Kicking the Habit

According to the Centers for Disease Control and Prevention (CDC), more than 20 percent of Americans 18 years of age or older currently smoke cigarettes. The American Cancer Society reports that smoking damages nearly every organ in the human body and is linked to at least 15 different cancers. Current smokers have a 2.26 times increased risk of death from heart disease compared with those who never smoked. They also have a 3.56 times increased risk of cancer death.

Most smokers are fully aware of the risks of continuing to smoke, but find that it’s not always so simple to quit the habit. Medical experts have found that a person’s health improves within minutes of the last puff from the last cigarette, and continues in the years that follow. Many smokers become discouraged because they have tried to quit numerous times with no success. However, these attempts are part of the normal journey toward becoming a nonsmoker.

Emory and the Faculty Staff Assistance Program support your decision to quit smoking and are here to assist with the difficult task of quitting. The FSAP offers the following services to faculty, staff, and same household family members:

One-on-one Counseling: Our behavioral mental health clinicians can help you manage the emotional side effects of breaking a nicotine addiction.

Tobacco Cessation Medications: An evaluation for cessation medications, such as Chantix and Zyban, can be completed at the FSAP at no charge. Prescriptions can be provided if appropriate.

Freedom From Smoking®: This American Lung Association program is an 8-week series that provides a step-by-step plan for quitting smoking in a supportive environment with others who are experiencing the same feelings and challenges. Classes are offered several times throughout the year, and are free for Emory employees and their spouses/SSDPs.

Additional Emory resources:

Tier Zero Medications: Emory includes all prescription smoking (and other tobacco product) cessation drugs on Tier Zero which are covered at 100 percent. Included medications are Nicotrol NS, Nicotrol Inhaler, Zyban and Chantix.

Quit for Life: This personalized 12-month program includes scheduled telephonic counseling sessions, an 8-week supply of (NRT) Nicotine Replacement Therapy (patch or gum) and unlimited Web support. This program is currently offered free of charge to Emory employees and their spouses/SSDPs. Visit www.alerewellbeing.com for more information on this program.

For more information on the FSAP programs, please call 404.727.4328 or visit our website, www.fsap.emory.edu.

For more information on Tobacco Free Emory, please visit www.tobaccofree.emory.edu.

Resources:
Centers for Disease Control & Prevention: www.cdc.gov/tobacco
American Cancer Society: www.cancer.org

Melissa Morgan, MS, ACSM-HFS
Intimate Partner Violence: Recognizing Abuse is the First Step to Getting Help

Intimate partner violence is a serious and preventable public health problem in Georgia and the United States. Intimate partner violence, often referred to as domestic violence, is “abusive behavior by a current or former partner or spouse in order to gain or maintain power and control over his/her intimate partner.” This behavior includes:

- **Physical violence** - hurting or trying to hurt a partner by hitting, kicking, shoving or using other physical force
- **Sexual violence** - forcing a partner to take part in a sexual act when the partner does not consent
- **Threats of physical or sexual violence** - using words, gestures, weapons or other means to communicate the intent to cause harm
- **Emotional abuse** - criticizing, humiliating, intimidating and controlling through name-calling, stalking, isolating partner from friends and family, or withholding information or access to money and other basic resources

If you recognize the following warning signs, don’t hesitate to reach out for help:

- Denial or minimization of violence by partner or victim
- Anxiety or fear from pressure to please partner
- Checking in often with partner to report where you are and what you’re doing
- Receiving frequent, harassing phone calls from partner
- Talking about partner’s temper, jealousy, or possessiveness
- Having frequent injuries, with the excuse of “accidents”
- Frequently missing work, school, or social occasions
- Dressing in clothing, sunglasses, or heavy makeup to hide bruises or scars
- Having limited access to money, credit cards, or a car

For assistance, call:

- Emory Faculty Staff Assistance Program – 404-727-4328 or visit [www.fsap.emory.edu](http://www.fsap.emory.edu) for a list of community resources
- Emory Police Department – 404-727-6111 or 911 on campus
- Emory Healthcare Public Safety - 404-686-4357 (Midtown) or 911 (other EHC locations)
- Georgia Coalition Against Domestic Violence – 800-33-HAVEN or [www.gcadv.org](http://www.gcadv.org)
- Men Stopping Violence – 404-270-9894 or [www.menstoppingviolence.org](http://www.menstoppingviolence.org)
- National Domestic Violence Hotline – 800-799-SAFE (7233)

Robin Huskey, Manager of Education and Outreach, FSAP

It can happen to anyone …

- One in four US women will experience intimate partner violence at some point in her lifetime.
- Approximately 1.3 million women and 835,000 men are physically assaulted by an intimate partner annually in the US.
- 85% of intimate partner violence is committed by men against women.
- Women and men in same-sex relationships experience intimate partner violence at the same rates as heterosexual women.
- Georgia ranks 10th in the nation for the rate at which women are killed by men.

- Intimate partner violence costs the US economy $12.6 billion on an annual basis (medical, mental health and legal services, lost productivity and earnings, etc.).
- Only approximately one-quarter of all physical assaults, one-fifth of all rapes, and one-half of all stalkings perpetrated against females by intimate partners are reported to the police.

In the next edition of AAH, look for strategies for helping someone you know who is a victim of intimate partner violence.

Sources for article and statistics:

- National Coalition Against Domestic Violence
- Georgia Commission on Family Violence
- Centers for Disease Control and Prevention (CDC)
- U.S. Department of Justice, National Institute of Justice
Going Nuts for a Healthy Diet

Healthful eating means having a variety of foods, including fat and protein—which are both found in nuts. Fats are needed to help our bodies digest and use vitamins A, D, E and K.

A one-ounce serving of nuts (about ¼ cup) provides 14-21 grams of heart-healthy fat and approximately 175 calories. These nutrient-rich snacks are an excellent source of protein, providing around five grams per serving. Nuts are a plant food and contain fiber but no cholesterol. On the other hand, the protein found in meat comes with cholesterol and contains no fiber.

Nuts (simply edible kernels in a hard shell) are packed with the artery-protecting antioxidant vitamin E; folate and B6 for healthy red blood cells; calcium, phosphorus, and magnesium for bone building; and potassium for blood pressure regulation. Nuts also contain copper, iron and zinc, which are important for proper immune function.

To keep freshness, store them in tightly sealed bags or containers in the refrigerator or freezer, where they may be kept for up to a year. Frozen nuts defrost in minutes.

Nuts go well with pasta dishes and in vegetable or fruit salads. They are terrific chopped and added to poultry stuffing or mixed with cooked whole grains, minced vegetables and herbs for stuffed sweet peppers.

For additional information or recipes: www.nuthealth.org

Tiffany Barrett, MS, RD, LD, Winship Cancer Institute

Walnut Coated Chicken

3lbs chicken breast, boneless/skinless (cut into 6 pieces)
2 garlic cloves, minced
1 cup buttermilk
1 cup panko bread crumbs
¼ cup walnuts, finely chopped
½ cup cornmeal
2 teaspoons garlic salt*
2 tablespoons paprika
2 teaspoons ground cumin
1 teaspoon cayenne pepper
1 teaspoon dried thyme
½ teaspoon black pepper

Place chicken and garlic in a large bowl. Pour buttermilk over the chicken and turn to coat. Cover tightly and refrigerate, turning the chicken occasionally, for 2 hours. Preheat oven to 350°F.

In a large plastic bag, or bowl, combine the panko, walnuts, garlic salt*, paprika, cumin, cayenne pepper, thyme, and black pepper. Shake well to mix.

Remove chicken from buttermilk, allow excess to drip off. Set one piece at a time in the panko mixture. Shake the bag, or toss in the bowl, until well coated.

Arrange the chicken on prepared baking pan, leaving space between the pieces. Bake until golden brown and internal temperature is 165°F, about 45 to 60 minutes.

Makes 6 servings. One serving contains approximately:
Calories 208, Fat 6g, Carbohydrate 26g, Fiber 3g, Protein 14g, Sodium 814 mg, Carbohydrates 24 g, Fiber 3 g.

*Substituting ½ teaspoon garlic powder for the garlic salt would reduce sodium content from 814 mg to 320 mg per serving.

Source: www.nuthealth.org
Recipe adapted by Diane Weaver, RD, LD, Wellness Specialist.

Changes for Flu Shots 2011!

Whether you are an Emory University (EU) or Emory Healthcare (EHC) employee, there will be changes to the way you get your flu shot this year.

EU employees: Flu shots will be offered to benefits eligible employees through a partnership with Kroger. Visit www.fsap.emory.edu/flu for all the details.

EHC employees and EU employees working in an EHC facility: You must pre-register for your flu shot. Please visit the intranet at www.ourehc.org for schedules and more information.
**Wellness Calendar**

**Wellness Fair**
October 13
1599 Clifton Road Building
5th Floor, Room 5C
8:30 am – 2 p.m.

**Blood Pressure Screenings**

- September 30
  Rollins School of Public Health
  8th Floor, Rita Anne Rollins Room
  1518 Clifton Road
  10 a.m. – 11:30 a.m.

- October 6
  B. Jones Building, Room 301
  200 Dowman Drive
  11 a.m. – 12:30 p.m.

- October 27
  Goizueta Business School, Room 500
  1300 Clifton Road
  10 a.m. – 11:30 a.m.

**Weight Watchers at Work**
1525 Clifton Road
Fridays, 12:30 p.m. – 1:30 p.m.
Room N215

Contact Melissa Morgan, Wellness Specialist at 404-727-4328 or melissa.morgan@emory.edu.

---

**Fall Fun!**

Goodbye humidity, hello fresh air! It’s finally that time of year again, where we can get cozy in our sweaters while enjoying the beautiful scenery and crisp air that fall brings. Since summer is often perceived as the most fun and active season of the year, many of us stop exercising and slowly transition out of our daily active routine as the weather gets cooler. Now that the humidity has finally subsided, being outside is much more tolerable and can even improve your breathing.

Fall has just as many activities to help maintain and enhance your well being. Take advantage of the fresh air outside with some of these ideas for you to try by yourself, with family and/or friends.

**Go to the park.** The park is one of the best places for physical activity. The vibrant colors of the leaves provide a calming atmosphere for the community and are ideal for those who enjoy photography.

**Go for a walk** and take pictures, bring a frisbee or a football, paint or draw, go for a bike ride, the activities are endless!

**Pick and bake.** Go to your local apple orchard and pick out some fresh apples and bake a delicious homemade apple pie. It keeps you active and you get to reward yourself with dessert at the end. Baking your own pie allows you to control the ingredients that are used allowing you to become more aware of your intake.

**Rake race.** Once the leaves have piled up on your lawn, you can turn raking into a game. Provide each family member or friend a rake and set the time for one minute. Whoever rakes the most leaves within that time wins a prize of your choice. They can then jump in the pile of leaves afterwards.

For more ideas, please visit [www.squidoo.com/autumn-activities-fall-traditions-fall-ideas](http://www.squidoo.com/autumn-activities-fall-traditions-fall-ideas).

**Alicia Ahn, Wellness Intern**

---

**Other Fall Programming at FSAP**

- **“Take Charge of Your Fitness” Life Cycles Workshop**
  October 12, Noon - 1:00 p.m.*

- **“Helping Someone You Care About With An Alcohol Problem” Workshop**
  October 18, Noon - 1:30 p.m. (Co-sponsored with Student Health Services)*

- **Grief & Loss Support Group (6 sessions)**
  Begins Thursday, October 20; meets weekly from 4 p.m. - 5:30 p.m.
  All prospective participants must schedule a screening appointment no later than Thursday, October 13.*

- **Anger Management Skills Group (7 classes)**
  Begins Wednesday, October 26; meets weekly from 4 p.m. - 5:15 p.m.
  All prospective participants must schedule a screening appointment no later than Wednesday, October 19.*

*Call FSAP at 404-727-4328 to register and for location/other details