



# STAR WELLNESS

LA COUNTY SHERIFF'S DEPARTMENT

APRIL 2010



## Alcohol: Know your limits

It's not clear why some people abuse alcohol or become addicted to it and others do not. Alcoholism often runs in families (genetic), but your drinking habits also are influenced by your environment and life situations, such as friends or stress levels.

Just because you have a family history of alcohol problems doesn't mean you'll have a drinking problem. A child of a parent with alcoholism will not always develop alcoholism. And a person with no family history of alcoholism can become alcohol-dependent.

You might not realize that you have a drinking problem. You might not drink every day, or you might not drink large amounts when you drink. You might go for days or weeks between drinking episodes. You might say you're a "social drinker." But even if you don't drink very often, it's still possible to be abusing alcohol and to be at risk for becoming addicted to it. Here are some signs to look for.

- You have problems at work or school because of your drinking. These may include being late or absent, being injured at work, and not doing your job or schoolwork as well as you can.
- You drink in dangerous situations, such as before or while driving a car.
- You have blackouts. This means that after a drinking episode you cannot remember what happened while you were drinking.
- You have legal problems because of your drinking, such as being arrested for harming someone or driving while drunk (intoxicated).
- You get hurt or you hurt someone else when you are drinking.
- You continue to drink despite health problems that are caused or made worse by alcohol use, such as liver disease (cirrhosis).
- Your friends or family members are worried about your drinking.

<http://www.webmd.com/mental-health/alcohol-abuse/alcohol-abuse-and-dependence-cause>

## Wellness Topic of the Month Seminar

### Alcohol Awareness

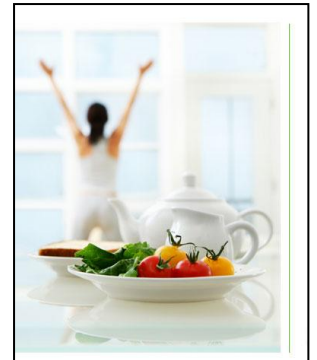
Tuesday, April 20, 2010, 11:00am to 12:00pm  
Twin Towers, Conference Room B

Wednesday, April 21, 2010, 12:00pm to 1:00pm  
LASD Headquarters, Media Conference Room



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## Exercise & Feel Great!

All Los Angeles County Sheriff Employees get a discount at the following gyms:

**The Claremont Club**  
(909) 625-6791  
[www.claremontclub.com](http://www.claremontclub.com)

**LA FITNESS**  
(800) LAFITNESS  
[www.LAFitness.com](http://www.LAFitness.com)

**24 Hour Fitness**  
(800) 204-2400  
[www.24hourfitness.com](http://www.24hourfitness.com)

For more information, please contact Lorena Flores at (626) 300-3160 or via email at [lflores@lasd.org](mailto:lflores@lasd.org).



## Physical Fitness Testing

April 7<sup>th</sup>, 2010, 7:30am  
at S.T.A.R.S. Academy  
Track & College of the  
Canyons

All employees are encouraged to take the physical assessment test.

Employees can assess their physical condition and have a baseline of information with which to make health and lifestyle decisions that can improve their well-being.

The Physical Assessment Test has four components including a 300 meter sprint, push ups, sit ups, and a 1.5 mile run

Do it just for fun, you may even earn a fitness pin! All levels welcomed!

Please wear your workout clothes and running shoes and don't forget to bring your water bottle!

## Creating a culture of Wellness

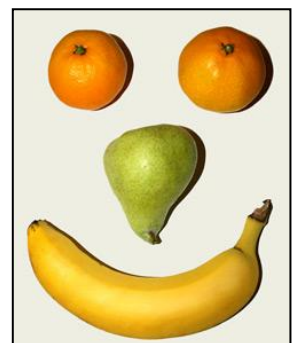
Become a Wellness Coordinator and help create a work environment that promotes health and wellness.

Motivate, encourage and empower your employees to take control of their health by implementing a few or all of these at your site.

- Integrate messages about the benefits of physical activity and healthy eating into the workplace
- Challenge employees to make healthier food and beverage choices everyday
- Establish and promote creative work site wellness programs, Ex. *Dump the Junk Food Day*
- Provide opportunities and incentives for physical activity through outdoor exercise areas, walking paths, and stairwell programs
- Take activity breaks instead of coffee, smoke or donut breaks
- Develop a group and set a daily walking or running schedule
- Park further away from your building
- Walk to your coworker's cubicle instead of emailing them
- Schedule walking meetings with staff members
- Become active partners in the health promotion efforts of local community groups, such as community coalitions and task forces

## Tips from the Surgeon General

- Reduce consumption of sodas and juices with added sugars
- Reduce consumption of energy dense foods that primarily contain added sugars or solid fats
- Eat more fruits, vegetables, whole grains, and lean proteins
- Control your portions
- Drink more water
- Choose low-fat or non-fat dairy products
- Limit television viewing time and consider keeping televisions out of children's rooms
- Become more physically active throughout the day



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Safety Management Unit  
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If you have any questions or comments, please contact Angelica Haro at (323) 890-5002 or via email at a2haro@lasd.org.

If you have any dietary questions, please contact Lillian Saldaña at (213) 974-4750 or via email at lsaldan@lasd.org.