



HEALTHIER NUWS

A WELLNESS PUBLICATION DEDICATED TO FACULTY AND STAFF

Letter From the Director



As summer draws to a close and a new school year begins at Stony Brook University, students, faculty and staff fill the academic mall with hopes of friendship, growth and empowerment; a truly exciting time to be a Seawolf.

Before we look ahead I would like to take a minute and reflect on our most recent engagement program, "Ready, Set, Move!" Wellness Walking Challenge, a hybrid of our popular "Walk on Wednesdays" and "Walk to Win" programs. This updated program was designed to reach a greater percentage of our employees while providing flexibility to walk at their convenience and as their schedule permits. While we did provide more flexibility, we also increased the demand of the walkers and placed a greater emphasis on consistency. The refreshed model was greatly successful with participation growing by nearly 350% and rewarding 250 more successful participants versus prior year.

Building on that success, faculty and staff may now join students in the Wellness Walking Program offered through the Campus Recreation Center and led by US Olympian Maria Michta, ranked the Best Female Walker in the United States. More information on this exciting new opportunity can be found at the bottom of this newsletter.

In this issue we interview wellness advocate and senior leader Melissa Woo, Colleen's Corner talks about resilience, our Environmental Health & Safety team provides an in-depth look at the Zika Virus, and our resident RD offers up a nutritional top 10 and a quick and convenient recipe for *hummus to go*.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at bryan.weiss@stonybrook.edu. Thank you for reading our newsletter and look for our next issue in the coming months.

Wishing you all the best this academic year,

Bryan Weiss



Leading the Charge

Melissa Woo

*Vice President for Information Technology
Chief Information Officer*

Q: Does technology play a role in maintaining your healthy lifestyle?

A: This might surprise people, but I'm relatively low-tech when it comes to fitness monitoring. I'll probably be one of the last people to consider wearing a fitness tracker, such as a Fitbit. I admit that I do occasionally look at the Google Fit app on my phone to see how much time I spend walking, but that's the extent of the technology I apply towards monitoring

my fitness.

Q: Describe a typical weeknight meal at home.

A: Although my husband and I aren't vegetarians, we very seldom eat meat. Our weeknight meals, which I often post pics of to my Google+ social network feed, are often dishes such as stir fries containing non-meat proteins like tempeh, tofu, seitan, or nut meats. We'll often cook enough on weekends to eat on weeknights. For example, last weekend we baked a large spinach and mushroom lasagna - yum! This week we found a recipe for an Ethiopian-style cabbage dish and are planning to make dolmas. We really enjoy finding new recipes and cooking together. I just wish we had more time to do so!

Q: Last book read or movie seen?

A: Normally I'm an avid reader but haven't had much time for leisure reading since coming to Stony Brook! The last book I read was *Between the World and Me* by Ta-Nehisi Coates. I've started the book *Designing the New American University* by Michael Crow and William B. Debars, but haven't had the time to dig into it.

Q: Is there a summer-time food that you can't get enough of?

A: I really love a variety of summer fruits, such as lychee nuts (fresh is so much better than canned!), watermelons, cherries...I could go on and on!

Q: What is your idea of a near-perfect summer day?

A: Any day spent with my husband would be near-perfect! Ideally we would be spending the day exploring forests and other natural landscapes.



Colleen's Corner

EAP for a Happier U

By Colleen Stanley, MFT, CEAP
Lead Coordinator
Stony Brook University Employee Assistance Program

Q: I find myself getting through life one event at a time; thinking I'll be happier when the work week is finished, when I graduate, when the mortgage is paid, when the kids graduate, etc. What can I do differently to feel like I am thriving rather than just getting by?

A: Life brings you what it will. We have no control over what life brings. Being uncomfortable and sometimes in pain is inevitable. People we love die, careers are interrupted, we endure betrayal, health issues, and traumas of every magnitude. It's how we navigate the pain that makes a difference in our quality of life and in our ability to be resilient. Often people will think about their pain like a dog chews on a bone. This process of amplifying the pain by ruminating on your fear based thoughts is called "suffering". We may not have control over the painful event, but we do have some control over how much we suffer. I recently made a commitment to myself to stop suffering. It has been an eye opening process to see how easily and how often the mind will jump to suffering. Each time I catch myself I gently remind myself that I no longer need to suffer and I am uplifted. There is grace in this process. If you want to make change of any kind you must begin where you are. Think about the most manageable step you can take, and then make it smaller. Begin with a small step, then be consistent with that step, until it becomes a habit. Let healthier behaviors grow organically, consciously choosing to create the life you want. Seek out and create beauty wherever you can. When we notice a tree or a child's smile we are in that moment, fully alive.

To learn more about resilience go to stonybrook.edu/eap/happieru/resilience.

Environmental Health and Safety Focus

Zika Virus

By Clifford Knee, *Safety Training and Environmental Compliance Manager*

Zika virus is a mosquito-borne virus that is transmitted to people through the bite of an infected Aedes species mosquito. Prior to 2015, Zika virus outbreaks have occurred in areas of Africa, Southeast Asia,

and the Pacific Islands. Zika has now been identified in Mexico, Central America, North America, the Caribbean and South America. Local mosquito-borne transmission of the Zika virus has been reported in a Miami, Florida neighborhood. Travel-associated Zika virus disease has been reported throughout the United States.

The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon.

- Zika virus can be passed from a mother to her fetus during pregnancy.
- Zika virus can cause microcephaly, a serious birth defect in babies.
- Zika virus can cause other severe fetal brain defects.

The Center for Disease Control and Prevention (CDC) has issued a travel alert for people traveling to regions and certain countries where Zika virus transmission is ongoing. Students, faculty and staff who are planning travel to a Zika affected area should review the latest [CDC Travel Notice Information](#) and practice the enhanced precautions recommended by health experts.

Travel Precautions

Because Zika virus is spread by mosquitoes, the CDC recommends that travelers to [affected areas](#) protect themselves from mosquito bites.

- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE), or IR3535. Always use as directed.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself.
- Stay and sleep in screened-in or air-conditioned rooms.

Special precautions for women who are pregnant or trying to become pregnant:

- Consider postponing travel to any area where Zika virus transmission is ongoing.
- If you must travel to one of these areas, talk to your doctor first.
- Strictly follow steps to prevent mosquito bites during your trip.

Prior to travel, it is recommended that you contact a health care provider knowledgeable in travel medicine.

- Students can call: Stony Brook University Student Health Services (631) 632-6740
- Faculty and staff can call: Stony Brook Medicine, Preventive Medicine, Travel Medicine and Adult Vaccination Program (631) 444-6250

Travelers returning to the United States from an area with Zika should take the following steps:

- Prevent mosquito bites for 3 weeks so that the Zika virus is not spread to uninfected mosquitos.
- Use protection when engaging in any type of sexual activity.
- Let your healthcare provider know if you develop a fever, rash, joint pain, or conjunctivitis (red eyes).

Key Facts

Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito.

- The virus is known to circulate in Africa, the Americas, Asia and the Pacific.
- This type of mosquito is an aggressive daytime biter.

Zika virus can also spread:

- From a pregnant woman to her fetus during pregnancy or around the time of birth.
- During sexual activity with a person carrying the Zika virus.
- Through blood transfusion (likely but not confirmed)

People with Zika virus disease usually have a mild fever, skin rash (exanthema) and conjunctivitis.

- These symptoms normally last for 2-7 days.
- There is no specific treatment or vaccine currently available.

The best form of prevention is protection against mosquito bites.

- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Mosquitoes can spread other viruses, including but not limited to Eastern Equine Encephalitis and West Nile Virus.

Core Nutrition

Back to School: Top 10 Nutrition Tips

By Stephanie May, *Campus Dining Registered Dietitian*

1. Sugar should be avoided whenever possible. It supplies empty calories with minimal nutritional value. Note that "sugar" can have as many as 60 different names on an ingredient list!
2. Some fats *are* good! Monounsaturated and polyunsaturated fats are health promoting. Omega-3 Fatty acids are an important part of the diet as they protect your heart and support a healthy metabolism. The best sources are fish, fish oil, grass fed meat, and walnuts.
3. Trans and saturated fat should be avoided whenever possible as they increase your risk for cardiovascular disease.
4. Include fruits and vegetables in your diet daily. It is important to include a variety of produce, as these foods are great sources of vitamins, minerals, fiber, antioxidants, and phytochemicals.
5. Refined carbohydrates such as white flour and white rice should be avoided. These foods have little fiber, and are missing essential vitamins. Ask for Whole Grains!
6. You cannot supplement a bad diet! Trying to take supplements, herbs, and mega doses of specific vitamins and minerals does not replace a healthy diet. It is important to include whole foods in your diet to provide micronutrients and phytochemicals which are components of plants that help to reduce your risk of diseases such as cancer and cardiovascular disease.
7. Fiber is important for gut health. Adults should aim to consume 25-35 grams per day. The easiest way to achieve this is by consuming whole grains, fruits, vegetables, nuts, seeds, beans, and legumes daily.
8. Not all sources of iron are equal! The iron found in animal protein, called heme iron, is easily used by the body. The iron that is found in dark green vegetables, lentils, beans and other plant foods is called non-heme iron and is not absorbed as well as heme iron. Certain parts of plants inhibit non-heme iron absorption and use by the body. To promote proper plant based iron absorption, you should include vitamin C rich foods such as lemons, strawberries, oranges, and broccoli into your diet which will help you absorb more iron.
9. In the U.S. most people consume adequate calcium, but we still have the highest rates of osteoporosis! This is likely caused by insufficient vitamin D in the diet and not enough exercise! It is important to make sure that you are eating vitamin D rich foods such as fish, eggs, oatmeal, and yogurt to improve calcium absorption, and support bone health.
10. Do not be afraid to try new foods! It takes several times for your taste buds to acquire a taste for something new. Try preparing new foods in different ways to bring out a variety of flavors; grill, roast, or sauté. Once every few weeks buy a new fruit or vegetable from the grocery store, you never know... it may be your new favorite!

For more nutritional information including newsletters and healthy recipes from our resident nutrition expert, please visit stonybrook.edu/commcms/campusdining/nutrition.



Healthy Eats

Hummus To Go

By Stephanie May, *Campus Dining Registered Dietitian*

Serving Size: 1 serving

Makes: 3 servings

Ingredients

1 can of chickpeas (drained and rinsed)
1 clove garlic

1/4 cup olive oil

2 tablespoons fresh lemon juice
2 tablespoons tahini
Kosher salt to taste

Optional add in flavors:

1/4 teaspoon chili powder
3 tablespoons pesto
1/2 cup cooked spinach (drained)
1/2 cup roasted peppers or tomatoes
Crushed walnuts and/or pistachios

Directions

1. In a food processor, puree hummus ingredients.
2. In mason jars, portion hummus.
3. Top with carrot, celery or cucumber sticks and/or cherry tomatoes.
4. Store in refrigerator until ready to eat.

Nutrition

Serving size: 1 serving
Calories: 436, Fat: 21 g, Saturated Fat: 2.8 g
Cholesterol: 0 mg, Sodium: 595 mg, Carbohydrates: 49 g, Fiber: 10 g, Protein: 12 g

Engagement Programs

Wellness Walking Program

Physical activity is an important component of maintaining a healthy lifestyle, and an activity as simple as walking could provide major benefits to our well-being. Walking not only helps reduce the risk of coronary heart disease, osteoporosis, breast and colon cancer and type 2 diabetes, but also provides a mental boost, improving general mood and reducing stress.

Returning 2016, Stony Brook University is implementing a Wellness Walking Program to promote a healthy lifestyle in the campus community. This program will be led by the US Olympian Dr. Maria Michta, ranked the best Best Female Walker in the United States.

The Wellness Walking Program will provide an opportunity for students, faculty and staff to improve and maintain their physical health through the discipline of walking. Program participants will learn the technique of race walking, will build a cardio base and will be encouraged to set individual fitness goals.

In addition, this program aims to create a race walking culture in the SBU community and motivate those students that participated in high school race walking to continue pursuing this activity during their college years. Program participants will be encouraged to partake in local race walking competitions, and possibly high level elite races at the regional and national level. The collegiate athletes can compete in the junior category (under 20 years old) and open divisions, while staff and faculty can compete in the master age and open categories.

The sessions will begin on September 7, 2016 at the Walter J. Hawrys Campus Recreation Center and take place very Monday, Wednesday and Friday from 12:00 - 1:00pm.

Program is free to all faculty and staff but space is extremely limited. Don't miss out on this amazing opportunity; [click here](#) to register ASAP.

stonybrook.edu/healthieru

STAY CONNECTED:

