Here's to Health

nueHealth valueHealth

IN THIS ISSUE

NEW OFFERING

OLYMPIC ALL-AROUND CHALLENGE

Here is an opportunity for an additional 200 Vitality Points for completing the summer challenge. This is an individual challenge. You may sign up through Vitality beginning July 1, 2024.

Challenge runs July 8 thru August 11.

See the next page for details.

WELLNESS INCENTIVE PAYOUTS

2024 INCENTIVES

- 1st Qtr. - 4/26/2024
- 2nd Qtr. - 7/19/2024
- 3rd Qtr. - 10/25/2024
- 4th Qtr. - 1/31/2025

Incentives paid to the HSA accounts are subject to the IRS maximums. It is your responsibility to ensure the combined amount you elect AND the amount you receive as an incentive do NOT surpass the HSA IRS limit. You may manage this by adjusting the amount of your biweekly HSA contribution. You may manage this by adjusting the amount of your biweekly HSA contribution in the benefits UKG system.

Olympic All Around Challenge

July 8 - August 11

Ready for a Challenge?

Let's welcome summer with a fun challenge!
· Complete 3 of the 5 activities during the challenge period and earn 200 Vitality bonus points!
· Activities to choose from: Mental Wellbeing Review; Vitality Health Review; Physical Activity Review; 10Workouts; Set Goal and check in 4 times.
(If you have already completed the reviews take this time to repeat the the review and assess your current health. The reviews must be completed during the challenge period to count).

Log in to the Power of Vitality and under Community, click the Challenges tab to join.

nuehealth Vitality

Privacy is a top priority at Vitality with a commitment to maintaining the highest level of confidentiality with all information received from members.

Skin Cancer in America is a Growing Epidemic

Why Preventing Skin Cancer Matters

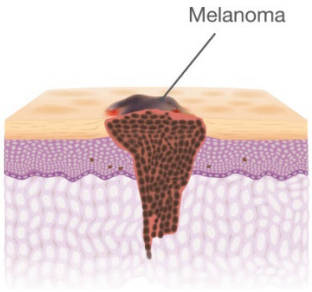
Skin cancer is the most common form of cancer in the United States, with more new cases each year occurring than breast, prostate, lung and colon cancer combined.

Melanoma is the deadliest form of skin cancer.

The majority of melanomas are thought to be caused from too much exposure to UV (ultraviolet) light, either from the sun or from artificial sources, like tanning beds.

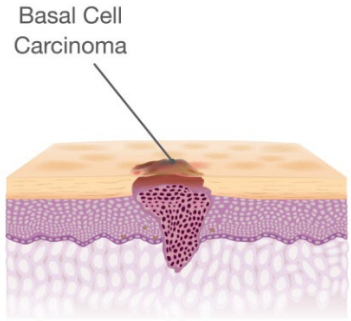
Melanoma does not discriminate by age, race or gender. It can develop anywhere on the body – eyes, scalp, nails, feet, mouth, etc. Ocular melanoma (melanoma in the eye) and mucosal melanoma (melanoma in the mucous membrane) are not thought to be related to UV exposure. Pediatric melanoma is on the rise by about 2% each year, with 500 children diagnosed each year in the U.S.

Types Of Skin Cancer

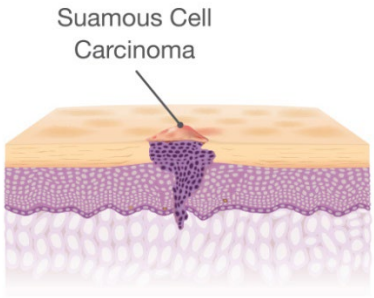


Melanoma is the most serious form of skin cancer. It begins in cells in the skin called melanocytes (cells that produce pigment and cause your skin to tan). It is the leading cause of death from skin disease.

Other types of skin cancer are referred to as **Nonmelanoma**. The most common are basal cell and squamous cell skin cancers. These cancers make up the overwhelming majority of skin cancer cases. They usually form on the head, face, neck, hands, and arms, but can occur in other places as well.



Basal cell skin cancer grows slowly. It usually occurs on areas of the skin that have been in the sun. It is most common on the face. Basal cell cancer rarely spreads to other parts of the body.



Squamous cell skin cancer also occurs on parts of the skin that have been in the sun. But it also may be in places that are not in the sun. Squamous cell cancer sometimes spreads to lymph nodes and organs inside the body.

Other less-common forms of nonmelanoma skin cancer include:

- Kaposi's sarcoma
- Merkel cell carcinoma
- Cutaneous lymphoma

Treatment Options

- When people talk about non-melanoma skin cancer, they mean either squamous cell carcinoma or basal cell carcinoma. It usually develops on parts of the body that are exposed to the sun a lot and easy to see. Basal cell carcinoma tends to grow slowly and stay in one place. But if it's only treated after a long time, or not treated at all, it might enter deeper layers of tissue. This may end up damaging and deforming the face, bones, spinal cord or brain, making treatment more difficult.
- Like basal cell carcinoma, squamous cell carcinoma grows in the area where it first develops and destroys tissue around it. It's more aggressive than basal cell carcinoma. If left untreated, the cancer might spread to other parts of the body, causing metastatic tumors to arise in other organs. But squamous cell carcinoma is usually detected before that happens.
- The treatment options will depend on many factors. These include the type of tumor, how big and aggressive it is, whether it has spread to other parts of the body and, if so, where.

Because Knowing Is A Big Piece Of The Puzzle

A risk factor is anything that affects a person's chance of getting a disease such as cancer. Different cancers have different risk factors. Some risk factors, like sun exposure, can be controlled. Others, like a person's age or family history, can't be changed.

But risk factors don't tell us everything. Having a risk factor, or even many risk factors, does not mean that you will get the disease. And many people who get the disease may not have had any known risk factors. Even if a person with basal or squamous cell skin cancer has a risk factor, it is often very hard to know what part that risk factor may have played in getting the cancer.

Skin Cancer Facts & Statistics

In 2017, over 160,000 Americans are expected to be diagnosed with melanoma. Of these, 87,000 will be diagnosed with invasive (Stage I, II, III or IV) melanoma and another 74,000 will be diagnosed with melanoma.

Every hour of every day one American dies from melanoma – that's almost 10,000 people per year.

By 2017, it is estimated that one in 50 Americans will develop melanoma in their lifetime.

The estimated cost of treating melanoma is approximately $3.3 billion each year.

Melanoma is the leading cause of cancer death in young women ages 25-30 and the second leading cause of cancer death in women ages 30-35.

Nearly 90% of melanomas are thought to be caused by over exposure to UV light, both from natural and artificial sources.

Every year in the U.S. nearly 5 million people are treated for skin cancer, at an estimated cost of $8.1 billion.

Skin cancer is the most common cancer in the United States.

One in five Americans will develop skin cancer in their lifetime

Approximately 9,500 people in the U.S. are diagnosed with skin cancer every day.

More than 2 people die of skin cancer in the U.S. every hour.

Having 5 or more sunburns doubles your risk for melanoma.

Sunscreen

NCSCP Sun Safety and Sunscreen Position Statement

The National Council on Skin Cancer Prevention (NCSCP) urges the public to use sunscreen products as part of a comprehensive approach to prevent skin cancer. It is estimated that one in five Americans will develop skin cancer. Sunscreens are effective in reducing the risk of skin cancer as well as preventing sunburn and early signs of skin aging. The U.S. Food and Drug Administration (FDA) and others recognize the public health benefits of sunscreen and recommend its use with other sun protective measures.

Sunscreen labels should contain clear and accurate information that describes how the sunscreen product should be applied in order to be effective. Studies show that some people use sunscreen stay in the sun longer, thereby increasing their exposure to ultraviolet (UV) radiation, and the risk of skin cancer, including melanoma.

With respect to sunscreen, the NCSCP recommends that the public:

- choose a sunscreen that offers a sun protection factor (SPF) of 30 or higher, is water resistant, and provides broad-spectrum coverage (protects against UVA and UVB rays);
- apply sunscreen approximately 15 minutes before going outside;
- reapply sunscreen every two hours or after swimming or sweating, according to the product labeling; and
- apply a generous amount.

The bottom line is that sunscreen plays an important role in reducing skin cancer risk and preventing early signs of skin aging (e.g., wrinkles) and sunburn. However, remember that wearing sunscreen is one of many sun-protective behaviors. Seeking shade, covering up using sun-protective clothing, and wearing a wide-brimmed hat and sunglasses are important behaviors to practice when exposed to UV rays.

Kids need sun protection too, and so do adolescents. For babies under 6 months of age, parents may apply sunscreen on small areas of skin if adequate clothing and shade are not available and sun avoidance is impossible.

The NCSCP supports the FDA, industry, and other stakeholders coming together to facilitate access to safe and effective sunscreen products to benefit the public health.

* FOR AN ADULT, ONE OUNCE, ENOUGH TO FILL A SHOT GLASS, IS GENERALLY CONSIDERED THE AMOUNT NEEDED TO COVER THE EXPOSED AREAS OF THE BODY. ADJUST THE AMOUNT OF SUNSCREEN APPLIED DEPENDING ON YOUR BODY SIZE AND EXPOSED AREA.

Just Say No to Tanning

The National Council on Skin Cancer Prevention (National Council) represents the nation’s premier skin cancer organizations, researchers, clinicians, and advocates for melanoma and skin cancer prevention.

The National Council supports initiatives and actions that would prohibit indoor tanning for minors, ensure tanning devices and facilities are properly regulated, and educate consumers about the risks associated with tanning.

Ultraviolet (UV) radiation emitted from indoor tanning devices is classified as a cause of skin cancer by the United States Department of Health and Human Services and the World Health Organization’s International Agency for Research on Cancer. The United States Food and Drug Administration warns consumers that UV radiation emitted by tanning devices poses serious health risks.

Skin cancer is the most common type of cancer in the United States; the number of Americans who have had skin cancer at some point in the last three decades is estimated

to be greater than for all other cancers combined. The American Cancer Society estimates 76,100 new cases of melanoma in 2014 and millions of cases of other skin cancers. Melanoma incidence rates have been increasing for at least 30 years and melanoma accounts for the vast majority of skin cancer deaths. Melanoma is one of the most common cancers diagnosed among young adults. Currently melanoma is the second most common form of cancer for young women between the ages of 15-29. An estimated 9,710 deaths from melanoma and 3,270 deaths from other types of skin cancer (not including non-melanoma skin cancer) are projected to occur in 2014.

Indoor tanning is associated with an increased risk of skin cancer, especially among frequent users and those starting at a young age. Over 6,000 melanomas a year are estimated to be attributable to indoor tanning in the United States.[8] Recent research demonstrates that age restrictions are effective in reducing indoor tanning among minors, compared to parental permission laws alone or no restrictions.

According to Centers for Disease Control and Prevention, the annual cost of treating non-melanoma skin cancer is $4.8 billion and $3.3 billion for melanoma.

The National Council supports initiatives and actions to protect the public from and warn the public about increased skin cancer risk associated with exposure to UV radiation emitted by indoor tanning devices.

POSITION STATEMENT ON VITAMIN D (REVISED: FEBRUARY 2014)

Vitamin D plays a crucial role in forming and maintaining strong, healthy bones. While multiple reports have shown that low blood levels of vitamin D [measured as 25(OH)D] are associated with certain cancers, neurologic disease, diseases of heart and blood vessels and death from all causes, the Institute of Medicine (IOM) recently concluded that at this time, the evidence for non-bone health outcomes was inconsistent, and inclusive as to a cause-and-effect relationship.

There are three sources of vitamin D: synthesis by the skin following exposure to sunlight, certain foods (often through vitamin D fortification), and vitamin D supplements. Vitamin D3 (cholecalciferol) is the natural form that is produced in the skin. It is available as a single ingredient over-the-counter vitamin supplement and is also commonly incorporated into calcium supplements and multivitamins. Vitamin D3 is also commonly used in fortified foods.

Ultraviolet B (UVB) is the portion of sunlight that stimulates human skin to produce vitamin D. However, UVB rays are also the major cause of sunburns and it is well established that exposure to sunlight or to tanning booths increases the risk of developing skin cancer. Because of the known side effects of exposure to ultraviolet (UV) radiation, including the development of skin cancer, careful sun protection should be practiced (Table 1).

Fortunately, people who choose to protect their skin from the sun can acquire a sufficient amount of vitamin D by mouth (from a combination of diet and vitamin supplements), thus providing an alternative route to maintaining a healthy vitamin D concentration that avoids the risk associated with sun exposure. Examples of selected food sources of vitamin D are shown in Table 2.

On November 30, 2010, the IOM released new recommendations on vitamin D (Table 3). These recommendations were made based on data on bone health only; the IOM considered that the current non-bone health data to be inconsistent, inconclusive and insufficient to be used to make public health recommendations. Importantly, the recommendations were made based on an assumption of minimal or no sun exposure; this was to provide a margin of safety because of the variability in skin synthesis of vitamin D according to season, latitude, skin pigmentation, genetic factors, and other variables, and also because of concerns about skin cancer with increasing exposure to solar radiation.

The IOM further recommended that serum 25(OH)D levels of 20 ng/ml (= 50 nmol/l) would cover 97.5% of population, and levels > 50 ng/ml (= 125 nmol/l) could have potential adverse effects. Upper Intake Levels (ULs), defined as the highest daily intake likely to pose no risk were recommended to be in the range of 1000 – 3000 IU/d for 0 – 8 yrs, and 4000 IU/d for those from 9 to 71+ yrs:

Because UV radiation is known to cause skin cancers, and because sufficient vitamin D can be safely and inexpensively acquired through diet and vitamin supplements, adults or children should avoid intentional exposure to natural sunlight or artificial UV radiation (tanning beds) as a means to obtaining vitamin D. A total daily intake 600 IU of vitamin D (achieved through diet and supplements) is appropriate for individuals of all skin types from the age of 1 year through 70 years who protect their skin from the sun. A total daily intake of 800 IU is appropriate for individuals over 70 years of age.

Table 1. Sun Protection Practices
• Avoid sun burning, intentional tanning, and using tanning beds. • Apply sunscreen generously. • Wear sun-protective clothing, wide-brimmed hat, and sunglasses. • Seek shade. • Use extra caution near water, snow, and sand.

Get vitamin D through diet and vitamin D supplements.

Table 2. Selected food sources of vitamin D*	
Cod liver oil, 1 tablespoon	1360 IU
Swordfish, cooked, 3 ounces	566 IU
Salmon (sockeye), cooked, 3 ounces	447 IU
Tuna fish, canned in water, drained, 3 ounces	154 IU
Orange juice fortified with vitamin D, 1 cup	137 IU
Milk, nonfat, reduced fat, and whole, vitamin D fortified, 1 cup	115-124 IU
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces	80 IU
Margarine, fortified, 1 tablespoon	60 IU
Sardines, canned in oil, two sardines	46 IU
Liver, beef, cooked, 3 ounces	42 IU
Egg, 1 large (vitamin D in yolk)	41 IU
Cereal, fortified with 10% of the DV for vitamin D, 075-1 cup	40 IU
Cheese, Swiss, 1 ounce	6 IU

Table 3. IOM Recommendation on Vitamin D	
0- 12 mo:	400 IU/d
1- 70 yrs:	600 IU/d **
71+ yrs:	800 IU/d

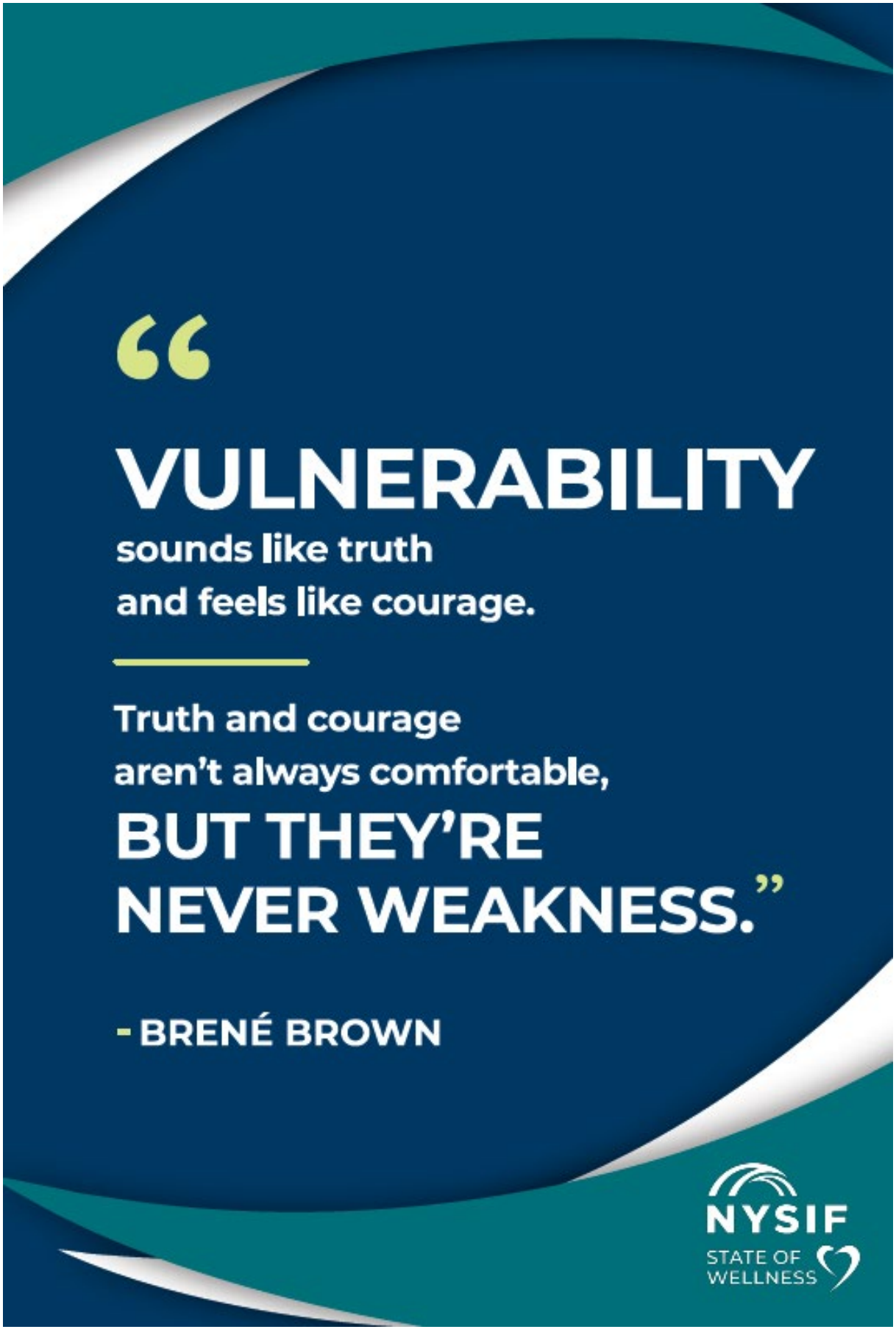
* Covering the requirements of ≥ 97.5% of population

** Includes pregnant and nursing women

Sun Safety

National Council urges everyone to think beyond sunscreen to protect their skin while enjoying the outdoors. While generous sunscreen usage is an important way to protect your skin from the sun, there are additional sun safety measures that can help prevent skin cancer:

- Avoid sun burning, intentional tanning, and using tanning beds;
- Wear sun-protective clothing, a wide-brimmed hat, and sunglasses; Seek shade;
- Use extra caution near water, snow, and sand; and
- Get vitamin D safely through food and vitamin D supplements.


“
VULNERABILITY
sounds like truth
and feels like courage.
Truth and courage
aren’t always comfortable,
BUT THEY’RE
NEVER WEAKNESS.”
- BRENÉ BROWN
NYSIF
STATE OF
WELLNESS

YOUR HEALTHIEST SELF

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:

SHAPE YOUR FAMILY'S HEALTH HABITS

Many things can influence a child, including friends, teachers, and the things they see when they sit in front of the TV or computer. If you're a parent, know that your everyday behavior plays a big part in shaping your child's behavior, too. With your help, kids can learn to develop healthy eating and physical activity habits that last throughout their lives.

TO HELP KIDS FORM HEALTHY HABITS:

- ☐ **Be a role model.** Eat healthy family meals together. Walk or ride bikes instead of watching TV or surfing the Web.
- ☐ **Make healthy choices easy.** Put nutritious food where it's easy to see. Keep balls and other sports gear handy.
- ☐ **Focus on fun.** Play in the park, or walk through the zoo or on a nature trail. Cook a healthy meal together.
- ☐ **Limit screen time.** Don't put a TV in your child's bedroom. Avoid snacks and meals in front of the TV.
- ☐ **Check with caregivers or schools.** Make sure they offer healthy foods, active playtime, and limited TV or video games.
- ☐ **Change a little at a time.** If you drink whole milk, switch to 2% milk for a while, then try even lower fat milks. If you drive everywhere, try walking to a nearby friend's house, then later try walking a little farther.

For other wellness topics, please visit www.nih.gov/wellnesstoolkits

NIH National Institutes of Health

Be Well Cooking Corner

Tilapia & Summer Vegetable Packets

Wrapping vegetables and fish in a foil packet for grilling or baking is a foolproof way to get moist, tender results. Tilapia and summer vegetables pair with olives and capers for a Mediterranean flair.

COOK TIME: 35minutes mins

TOTAL TIME: 35minutes mins

Ingredients

- 1 cup quartered cherry, or grape tomatoes
- 1 cup diced summer squash
- 1 cup thinly sliced red onion
- 12 green beans, trimmed and cut into 1-inch pieces
- ¼ cup pitted and coarsely chopped black olives
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon capers, rinsed
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 pound tilapia fillets, cut into 4 equal portions

Directions

1. Preheat grill to medium. (No grill? See Oven Variation, below.)
2. Combine tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
3. To make a packet, lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and pepper, then top with about 3/4 cup of the vegetable mixture.
4. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.
5. Grill the packets until the fish is cooked through and the vegetables are just tender, about 5 minutes. To serve, carefully open both ends of the packets and allow the steam to escape. Use a spatula to slide the contents onto plates.
6. Oven Variation: Preheat oven to 425 degrees F. Place green beans in a microwavable bowl with 1 tablespoon water. Cover and microwave on High until the beans are just beginning to cook, about 30 seconds. Drain and add to the other vegetables (Step 2). Assemble packets (Steps 3-4). Bake the packets directly on an oven rack until the tilapia is cooked through and the vegetables are just tender, about 20 minutes.

Nutrition Facts

calories180
total fat 7g
saturated fat 1g
cholesterol 57mg
sodium 423mg
total carbohydrate 7g
dietary fiber 2g
total sugars 3g
protein 24g
vitamin c 17mg
calcium 45mg
iron 1mg
potassium 591mg


SUMMER
SUMMER
SUMMER TIME
SPF 50

Skin Cancer

P W A M O N A L E M G L D Q N H M
I R N O I T A T U M C U Y T Z O D
G Y F J C T C K Y B R D J A T G D
M L L E C S U O M A U Q S N R O E
E W N Q L S T S R O M U T N P L H
N M S F T N E M T A E R T I S B T
T B D I K D X S G E K J E N K X U
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C S S B H Q J C E J D D P B N D S
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H A T S T E L O I V A R T L U G E
J C G F S H A D E E T H S U D Z K

tanning booths
basal cell
treatment
sunburns
hats
squamous cell
prevention
clothing
pigment
Ultra Violet
keratosis
melanoma
shade
skin cancer
sunscreen
mutation
tumor