



CROSSROADS

A CCCSIG Publication Where Health, Safety & Schools Come Together.

• November 2011 •

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

District Best Practice: Site Health & Safety Representatives

We are pleased to report that all of our member districts have 1-2 designated District H&S Coordinators who are primarily responsible for communicating and promoting health and safety information and programs to all employees of the district, overseeing the completion of the district H&S incentive program requirements and participating in the District H&S Committee.

Some districts, such as **Pittsburg USD**, have also appointed Site H&S Representatives at each of their schools, within each department and district office. Their responsibilities include communicating H&S activities and information they receive from District H&S Coordinators to their staff and educating them on H&S practices that prevent employee injuries. Site H&S Representatives also may attend regular, district-wide H&S Committee meetings where they represent their individual sites and communicate any health and safety needs or activities back to the Committee. Example objectives of a Committee are to prevent employee injuries, enhance employee participation in district H&S efforts, identify problems and hazards before they cause injuries or illnesses, and promote health, safety and wellness across the district. If you have an interest in health or safety and are interested in representing your school site, please contact your District Health and Safety Coordinator.

Suggested Uses for Crossroads:

- 5-minute health and safety brief at staff meetings.
- Place a copy in your Injury and Illness Prevention Plan binder.

November is American Diabetes Month

There's good news and bad news about type 2 diabetes, which is also called adult onset diabetes. The bad news? It's striking people at younger and younger ages, and rates are skyrocketing as the population grows heavier and gets less physical activity. Every 24 hours more than 4,000 adults are diagnosed with diabetes and approximately 200 people die from diabetes. The good news? It's highly preventable! (Please note that type 1 diabetes usually develops due to an autoimmune disorder and is not caused by lifestyle).

The Bottom Line:

Keeping weight in check, being active, and eating a healthy diet can prevent most cases of type 2 diabetes.

off the mark.com by Mark Parisi



Playground Safety

by Steve Webber, CCCSIG

It is tempting to think of outdoor play as the relaxed, carefree part of your day. And that is exactly how outdoor play should feel for students. But outdoor play requires your vigilant attention and supervision to prevent injuries, such as being struck by thrown objects, e.g. kick balls, baseballs, footballs, etc.

Before taking your students to the playground, tell them how to play safely and what you expect of them at the playground.

Once on the playground, remind yourself of these three safety essentials:

Pay Attention

Move around the playground, focusing your attention on the students and resist the temptation to become distracted by conversations with other staff.

Observe

As you move around the playground, pay close attention to potential problems and watch for challenging behaviors. Step in immediately to prevent problems BEFORE they occur.

Big Picture

Be alert to everything happening on the playground. Work cooperatively with other staff to watch problem areas, especially hard-to-see gates, slides, and other equipment.





Thanksgiving, after all, is a word of action.
—W.J. Cameron

Meal in Minutes!

Black Bean-Smothered Sweet Potatoes

Ingredients

- 2 medium sweet potatoes
- 1 15-oz. can black beans, rinsed
- 1 medium tomato, diced
- 2 tsp extra-virgin olive oil
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp salt
- 2 Tbsp reduced-fat sour cream
- 2 Tbsp fresh cilantro, chopped



Preparation

1. Pierce sweet potatoes with a fork in several places. Microwave on high until tender all the way to the center, 12-15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees until tender, ~ 1 hour).
2. Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on high until just heated through, 2-3 minutes.
3. When just cool enough to handle, cut each potato lengthwise, pressing open to make a well in the center. Spoon the bean mixture into the opening.
4. Top with sour cream and cilantro.

Makes 2 servings

Source: www.eatingwell.com

Nutrition Facts (per serving):

Serving Size = 1 potato

Calories: 351	Fat: 7g
Sodium: 468mg	Protein: 11g
Cholesterol: 6mg	Fiber: 12g

Healthy Thanksgiving Day Tips

Americans pay a hefty price for our holiday feasts and festivities — the average adult gains two pounds between Thanksgiving and New Year's. It may not sound like much, but it adds up through the years.

We suggest families try the following tips to ensure a healthy and delicious Thanksgiving meal:

1. Substitute new, healthier holiday foods for unhealthy traditional ones.

The average Thanksgiving dinner has over 2,000 calories. You can cut calories by making some substitutions. For example, serve steamed green beans with sliced almonds instead of the traditional green bean casserole.

2. Don't go to the table hungry. Start your day off with a healthy breakfast that includes some protein.

3. Set the table with smaller dinner plates. Even if you go back for seconds, you will most likely consume less food than if you loaded up a large plate.

4. Plan ahead to fill your plate with lower calorie foods.

A good rule of thumb is to fill a quarter of your plate with protein-rich turkey, half of your plate with simple vegetables, and the remaining quarter with starches such as unbuttered yams (drizzle with a little honey instead) or stuffing.

5. Take smaller portions, especially of the less healthy foods.

6. Minimize alcoholic beverages.

7. Drink plenty of water.

8. Incorporate activities into the day. Be sure to get your family involved — it will quickly become tradition!

Source: *American Specialty Health*, written for *GlobeNewswire*

FITNESS FOCUS:

Boost the Immune System

By: *Susan Patterson, CCCSIG*

As flu season approaches, many people wonder what are best practices to avoid infection. Did you know that regular exercise actually boosts the immune system? As we age, immune cells do not replicate effectively, resulting in fewer cells to protect us. Regular aerobic exercise helps re-circulate what immune cells we have.

Older adults actually have the most to gain from regular exercise. Studies show a 50%



reduction in sick days from the common cold in elderly subjects who regularly engage in brisk walking for 30-40 minutes, 5 days a week. Keep in mind that "near-daily activity is needed to gain this acute immune benefit of enhanced recirculation of immune cells" according to David C. Nieman, Dr.P.H., FACSM, director of the Human Performance Laboratory at Appalachian State University in Boone, North Carolina. In addition, never underestimate the power of serious hand washing as a means to lower your risk of infection. Hand washing is the easiest and most effective way to prevent the spread of disease.



Source: *ACSM's Health & Fitness Journal*, Vol. 13/No. 1