



# the CommonHealth Compass

## Garlic Salmon

Servings Per Recipe: 6

### INGREDIENTS

- 1½ pounds salmon fillet
- salt and pepper to taste
- 3 cloves garlic, minced
- 1 sprig fresh dill, chopped
- 5 slices lemon
- 5 sprigs fresh dill weed
- 2 green onions, chopped

### DIRECTIONS

1. Preheat oven to 450 degrees F. Spray two large pieces of aluminum foil with cooking spray.
2. Place salmon fillet on top of one piece of foil. Sprinkle salmon with salt, pepper, garlic and chopped dill. Arrange lemon slices on top of fillet and place a sprig of dill on top of each lemon slice. Sprinkle fillet with chopped scallions.
3. Cover salmon with second piece of foil and pinch together foil to seal. Place on a baking sheet or in a large baking dish.
4. Bake in preheated oven for 20 to 25 minutes, until salmon flakes easily.

### NUTRITIONAL INFORMATION

Amount Per Serving

Calories: 169 Total Fat: 6.7g

Cholesterol: 51mg Sodium:

48mg Total Carbs: 2.1g Dietary Fiber:

0.7g Protein: 24.6g



An active vacation is planned around physical activity. From walking tours to full-fledged adventure vacations, active vacations do your body good! If you'd like to try something different this year, here are some trips consider:

- **Walk This Way** – Walking is an excellent way to discover the most beautiful places in the state. Besides visiting the shopping districts, your days could be filled with vineyard visits, cooking demonstrations and tours of historical monuments. You will burn calories, immerse yourself in local culture and come home with memories to last a lifetime.
- **A River Runs Through It** – If you'd like to be close to the water without hitting the beach, then whitewater rafting or canoeing or kayaking is sure to get your heart pumping. Most companies offer half-day trips, as well as full day and overnight trips.
- **Ride a Bike** – Cycling is one of the fastest-growing pastimes in the United States and it's easy to see why—it's fun!
- **Take a Hike** – If you enjoy walking but want to try something more intense, hiking is the way to go. Why not take your time exploring our extensive state parks? Some of the most beautiful parts of the world are right here in your own backyard.
- **Get Active Volunteering** – There are many charitable organizations that need volunteers. Swinging a hammer or digging a ditch may not be your usual form of exercise, but the help you're providing will warm your heart as well as give it a good workout.

This list is just the start of what you can do on your active vacation. There's always surfing, skiing, snowboarding, sailing, snorkeling and more. What are you waiting for? Get going!





**Ed Harrow**  
DEQ  
Richmond

## Health Check Uncovered Diabetes

I attended a CommonHealth screening last year. The medical staff presented an informative and interesting program. The most important part of the screening for me was the blood sample.

I had not been feeling quite right for several months. Nothing to especially pinpoint, but I knew I was not up to par. Sometime during this time, my wife and I decided to go on a diet. It was not a strict diet, just one of those efforts where you decide to cut back on ice cream, honey buns, second helpings, etc. I began to lose weight which was a good thing.

However, as time passed, my weight loss was not in concert with my dieting efforts. I lost between twenty-five and thirty pounds rather fast. Then I attended the CommonHealth screening. My blood profile revealed a glucose level of just under four hundred and the feedback I received was to go to my doctor.

The suspicion was diabetes. I went to my doctor and the testing confirmed diabetes. I am now on medication and my blood sugar is under control. I underwent a change in lifestyle and am now leading a healthier life.

If I had not attended the CommonHealth screening that day, I would have continued to experience the blahs and potentially risk the damaging effects of diabetes. I know that I would have eventually discovered my problem through other means.

However, I must say, my attending the CommonHealth screening at work that day changed my life and I am most grateful to all. I still miss my big bowl of Bryers cherry vanilla.

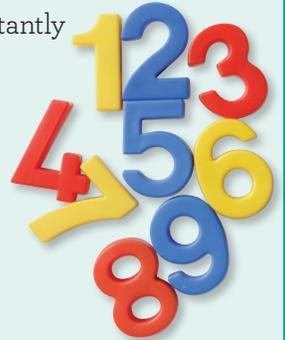
## Knowing Your Numbers Helps Spot Health Issues

CommonHealth provides free health checks to state agencies. At the screening, participants will instantly learn their blood pressure, cholesterol, Diabetes Risk Assessment, and Body Mass Index (BMI).

The health check, performed by trained nurses, takes only a few minutes. It includes drawing a small amount of blood from your finger ("finger stick") and measuring your height and weight.

As Ed Harrow relates in his personal success story, finding out his "numbers" prompted him to go to the doctor and be diagnosed with and treated for diabetes.

Health checks help spot problems early when conditions are most treatable. Check with your CommonHealth coordinator to find out when your agency or location health check is scheduled.



## You Ask and We Answer

**Vitamin D** is a very popular news story these days in which claims are made that claim it protects against everything from high blood pressure to cancer. At this point, these claims have not been proven, but is in an essential vitamin for bone health and our immune systems.

During the current CommonHealth program "Block Those Rays," attendees have asked whether persons should expose themselves to greater risks of developing skin cancer through sun exposure to reap the benefits of vitamin D?

The Skin Cancer Foundation recommends obtaining vitamin from food or supplements as a safe way for people of all skin types to get the most benefit from the vitamin with the least amount of risk. Good sources of vitamin D are from fortified foods such as milk, soy milk, yogurt, orange juice, cereals and sea foods such as salmon, mackerel, tuna fish, cod liver oil and sardines.

Just make sure to include these foods as a part of your healthy diet and stay protected from the negative effects of the sun.

