

Live Well, Work Well



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**Pfizer-BioNTech
Vaccine Fully
Approved by FDA**



In The News

Catch up on the latest developments of the most significant health care news that happened in the past three months.



Pfizer-BioNTech Vaccine Fully Approved by FDA

On Aug. 23, 2021, the Food and Drug Administration (FDA) gave full approval to the Pfizer-BioNTech COVID-19 vaccine. It's the first full approval of any coronavirus vaccine in the United States. The other vaccines—Moderna and Johnson & Johnson—are still available under emergency use authorization (EUA) granted by the FDA. The Moderna vaccine is currently under review for full approval, and the Johnson & Johnson vaccine is expected to begin the process soon.

The Approval

The Pfizer-BioNTech vaccine is fully approved for individuals aged 16 and older. The vaccine continues to be available under the EUA for children ages 12 through 15, and the administration of a third dose is recommended for immunocompromised individuals.

The approval comes as the coronavirus Delta variant continues to spread across the United States. Federal and state governments have been issuing renewed guidance as a way to rein in the infections, including implementing stringent mask-wearing requirements.

What's Next?

The Pfizer-BioNTech vaccine authorization is expected to open the floodgates for employers considering their vaccine requirements. Many colleges, hospitals, corporations and even the federal government have announced tentative plans to require proof of vaccination as a condition of employment. Other businesses are using vaccine cards to verify whether patrons need to wear face masks.

Additionally, the FDA's approval may encourage more vaccination in the United States. According to a poll from the Kaiser Family Foundation, 31% of unvaccinated people said they would be more likely to get a COVID-19 vaccine once one receives full approval from the FDA. There's no way to know how coronavirus and the pandemic will continue to evolve—but it certainly will.

Frozen Shrimp Recall Expanded

The FDA is investigating a multistate outbreak of Salmonella Weltevreden infections linked to the consumption of frozen cooked shrimp manufactured by Avanti Frozen Foods of India. So far, nine people have reported being infected with the strain of Salmonella, and there have been no deaths.

Salmonella is a bacteria that causes intestinal illness. The most common symptoms are diarrhea, fever and abdominal cramps. It's likely to be a salmonella infection if symptoms begin six hours to six days after suspected ingestion—and if those symptoms last four to seven days. It's important to seek medical attention for possible salmonella infection.

On Aug. 13, 2021, Avanti Frozen Foods expanded its recall for frozen cooked shrimp products. The current recall includes various packaging sizes of the following brands:

- CenSea
- Chicken of the Sea
- Honest Catch
- CWNO
- Hannaford
- waterfront BISTRO
- Open Acres
- 365 by Whole Foods Market
- Meijer

Previously recalled shrimp should no longer be available for sale. However, these products have a long shelf life, and consumers should check their freezers and throw away any previously recalled shrimp. For further protection, anyone who received recalled shrimp should use extra vigilance to thoroughly sanitize surfaces that may have come into contact with the affected product (e.g., cutting boards, countertops, refrigerators and storage bins) to reduce the risk of cross-contamination.





Pandemic and Drug Overdoses Drive U.S. Life Expectancy Down 1.5 Years

A new [report](#) from the Centers for Disease Control and Prevention (CDC) revealed that life expectancy in the United States dropped from 78.8 years in 2019 to 77.3 years in 2020. The decline in life expectancy was the most significant one-year drop since several hundred thousand Americans died during World War II.

Deaths from COVID-19 and drug overdoses fueled the decline—canceling any improvements the country made in decreasing the number of deaths from cancer and chronic respiratory diseases. The pandemic contributed to 74% of the decline. According to the CDC, more than 609,000 Americans have died in the pandemic, with 375,000 deaths last year.

Furthermore, about 11% of the decline stems from an increase in accidental deaths. Drug overdoses spiked 30% during the pandemic, accounting for one-third of last year's unintentional deaths. More than 93,000 people died from drug overdoses in 2020.

Are There Any Contributing Factors?

According to the report, the following factors further contributed to life expectancy changes:

- **Gender**—COVID-19 killed more men than women, increasing the mortality gap between the sexes. Male life expectancy (74.5 years) also declined to a level not seen since 2003. Meanwhile, female life expectancy (80.2 years) returned to the lowest level since 2005.
- **Race**—Hispanic Americans experienced the largest drop in life expectancy (3 years), followed by Black Americans with a decrease of 2.9 years. White Americans experienced the smallest decline of 1.2 years.

Additional contributing factors to this decline include homicides (3.1%), diabetes (2.5%) and chronic liver disease (2.3%). The pandemic has both worsened and exposed an ongoing crisis in health inequality among populations.





NHO

Learn more about national health observances (NHOs) from the past three months in this section.



July—Cord Blood Awareness Month

Cord blood is one of three sources of stem cells used to treat disease and tissue regeneration. Cord blood stem cells are found in the blood of the umbilical cord. These valuable stem cells also come from bone marrow and peripheral blood. Educating expectant parents and others about the value of cord blood stem cells may help keep this precious resource from being thrown away as medical waste.

Here are a few things you can do to spread awareness about cord blood banking and possibly save a life:

- Take a few minutes to pass along your knowledge about the importance of cord blood stem cells. Your words could save a life.
- Let expecting friends and family members know about their options when it comes to cord blood banking.



August—Psoriasis Awareness Month

Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin. Psoriatic arthritis is an inflammatory type of arthritis that eventually occurs in 10% to 20% of people with psoriasis.

Psoriasis is a chronic and unpredictable condition, but it is not contagious. Symptoms can come on suddenly and disappear just as quickly. The five common types of psoriasis each have its own characteristic skin lesion. There is no known cure for psoriasis, but individuals with psoriasis can control their symptoms with certain treatments, which include the following:

- Keep the skin lubricated.
- Use a humidifier in colder, dryer months.
- Do not get too much sun.
- Use mild soaps or soap-free cleansers.
- Eat a nutritionally balanced diet and maintain a healthy weight.
- Do not scratch, rub or pick the lesions.
- Bathe daily to soak off the scales.



September—National Preparedness Month

Since 2004, the Federal Emergency Management Agency and the national Ready Campaign have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families and communities that engage in preparedness actions.

Remember, you can't plan when a disaster will occur, but you can plan ahead to prepare if and when it strikes. This September, take time to learn more about NPM and take the suggested steps to prepare appropriately. For more information, please visit the [NPM website](#).



Looking Ahead...

October

Breast Cancer Awareness Month

November

American Diabetes Month

December

Safe Toys and Celebrations Month



Health and Wellness

Remain on top of the latest trends in health and wellness with the three articles in this section.

10 Fun Fall Outdoor Activities

Fall officially begins Sept. 22, 2021. Despite the ongoing pandemic and its evolving challenges, there are still fun ways to enjoy the season's sights, sounds and smells.

Take your pick of the following outdoor activities this fall:

1. Stop at an apple orchard—and then make applesauce or baked goods with your fresh pickings.
2. Visit the pumpkin patch and explore a corn maze. Then, paint or carve your pumpkins and host a friendly decorating competition.
3. Buy seasonal produce at a farmers market.
4. Enjoy a car ride to take in the fall foliage.
5. Hike in the woods and take in the fall colors.
6. Camp out in your backyard or local parks.
7. Rake the leaves in your yard and take turns jumping in leaf piles.
8. Build a bonfire. Enjoy as-is or roast marshmallows for s'mores.
9. Set up a fall movie outside or visit a drive-in movie theater.
10. Look to the sky for full moons, lunar and solar eclipses, and meteor showers.

Fall may still look and feel different this year, but you can continue to find ways to be social and enjoy the season safely. Follow local regulations and CDC guidelines when out and about this autumn.





Benefits of Buying Seasonal Produce

In today's market, it's normal to see the same produce available year-round. However, that doesn't mean the quality's the same throughout the seasons. Eating seasonally means you are simply taking advantage of the harvest schedule and enjoying produce at its peak.

This time of year includes foods with rich fall colors like burnt orange, deep burgundy, and hunter green. For example, apples, brussels sprouts, cranberries, pears and pumpkins are in season right now.

Shop for seasonal produce and reap the following benefits:

- **Fresher food**—Seasonal produce likely is recently picked and hasn't been sitting on a truck or in a warehouse for weeks.
- **Better taste**—In-season produce retains its nutritional value, tastes better and sweeter, and is perfectly ripe. If the produce is tasty, you'll likely eat more of it. That's a healthy win-win.
- **Lower costs**—When produce is in season, farmers harvest larger crops. The increased supply may mean lower prices for you.
- **Reduced carbon footprint**—Out-of-season produce is typically imported or takes more energy to grow due to the need for greenhouses.

It's called harvest season for a reason, so there should be plenty of fresh produce options available at your local farmers market or grocery store. Check out the Recipes section for some ways to use seasonal produce.



The Pandemic is Worsening the “Sunday Scaries”

More than half of working people in the United States report experiencing the “Sunday scaries”—a form of anticipatory anxiety or stress felt on a Sunday night before the coming workweek. According to a LinkedIn survey, 41% of respondents said the COVID-19 pandemic has either caused their Sunday scaries or made them worse. The feeling of doom may make it hard to focus on having fun in your remaining weekend free time.

Research shows that millennials and Generation Z are especially troubled with the Sunday scaries. This finding aligns with the age groups experiencing the highest anxiety and stress levels due to the pandemic.

Managing Your Sunday Scaries

So, why does this phenomenon happen? First, the weekend tends to be less structured or scheduled. You are also likely spending time with friends and family, so you’re more at ease than with strangers, co-workers or customers.

Keep in mind that the Sunday scaries can pop up on any day of the week as well, depending on your schedule. Regardless of the day, consider the following ways to scare away your Sunday scaries:

- **Identify the cause.** Think about what’s happening on Mondays that makes you feel anxious. It may be a weekly check-in meeting with a supervisor or a full, busy day with responsibilities—such as going to work, running errands, and preparing meals.
- **Address the problem.** Then, brainstorm ideas to alleviate those anxious feelings. If you’re feeling overwhelmed, focus on what you have to do, what can wait and what someone else could help you with.
- **Be kind to yourself.** Getting down on yourself will only make the Sunday scaries worse. Focus on making the weekend meaningful by filling it with activities you enjoy, then celebrate what you did complete.
- **Make Sundays fun.** If you’re having a good time, you’ll likely not be distracted by the looming week. Get chores out of the way first, plan special Sunday-only activities (like exercising, hiking or reading a book) or treat yourself to something special.

Feeling a bit anxious on Sunday night isn’t necessarily a bad thing, though. Anxiety is a normal response to these situations. However, if the anxiety holds you back from going to work or school, or if you’re relying on substances, it’s important to seek help from a mental health professional.



Recipes

Try out these two healthy recipes, which are from the USDA's MyPlate Kitchen website.

Roasted Brussels Sprouts, Potatoes and Chicken

Makes 4 servings



Ingredients

- 3 cups Brussels sprouts (halved vertically)
- 4 small red potatoes (chunked)
- ½ cup onion (chopped)
- 2 cloves garlic (minced)
- 2 Tbsp. olive oil
- ¼ tsp. salt
- ⅛ tsp. black pepper
- ½ cup nonfat ricotta cheese or cottage cheese
- ¼ cup part-skim mozzarella cheese (shredded)
- 2 Tbsp. nonfat milk
- 1 pound boneless chicken breast

Directions

1. Preheat oven to 325 F.
2. In a 2-quart baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion and garlic with 1 Tbsp. olive oil, salt and black pepper.
3. In a small bowl, mix cheeses with milk.
4. Coat chicken breasts with remaining olive oil.
5. Nest chicken among vegetables in the baking dish.
6. Top with the cheese mixture.
7. Cover with foil and bake for 40 to 45 minutes, or until chicken is done.

Nutritional information for 1 serving

Calories	400
Total fat	12 g
Saturated fat	3 g
Cholesterol	75 mg
Sodium	370 mg
Total carbohydrate	40 g
Dietary fiber	6 g
Total sugars	6 g
Added sugars included	0 g
Protein	35 g
Vitamin D	0 mcg
Calcium	207 mg
Iron	3 mg
Potassium	1,318 mg



Apple Cinnamon Bars

Makes 24 servings



Ingredients

- 4 medium apples
- 1 cup flour
- ¼ tsp. salt
- ½ tsp. baking soda
- ½ tsp. cinnamon
- 1 cup brown sugar
- 1 cup oats (uncooked)
- 1 cup shortening

Nutritional information for 1 serving

Calories	99
Total fat	5 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	53 mg
Total carbohydrate	14 g
Dietary fiber	1 g
Total sugars	7 g
Added sugars included	4 g
Protein	1 g
Vitamin D	0 mcg
Calcium	8 mg
Iron	0 mg
Potassium	49 mg

Directions

1. Preheat the oven to 350 F.
2. Put the flour, salt, baking soda, cinnamon, brown sugar and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use two table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 to 45 minutes.
9. Cut into squares.