

**April 3, 2012**

**MEMORANDUM #022-12HR**

**TO:** Agency Administrators

**FROM:** Bobbie Chappell, Director of Human Resources

**VIA:** Rip Colvin, Executive Director

**RE:** Safety Notes from March 2012

Please find attached the March issues of Safety Notes from Risk Management. I am sure you will find them to be informative. Please feel free to distribute to other interested parties. Thank you.

“Most people don’t have a problem going on a diet. Their problem is being consistent on their diet.”

-Karen Sessions

**A healthy diet should consist of about:**

- 45-65% carbohydrates
- 10-35% protein
- 20-35% fat, but no more than 10% saturated fat

**Watch out! These are common Foods that are perceived as healthy, but can spoil a diet:**

- Caesar salad
- Smoothies
- Chicken burritos
- Energy bars
- Popcorn
- Turkey dogs

# Safety Notes

VOLUME 2, ISSUE 7



## Eating Healthy

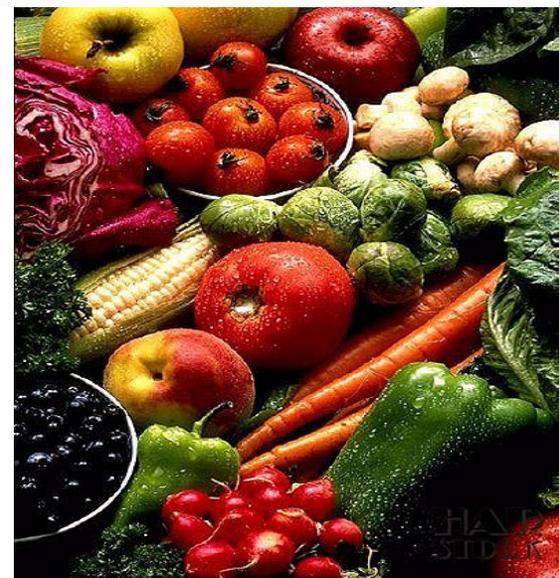
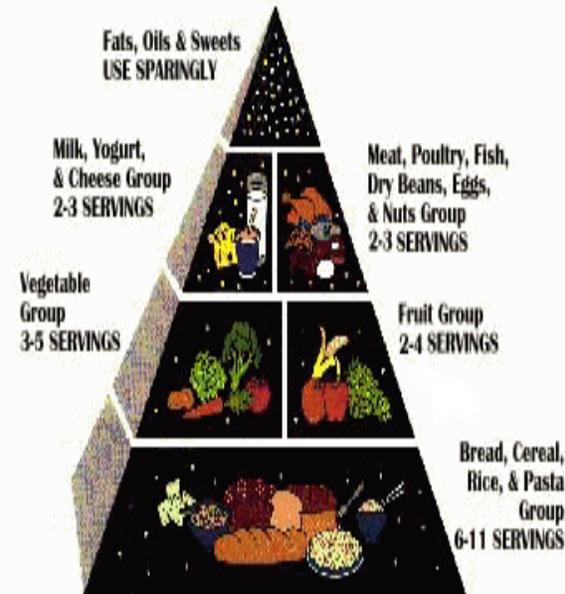
The basic guideline to a healthy diet is one that takes in the right amount of protein, fat, carbohydrates, vitamins, minerals, and water. Eating right can lead to weight loss, but also a better mentality about facing everyday activities and work tasks. Other benefits of eating healthy are reducing high blood pressure and bad cholesterol.

Are your employees having a difficult time sticking to a healthy eating plan? Do they struggle with creating ideas for healthy meals? If so, encourage your employees to visit the United States Department of Agriculture page to learn more about specific healthy food groups and ways they can change their eating techniques. Remember, a healthy employee makes for a productive employee!

[USDA ChooseMyPlate.gov](http://www.usda.gov/ChooseMyPlate.gov)

Also, see how much you know about nutrition with this WebMD nutrition quiz.

[WebMD Quiz](http://www.webmd.com/quiz)



“Sleep is the best meditation.”

-Dalai Lama

#### FACTS ABOUT SLEEP:

1. You need different amounts of sleep depending on your age:

16 hours - Babies

10 hours - Ages 3-12

10 hours - Ages 13-18

8 hours - Ages 19-55

6 hours Over 65

2. According to sleep experts, Daylight saving time can leave people groggy and tired for a day or two.



3. Studies show that shift workers tend to sleep from 1 to 4 hours less than non-shift workers.

# Safety Notes

VOLUME 2, ISSUE 8



## Healthy Sleep Habits

There is no doubt that healthy sleep habits are an important part of an employee's overall health and wellness. In fact, many medical professionals say that sleep is just as important to one's health as exercise and diet.

Although sleep is extremely important to an employee's health, many employees, especially shift employees, get less than 6 to 7 hours of sleep each night. This increases their risk for developing health conditions such as diabetes, memory lapses, and an impaired immune system.

Lack of sleep can even contribute to increased risk of heart disease and decreased reaction time and accuracy.



## Getting Started

Many employees are sleeping poorly, and as a result, may experience lowered productivity and safety.

In this weeks *Safety Notes*, our link will redirect you to a publication titled *Your Guide to Healthy Sleep* produced by the U.S. Department of Health and Human Services.



### [Your Guide to Healthy Sleep](#)

**Disclaimer:** The links that are posted within the Safety Notes are for educational purposes only. The State of Florida does not endorse or promote any brands, products, or services therein.

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