



Information About Good Health – Did You Know...?

1. **Did you know?** About 50% of all prescriptions filled for Gulfstream employees and their family members are filled with generic drugs. Although generic drugs are chemically identical to their brand-name counterparts, they are typically sold at substantial discounts from the branded price. According to the Congressional Budget Office, generic drugs save consumers an estimated \$8 to \$10 billion a year at retail pharmacies.

2. **Did you know?** One in three people with diabetes don't know they have the disease. If left untreated or improperly managed, diabetes can result in a variety of complications, including:
 - Heart disease
 - Kidney disease
 - Eye disease
 - Nerve damage

The first step in preventing or delaying the onset of these complications is timely diagnosis. Have you had your glucose tested recently?

3. **Did you know?** It's been estimated that approximately 21% of Gulfstream workers are smokers.
 - Cigarette smokers have more than twice the risk of heart attack.
 - Cigarette smokers have up to four times the risk of cardiac arrest.
 - Smoking is responsible for more than 80% of all deaths due to emphysema and chronic bronchitis.

4. **Did you know?** Less than one-fourth of all Gulfstream employees have an annual physical each year, even though it's covered under our health insurance. Annual physicals can help catch small problems before they become big problems. Our health plans encourage you and your family members to get a physical each year.

5. **Did you know?** The Prostate Cancer Foundation says that one in every six men will be diagnosed with prostate cancer. Your doctor can check you for prostate cancer as part of your annual physical. Detecting prostate cancer early is the key. When prostate cancer is found early, there is a much better chance that it can be cured.

6. **Did you know?** About 50% of Gulfstream employees who were screened in the last 12 months were on the borderline for high blood pressure and another 20% had high blood pressure.

Blood pressure is an important indicator of your risk for serious and even fatal health conditions. High blood pressure is considered to be a major risk factor for heart failure, stroke, and kidney disease.

The only way to know if you have high blood pressure is to have it checked. High blood pressure has absolutely no symptoms. It is a misconception that people with high blood pressure are typically tense, hyperactive, or nervous. Calm and relaxed people have high blood pressure too!

7. **Did you know?** Approximately 40% of GAC employees who took a recent health risk assessment were overweight and one in three were obese.
 - Obesity is now an issue for one in every three adult Americans
 - Obesity causes at least 300,000 deaths in the U.S. each year
 - The cost of obesity in the U.S. alone amounts to more than \$100 billion each year.
8. **Did you know?** Your EAP program can help employees and their family members deal with stress. It's confidential and free.
 - More than 50% of adult Americans suffer adverse health effects due to stress.
 - Medical researchers estimate that up to 90% of illness and disease is stress-related.
 - Stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.
 - Stress can adversely affect immune response and deficiency
 - Stress can cause memory loss and obesity
9. **Did you know?** Of the GAC employees who took an HRA in the first half of 2007, 30% had elevated cholesterol. To lower cholesterol, you should:
 - Eat less fat.
 - Eat more fruits, fiber (beans, peas, whole grains, etc.), and fish (baked or broiled).
 - Exercise at least 30 minutes each day.
 - Lose weight if you are overweight.
 - Avoid smoking.
10. **Did you know?** Gulfstream's "HRA House Calls" program makes it easy for GAC employees to take a health risk assessment and have some basic health screenings done. It's quick, easy and convenient!

We're planning 40+ House Calls at Gulfstream locations in 2008. Take your HRA and take charge of your health!

11. **Did you know?** Only 1 in 5 Americans meets the recommended daily minimum intake of fruits and vegetables?

Fruits and vegetables are rich in essential vitamins, minerals and fiber. The USDA recommends 2-4 servings of fruit and 3-5 servings of vegetables daily. French fries don't count! Are you getting enough fruits and veggies?

12. **Did you know?** Only 3% of Americans regularly practice all the behaviors associated with a healthy lifestyle – not smoking, maintaining a healthy weight, eating 5 or more servings of fruits and vegetables daily and exercising 30 minutes 5 days per week.

According to an article published in Archives of Internal Medicine, the numbers are as follows: 76% are non-smokers; 40% maintain a healthy weight; 23% eat their fruits and veggies; and 22% get the recommended amount of exercise. But only 3% do all 4.