, ext. 345.
- **Beach Naturalist Low Tide Walks** — July 4th, 14th and 28th. Join volunteer naturalists from the Seattle Aquarium at any one of seven local beaches during low tides in July. www.seattleaquarium.org

RUN

- **Seafair Marathon** — July 8th. Marathon, half-marathon run/walk, and a 5K run/walk. A portion of proceeds benefits cancer research at Virginia Mason. www.seafairmarathon.com
- **Torchlight Run** — July 28th. 8K or 5K. Costume contest televised on KIRO TV for your 15 seconds of fame. www.seafair.com
- **Waterland 5K Run and Walk** — July 22nd. This free Des Moines run encourages competition between family and friends. Check in at 7 am and race at 9 am. www.desmoineswa.gov



King County Councilmember Julia Patterson and Seattle-King County Public Health's Esther Day "Step Out" for better health during April's Public Health Week. Employees from all over the county took part in lunchtime walks during a week long "Stepping Up and Stepping Out — Celebrate Public Health Week" program.

EXPLORE

- **TrailsFest** — July 21st, 9 am–4 pm. TrailsFest is for all ages. Explore the outdoors in a fun and safe environment. Clinics on hiking, trekking, fly-fishing, kayaking, and rock wall climbing. Free at Rattlesnake Lake Recreation Center. www.trailsfest.org

Share your favorite activity or submit a Move More testimonial. E-mail health.matters@metrokc.gov or call 206-263-6085.



choose generics



KING COUNTY GOES GENERIC

King County employees are choosing generics over brand names at much higher rates than ever.

According to Express Scripts Inc., the pharmacy benefit manager for KingCareSM members, prescription users are asking for generics over brand names more than 60% of the time — a seven percent increase from just last year.

According to industry experts, the growth in generic use has several factors: a wave of “blockbuster” name-brand drugs (Pravachol, Zocor, Allegra, Zolof and Xanax XR and more) now have chemically identical generic versions on the market — with more on the way; increased awareness that generics have a longer track record of safety than newer brands; or simple economics. Brand names cost more for employees in the form of higher “co-pays,” while employers pay significantly higher prices for brand-name drugs. ESI estimates that just a one percent increase in generics over brand use can save King County a million dollars in a single year.

“It’s probably a combination,” said King County Benefits and Well-Being Manager Kerry Schaefer. “Employees and their families are thinking about how to lower their personal costs for medications and they’re taking a hard look at what’s in their medicine cabinet to make sure they’re getting the right drug for the right value.”

For more on your prescription benefits, including confidential advice on how to evaluate what’s in your medicine cabinet, visit www.getoutcomes.com.

Another Strong Turnout for Healthy IncentivesSM

We’ve had another successful year of the Healthy IncentivesSM program as participation once again surpassed expectations. Initial results show that 92% of eligible employees and spouse/domestic partners took the wellness assessment.

Of those who took the assessment, over half (58%) were ranked as having a low health risk, 4% were moderate risk and only 38% were high risk. In addition, 92% of people in the high-risk group enrolled in an individual action plan as did 98% of people rated with a moderate risk and 83% of people rated as low risk.

Many of you have already received a letter from Harris HealthTrends telling you the out-of-pocket expense level you’ve earned, along with the appeal process to follow if you disagree with your level.

If you haven’t received this letter, you should receive it within 30 days of completing your individual action plan. **If you don’t receive your letter by July 15, call Harris HealthTrends at 1-877-279-0624 toll-free to check on your letter’s status.**

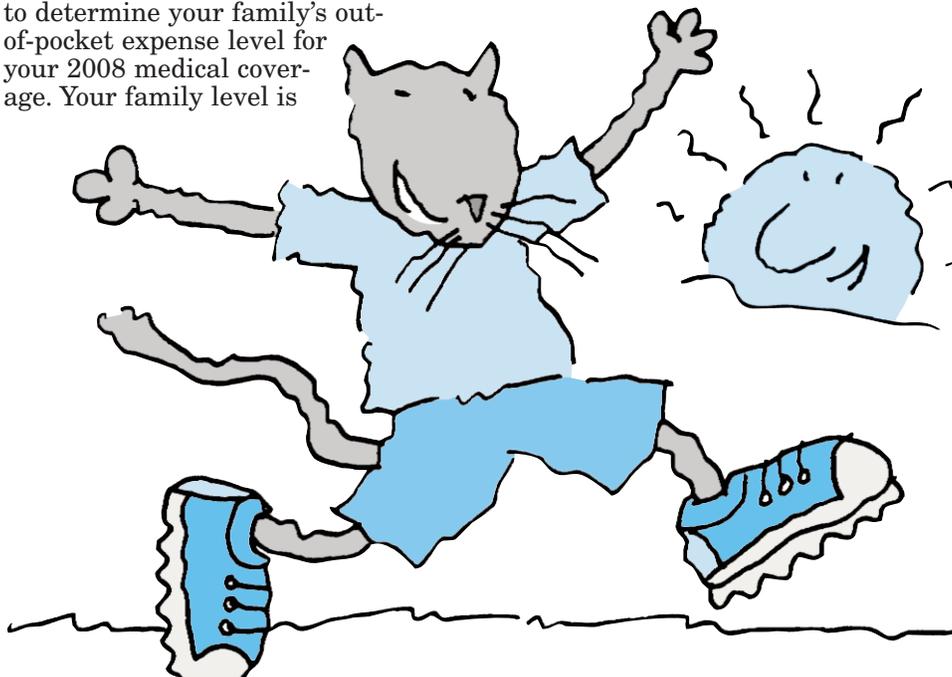
The letter also tells you how to determine your family’s out-of-pocket expense level for your 2008 medical coverage. Your family level is

determined by the lowest level earned by both you and your covered spouse/domestic partner. For example, if you completed the wellness assessment and your individual action plan on time to earn gold, but your covered spouse/domestic partner earned bronze by not participating in the program, then your family’s medical expenses will be covered at the bronze out-of-pocket level in 2008.

To appeal your out-of-pocket expense level, you must contact Harris HealthTrends **before July 31, 2007** at 1-877-279-0624 toll-free. Harris HealthTrends, not King County, determined your out-of-pocket expense level.

Again, as we wrap up the Healthy IncentivesSM program for this year, a big **congratulations** goes out to everyone who participated in the program to make this year a huge success!

If you have other questions about the Healthy IncentivesSM program or questions about your benefits, contact Benefits and Retirement Operations by phone at 206-684-1556 or e-mail: kc.benefits@metrokc.gov.



Health Promotion Leadership Committee

Made up of high level representatives from every county department, separately elected office and the council, the HPLC has been charged with helping to ensure managers and their employees take advantage of opportunities for promoting health in the workplace.

ORGANIZATION	NAME
Assessor	Rich Medved
Adult & Juvenile Detention	Mark Bolton Hikari Tamura
Community & Human Services	Terry Mark
County Council	Ellen Petre Carolyn Woolf
Development & Environmental Services	Jim Schaber
District Court	Tricia Crozier
Executive Office	Karen Wolf
Executive – OIRM	Patti Cole-Tindall
Executive – OMB	Debora Gay
Executive Services	Caroline Whalen
Judicial Administration	Teresa Bailey
Natural Resources & Parks	Bob Burns Cynthia Hernandez
Prosecuting Attorney	Kevin Wright
Public Health	Dorothy Teeter
Sheriff	Denise Turner
Superior Court	Linda Ridge
Transportation	Laurie Brown Cheryl Binetti

FRUITS AND VEGETABLES FOR JULY

Try the fruit and vegetable of the month. Go to www.metrokc.gov/employees for tips, recipes and more.

FRUIT

Nectarines: Nectarines are small and smooth-skinned, golden yellow with large blushes of red. Their yellow flesh has a noticeable pink tinge, with a distinct aroma and a more pronounced flavor. Nectarines are low in calories with no sodium or cholesterol.

VEGETABLE

Garlic: Characterized by its strong flavor and smell stemming from its sulfur compounds, it makes a great flavoring agent for a variety of dishes. There are approximately 300 varieties of garlic grown throughout the world.



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Health Matters

Supporting the King County Health Reform Initiative

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