

**Healthier
happens
together™**

**August
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This issue:



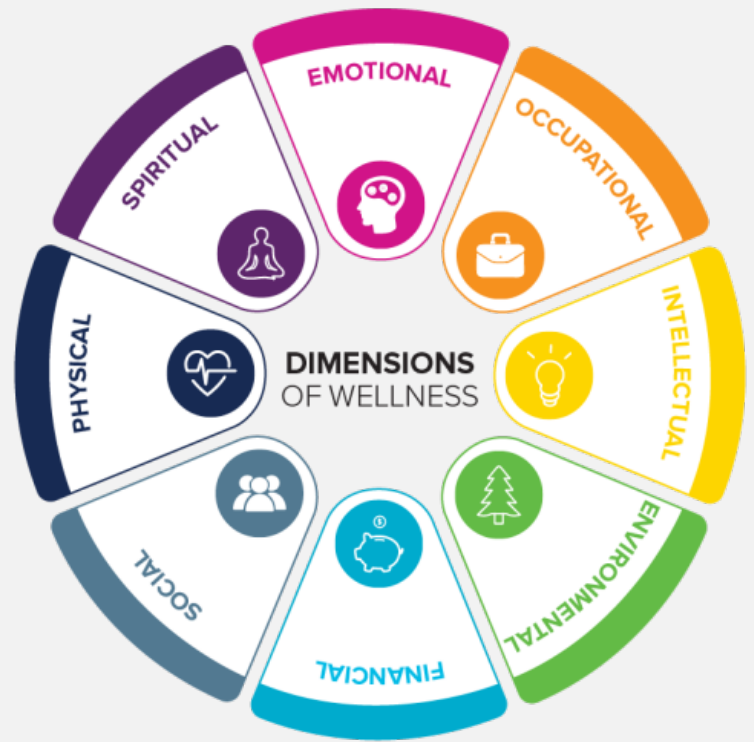
- National Wellness Month – 8 Dimensions of Wellness
- Nutrition for Littles
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- Recipe: Summer Melon Salad

“Rest is not idleness, and to lie sometimes on the grass under the trees on a summer’s day, listening to the murmur of water, or watching the clouds float across the blue sky, is by no means waste of time.”

— John Lubbock

8 Dimensions of Wellness

While all dimensions of wellness need your attention for you to truly flourish, there doesn't have to be a perfect balance among all dimensions. Instead, the goal is to find what works best for you. The dimensions are interconnected, so you may notice that most topics (e.g. stress, finances, healthy relationships, substance use, etc.) influence multiple dimensions.



Physical

Maintaining a healthy body through exercise, nutrition, and sleep.

Intellectual

Engaging in lifelong learning, curiosity, and critical thinking.

Emotional

Understanding and managing emotions, developing coping mechanisms, and fostering positive relationships.

Social

Building strong social connections, contributing to the community, and feeling supported by others.

Occupational

Finding satisfaction and purpose in one's work, achieving a healthy work-life balance.

Spiritual

Exploring personal values and beliefs, finding meaning and purpose in life.

Environmental

Respecting and protecting the natural environment, making sustainable choices.

Financial

Managing money responsibly, achieving financial stability, and planning for the future.

8 Dimensions of Wellness

Ways to Wellness



Physical

- Physical activity
- Stretch
- Sleep
- Proper nutrition



Intellectual

- Pick up new hobbies
- Research
- Podcasts
- Travel



Emotional

- Stress control
- Positive outlets
- Self-esteem



Spiritual

- Religious practice
- Meditate
- Journal
- Yoga
- Self discovery



Environmental

- Organize
- Plants
- Healthy living area
- Natural Light



Financial

- Budget
- Auto-save
- Pay off debts
- Manage money



Occupational

- Work-life balance
- Passion in the work
- Positive space



Social

- Good friends
- Family
- Support system
- Positive people

Back to School: Nutrition for Littles



Make breakfast a priority

Eating a healthy breakfast is the best way to start the day for children and adults. To encourage your kids to eat a good breakfast before school, sit down and eat with them. Eating breakfast together models that breakfast is important for everyone.

Check in with your child about lunch

Whether it's not having enough time to eat lunch or their food preferences, some children are tossing half of their school lunches away. Not getting enough calories early in the day can cause kids to feel sluggish and easily distracted.

Have a nutritious after school snack Even with a well-rounded breakfast and lunch, many kids will still be hungry after school and need something to tie them over until dinner. Think of snack times as additional opportunities for kids to eat more of the foods they might not be getting enough of in their three meals. Some easy, healthy afterschool snacks include:

- An apple with a tablespoon of peanut butter
- A cup of yogurt
- A healthy granola bar
- Cheese and whole-grain crackers



Picky Eater? You're not alone, kids are seeking independence and want some control of what they eat.

Here are a few tips for packing lunches your children will eat

Get them involved

The best way to find out what your child wants is to ask. This conversation will be a chance to talk about making healthy food choices and help keep lunches from going to waste.

Pack familiar foods

Always try to include 1-2 items in your child's lunch that they like and you know they will eat.

Give them options

Pack a variety of items so your children can choose what to eat. Even if they don't eat everything at lunch, they can snack on leftovers later.



Back to School Tips

Health and wellness tips

Start smart with this back-to-school guide

It's almost time to hit the books

After a summer filled with fun and sun, it can be stressful for kids to switch gears and get ready for the school year. Use this back-to-school guide to help prepare your kids for the exciting year ahead.

Ease into the school routine¹

Before school starts, you can gradually adjust your child's sleep and wake times. This will help set their biological clocks for the new schedule. Preschoolers need eleven to twelve hours of sleep a night, school-age children need at least ten hours, while teens need nine to ten hours.

Prepare brain-boosting foods²

- Eggs are a great protein source, but did you know that egg yolks are also packed with choline, which helps memory development?
- Oatmeal is packed with protein and fiber, which help keep heart and brain arteries clear.
- Kale is a super food, packed with antioxidants that help new brain cells grow. Blend kale into smoothies for snack time.
- Apples and plums contain quercetin, an antioxidant that may fight decline in mental skills.

Mindfulness techniques to manage stress

Ask your child to close their eyes and imagine the sounds, smells and sensations associated with an image (like the beach). Practicing deep breathing can also help reduce stress and anxiety.

Start the conversation

Reach out to your child's teachers to talk about their needs. Discuss their strengths and struggles, preferred learning styles and any other issues that may affect them.

¹"10 Tips to Get You Ready for Back to School." kids.gov. Marh 8, 2017. kids.usa.gov/parents/health-and-safety/back-to-school/index.shtml. Accessed June 15, 2017.

²Krueger, Anne. "7 Brain Foods for Kids." WebMD. [webmd.com/add-adhd/childhood-adhd/features/brain-foods-kids#2](https://www.webmd.com/add-adhd/childhood-adhd/features/brain-foods-kids#2). Accessed June 15, 2017.

8 The number of COVID-19 vaccine clinical trials currently in Phase 2 or

Phase 3, according to the *Regulatory Affairs Professional Society Vaccine Tracker*. Another

14 are in Phase 1 or Phase 1/2, with several others in preclinical phases.



Source: <https://www.raps.org/news-and-articles/news-articles/2020/3/covid-19-vaccine-tracker>

2 The number of new vaccines

licensed for use for the 2020-2021 flu season. The first is a quadrivalent high-dose vaccine for adults 65 years and older, replacing the previously licensed trivalent high-dose vaccine. The second new vaccine is a quadrivalent adjuvanted vaccine for adults 65 years and older, similar to the previously licensed trivalent vaccine containing MF59 adjuvant, with an additional influenza B component.



Source: [cdc.gov/flu/season/faq-flu-season-2020-2021.htm](https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm)

95%

The decrease in demand for some vaccines across all populations since

the beginning of the COVID-19 pandemic. The ACC has signed on as a Partner in the NFID's Keep Up the Rates campaign.



Learn more at: [NFID.org/keep-up-the-rates/](https://www.nfid.org/keep-up-the-rates/)

15 TO 45%



The estimated efficacy for influenza vaccination in preventing myocardial infarction.

Source: Muscente F, De Caterina R. *Eur Heart J Suppl* 2020;22(Supple E):E68-72.

60%

The proportion of high-risk individuals who report never being advised to

get vaccinated against pneumococcal disease, according to the NFID.

The vaccine can help prevent the disease and is recommended for routine use in adults 65 years and older, infants and toddlers younger than 2, and individuals age 2 to 64 years with certain medical conditions like asthma, diabetes, cardiovascular disease, and smokers.



Source: [NFID.org](https://www.nfid.org)

NATIONAL IMMUNIZATION AWARENESS MONTH



August is *National Immunization Awareness Month* – the perfect time to ensure all patients with cardiovascular disease understand the importance of regular vaccines to reduce their risk, including immunization for flu and pneumonia, and potentially for COVID-19. Encourage your patients to schedule their vaccine immediately – to protect their own health and those around them who are at high risk of serious complications from vaccine-preventable diseases.

Nearly **1** million



The number of adults in the U.S. who get pneumococcal pneumonia every year. Two types of pneumococcal vaccine are recommended in the U.S.

Source: [NFID.org](https://www.nfid.org)

16%

The reduction in risk seen (after adjustment) in adult patients with diabetes who received regular influenza vaccinations. The Danish followed nearly 242,000 patients for a median of four seasons.

Vaccination was also associated with a 17% reduced risk of all-cause death and a 15% reduced risk of death from AMI or stroke.



Source: Modin D, Claggett B, Køber L, et al. *Diab Care* 2020;Jul;dc200229.

Why are vaccines important? The National Foundation for Infectious Diseases reminds us that vaccines are one of the most valuable public health tools to prevent a variety of diseases across the lifespan. During the COVID-19 pandemic, immunization is especially important, because outbreaks of other infectious diseases can further strain the capacity of hospitals across the U.S. Vaccination protects the entire community, especially vulnerable populations.

SUMMER MELON SALAD

Summer is here! Peppery baby arugula, sweet diced watermelon, juicy cantaloupe, creamy feta and salty pistachios! And if that weren't enough, it's all drizzled in a favorite summer salad dressing, white balsamic vinaigrette!

Ingredients:

- 5 ounces baby arugula
- 1 1/2 cups diced cantaloupe
- 1 1/2 cups diced watermelon
- 1/2 cup crumbled feta
- 1/3 cup roasted salted pistachios, chopped
- 1/3 cup good quality extra virgin olive oil
- 3 Tablespoons good quality white balsamic vinegar
- Salt and pepper to taste



Directions:

1. Place arugula on platter, add melons, sprinkle with cheese and pistachios. Whisk together olive oil and vinegar, add sea salt and pepper, whisk again. Dress salad and toss. Add more sea salt and pepper if needed. Serve and enjoy.
- Seeking more protein? Top this salad with salmon, sliced steak, or grilled ahi tuna, or some fresh prosciutto
 - For some extra flavor, add some basil, mint, cilantro- or a mix!
 - Please note this salad tends to 'mush' if left too long due to the water content of the melons, so it's best to keep the components separate until serving.