In 2014, nearly 700,000 Utahns visited the Emergency Department (ED) for non-emergency injuries or illnesses. The median charge for those who visited and were released from an ED has increased 4.8 times between 2001 and 2013 (roughly $400 to roughly $1,600 respectively). During this same time period, the median charge for those who visited an ED and were admitted to hospitals increased 2.5 times (roughly $6,000 to roughly $16,000 respectively). In 2014, seriousness of medical condition account for 77% of Emergency Department visits, 12% of the visits were because a doctor’s office was closed, 7% because of a lack of access to other provider (4% did not cite a reason for the ED visit).

In an emergency, go to the emergency room.

Quick list of emergency criteria:
- Bleeding
- Chest pains lasting more than 2 minutes
- Facial numbness, arm, leg or one side of the body
- Severe shortness of breath or dizziness
- Loss of vision or speech
- Head trauma
- Coughing or vomiting blood
- Major injuries—broken bones, partial or total amputation
- Suicidal feelings

If it is not an emergency, try these resources:

**MDLIVE**
MD Live is 24/7 access to telehealth doctors for non emergency conditions not needing to be seen in person by a medical professional.

Using Regence insurance plans, MD Live costs:
- Traditional Plan: $10
- High Deductible Plan: $43*
- *$10 once deductible is met

**Regence Advice 24**
Women who are pregnant or individuals with chronic conditions can use Advice24 for free if insured. Advice24 is a toll-free, nurse line offering support for everyday health issues and questions.

**Urgent Care**
Visiting Urgent Care is less expensive than visiting the Emergency Room for non-emergency injuries or illnesses.

How do we find a Primary Care Provider?

We can use the Regence website to find a primary care provider within our area. We can search using our zip code, health care plan and the type of provider we are looking to visit.

Almost 20 percent of full time SLCC employees do not have one person whom they consider their personal physician or health care provider.


Workplace Hygiene

Adult flu infections result in about $87 billion in health care costs, projected lost earnings, and loss of life (2007 estimate).

Cold, influenza, and stomach bugs significantly impact health care costs, absenteeism, and productivity among workers.

There are steps we can take to prevent the spread of disease in our office.

When you cough or sneeze, use a tissue. If tissue are not available, use your upper sleeve (not your hands).

After sneezing, coughing or using the restroom, make sure to wash your hands or to use hand sanitizer if soap and water are unavailable.

In communal and personal office areas, wipe down counters, desks, telephones, key boards, door knobs, etc. with disinfecting wipes regularly.

In a 2009 study, only 31% of men and 65% of women washed their hands after using a public restroom.

Why do we wash our hands?

Hand washing is one of the best ways to avoid illness and to prevent spreading disease. According to the CDC, hand washing:

- Reduces the number of people who get sick with diarrhea by 31%
- Reduces respiratory illness (i.e. colds) by 21%

How do we wash our hands?

1. Place hands under running water
2. Turn off faucet
3. Apply soap
4. Scrub hands for 20 seconds
5. Turn on faucet and rinse hands
6. Dry hands

How long is 20 seconds?

Roughly judge 20 seconds by singing two rounds of the “Happy Birthday” song in your head (or out loud).

Germs can spread fast. Creating a healthier workplace means healthier employees.


We know:
physical activity and exercise improves mental and intellectual functions along with keeping the cardiovascular, metabolic and musculoskeletal systems healthy.

Yet:
65 to 75% of the time we spend in the office is sedentary (not moving while standing or sitting).

What about:
a standing desk? The research is in, simply standing is insufficient at producing significant positive health effects. Sit to do your work but take regular breaks to be physical activity instead.

Why not try:
doing short bouts of vigorous intensity (3 x 20 seconds) along in a 10 minute span of continuous movement and exercise resulted in improved insulin sensitivity and other indices of cardiometabolic health.

As humans, we are built to move, not sit for hours on end. Below is a simple routine that you can do for 10 minutes, which will help get your blood flowing and muscles moving.

**Standing High Knee's**
Stand tall, bracing your core and keeping your belly tucked in. Alternate raising each leg up to you chest in an alternating motion.

**Push Ups**
Keep elbows in, core and glutes squeezed and lower your chest down to the ground and come back up slowly.

**Sit to Stand Squats**
You can use anything that is stable enough to sit on for this exercise. Start off standing with your feet pointed forward and at shoulder width. Slowly lower your buttocks down to your seat and then stand back up, tightening your leg and glute muscles as you do.

**Chest Opener**
The name says it all! While standing, proceed to bring your arms nice and wide. Squeeze your shoulder blades together as you keep your arms out and look up towards the ceiling as you stretch.

Do each exercise for 30s-1min, progressing the duration of it as you get stronger. Try to complete each exercise back to back and give yourself a 1 minute break after completing the circuit.

Be intuitive and pay attention to your body. If you are feeling stiff or tired, get up and take a fitness break. It will wake you and your mind up. Set a reminder for yourself on your phone or Outlook calendar!

References:
A day hike in a forest or along a mountain trail is a good source of exercise and a great way to rejuvenate. It also allows you to keep an eye on animal tracks and plant life. Proper preparation is essential for hiking and can make the difference between a satisfying success and a disabling disaster. Stay safe and healthy by following these guidelines.

Pack at least 2 quarts of water per person or a method of purifying water. Bring high-energy snacks (nuts, trail mix, high protein bars, fruit, etc.) along with any meals that you plan on eating at the top.

### Planning Your Hike

- **Plan your route.** Know where you are and where you will be going. Use a map or a guidebook to learn more about the trail before going. Do not bite off more than you can chew.
- **Check the weather report ahead while planning your trip.** If rain is predicted, be sure to take rain gear and be aware of thunderstorms and flash flooding.
- **Start your hike early so that you have more hours of sunlight to spend time in.** If you are going out later, be sure to have a working light & extra batteries in case you have to walk in the dark.
- **Know the type of terrain you will be in.** Smooth, well marked trails are easier than rough, unmarked trails. Elevation gain can make the same distance hike more strenuous.
- **Communication is key!** Always inform someone where you are going and when you plan on coming back. Cell service permitting, check in by sending a quick text message.

According to the National Park service, the most common factors in lost/injured hikers in Utah were insufficient information, errors in judgement, insufficient equipment and physical conditioning.

Utah's mountains are a beautiful place to spend hiking and exploring. Remember these tips next time you go out and make sure to have a great time.

### References:

Air Quality & Me

Air pollution is a big environmental problem. Reducing air pollution can lower the burden of disease, especially for individuals more susceptible to its effects. Everyone is affected by air pollution but people with lung or heart issues, young children and older adults are more sensitive to it.

Which air pollutant is most harmful?
Particulate Matter (PM), ozone, nitrogen dioxide, and sulfur dioxide are each harmful pollutants but particulate matter affects people more than any other pollutant. Smaller particles, such as PM 2.5 are the most dangerous. PM 2.5 can get deep into the lungs and remain embedded for long periods.

What is Particulate Matter?
Particulate matter is a mixture of inorganic and organic solids and liquids. PM is composed of sulfate, nitrates, ammonia, sodium chloride, black carbon, mineral dust and water.

When inversion occurs, these sources affect the air quality:
Vehicles: 57%  Area Sources: 32%  Industry Point Sources: 11%

What can we do to reduce air pollution while traveling?
- Reduce or combine trips
- Carpool
- No idling our car
- Use public transportation
- Maintain our vehicles (oil change, smog check, etc.)
- Purchase fuel efficient cars
- TravelWise trip analysis

Inversion in Utah
Inversion occurs strongest in the winter months, especially December through February. It happens when normal conditions become inverted. Cool air and pollutants become trapped under warm air.

Know before you go:
The Utah Department of Environmental Quality publishes current air quality conditions - including PM 2.5 and Ozone levels - and updates these conditions hourly. Much like temperature, air quality can vary throughout the day.

TravelWise
rethink your trip

West Jordan to Taylorsville
0 lbs CO2 -- 5.0 mi
266 calories -- 28 min

2 lbs CO2 -- 4.0 mi
629 calories -- 1 hr 23 min

Salt Lake Community College

When we are feeling thirsty, then we are already dehydrated. Staying hydrated has many benefits including improved cognitive function, increased physical performance, thermoregulation, digestion and optimal function of the organs such as the kidneys and heart.

We all might think that we are forever dehydrated because we did not drink our 8 cups of water per day. This is a common, outdated misconception that was made back in 1945 by the Food and Nutrition board. They stated that a person should consume 1 mL of water per calorie consumed. Since the average daily calories consumed was 1,900 calories, that would mean 1,900 mL which equates to roughly 64 ounces of water.

The reality is that most people actually consume plenty of water each day, just not in the form of pure water. When considering total water intake, all forms of common beverages — such as water, coffee, tea, soda, and juice — help keep us very well-hydrated. Also, the moisture content in the foods we consume contributes significantly to our daily total water intake.

**Recommended daily total water intake**

| 2.7 Liters (91 ounces) | to | 3.7 Liters (125 ounces) |

**Sources of water**

Recognizing the signs of dehydration

Water plays a large part in normal functions, such as lubricating joints and eyes, keeping the cardiovascular system working smoothly, and facilitating proper digestion. The brain is made up of 75% water. Being dehydrated has a dramatic impact on brain function and creates an imbalance between salt and sugar within the body.

Urine color is a simple way to visualize hydration status. Pigments and other compounds in foods and medications may change the color of urine. Consult with medical provider if urine is an odd color.

**Urine Check**

- **Need water now**
- **Hydrated**

**Signs: Thirst, dry/sticky mouth, sleepiness / fatigue, dry skin, muscle cramps, minimal urine or dark colored urine**

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