



# Wellness Works

APRIL 2008

## Alcohol Awareness

### Warning Signs of Alcohol Abuse

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

If you answered "yes" to any of these questions, you may have a drinking problem. Check with your doctor, they will be able to tell whether you should cut down or abstain from alcohol. If you are alcoholic or have other medical problems, you should stop drinking completely. Your doctor will advise you about what is right for you.

To highlight the serious issue of alcohol abuse, April has been nationally designated Alcohol Awareness Month.

Throughout April, each Harris County Hospital District pavilion is having an educational campaign that provides education and health promotion materials on alcohol awareness for employees and patients.

Patient and staff will have the opportunity to wear "Under the Influence" goggles that simulate impaired vision. Contact your pavilion health educator for times and to schedule one-on-one consultations.

Alcohol abuse can affect your physical health. It can affect your blood pressure and diabetes, and lead to cirrhosis of the liver. It can also cause dangers to others in forms of car accidents, household accidents and fetal alcohol syndrome. It can also negatively impact your emotional, occupational, spiritual and social wellness.

In a recent study by The National Survey on Drug Use and Health (NSDUH), more than 54 million Americans (23% of the population) admitted to binge drinking within 30 days.

Binge drinking is the consumption of five or more drinks by men – or four or more drinks by females – in about two hours. A drink can be a 12-ounce bottle of beer, a 5-ounce glass of wine, or a 1 1/2-ounce shot of liquor.

A blood alcohol content (BAC) of .08 percent or above is considered a binge, while a BAC between .05 percent and .08 percent is termed "risky drinking." A "bender" is two or more days of sustained heavy drinking.

While these definitions do not fit all people, in some cases the number of drinks needed to reach a binge level BAC is lower for the typical adult, such as older people or those taking drugs or medications.

In the State of Texas, the legal limit for intoxication is .08 percent BAC; however drivers can be stopped and cited for impaired driving due to alcohol or other drugs regardless of BAC.

Penalties for driving while intoxicated (DWI) range from 72 hours to 10 years in jail, fines up to \$10,000 and suspended driver's license. Keeping this in mind, a designated driver is the best option.

Approximately 21.6 million Americans are alcohol dependent. Take a quiz at <http://ncadi.samhsa.gov/seasonal/aprilalcohol/> to see if you show any warning signs of alcohol abuse.

# WOW!

### Weight Watchers is here!

Weekly meetings at South Loop Ben Taub and LBJ in progress Cost about \$11/meeting

Call or e-mail employee wellness to sign up.

**713-566-6360**  
[employee\\_wellness@hchd.tmc.edu](mailto:employee_wellness@hchd.tmc.edu)

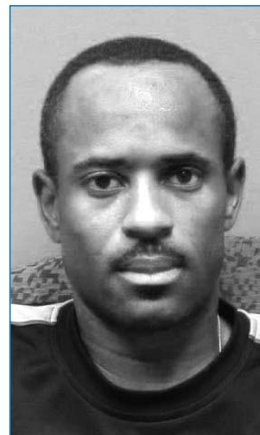
## Embodying the Six Dimensions of Wellness: One man's mission

In each issue of Wellness Works, the Employee Wellness Program highlights an employee who exemplifies one or more of the six dimensions of wellness: emotional, physical, occupational, social, spiritual and educational. This month we salute Reginald Daniels, a property management technician at Ben Taub General Hospital.

Daniels describes his area as the "bloodhounds" that find missing equipment and retire old equipment. He says the best part of his job is visiting different departments and meeting new people.

Daniels approached the employee wellness group with the idea of a basketball team to help enhance the social and physical wellness of his fellow co-workers at Ben Taub.

"Basketball is a good work out, and it helps relieve stress," Daniels said. "The guys on the team have been playing together for about five years, but we thought it would be fun to play as



Reginald Daniels

a hospital district team."

After meeting with employee wellness, the Ben Taub Ballers team was born. Now, as an official hospital district team, the team has jerseys and 11 people on the roster, with more wanting to join.

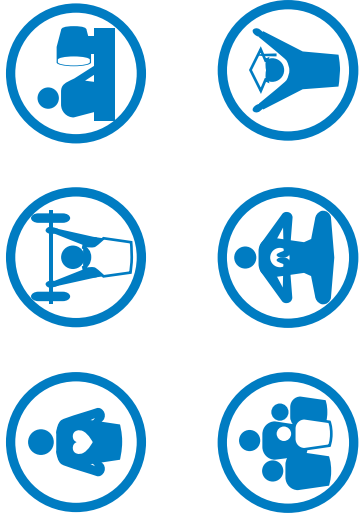
To date, the team has won two of its three games.

As team captain coach, playing basketball gives Daniels a chance to coach, which he has always wanted to do.

When Daniels isn't playing basketball with his teammates he enjoys fishing and playing more basketball with his two children.

He calls his nine-year-old daughter a "fishing queen" because she catches everything. Meanwhile his six-year-old son just started to play in a league.

His life motto is "Treat people the way you want the person you care about most to be treated."



# Wellness Works

In advance of the Harris County Hospital District becoming smoke-free Sept. 1, 2008, the Employee Wellness Program is offering free smoking cessation classes, quit kits, and a one-month supply of nicotine patches to employees. If you are interested in quitting smoking, please plan to attend one of these helpful sessions.

For more information, call the Employee Wellness Hotline at 713-566-2000 or e-mail [employee\\_wellness@hchhd.tmc.edu](mailto:employee_wellness@hchhd.tmc.edu).

Location	Language	Day	Time	Resource Code	Contact
Administration - HH Room 232	E	2nd & 4th Thursdays	11 a.m. – 11:45 am	ESMK	Jennifer Roberts
Acres Education Room	E	1st Wednesday 2nd Monday	11 a.m. – noon 2 p.m. – 3 p.m.	ESMK	Angelia Guinara
Aldine Conference Room	E/S	Wednesdays twice/month	1 p.m. – 2 p.m.	ESMK	Gonzalo Murillo
Baytown Conference Room	E/S	Tuesdays twice/month	2 p.m. – 3 p.m.	ESMK	Yesenia Mora
Ben Taub 2nd Floor Conference Room	E	2nd & 4th Thursdays	3 p.m. – 4 p.m.	ESMK	Arcy Segura
Casa de Amigos Conference Room	E/S	2nd & 4th Tuesday	12:30 p.m. – 1:30 p.m.	ESMK	Adria Jones
Gulfgate Conference Room	E	1st & 3rd Thursdays	12:00– 1:00pm	ESMK	Milet Portales
LBJ UT Annex Building Room 132	E/S	2nd Thursday 4th Thursday	3 p.m. – 4 p.m. 3 p.m. – 4 p.m.	ESMK	Lizette Escamilla
MLK Basement Class Room	E	4th Thursdays	2:30 p.m. – 3:30 p.m.	ESMK	Melodie Pierce
Northwest Conference Room	E/N	2nd & 4th Tuesday	1 p.m. – 2 p.m.	ESMK	Tammy Vu - Out of the Office Rhonda Randolph
Peoples Room 102	E	4th Monday 2nd Friday	11:30 a.m. – 12:30 p.m.	ESMK	Karla Phillips
Settegast Conference Room	E	1st Tuesday 3rd Thursday	10 a.m. – 11 a.m. 1 p.m. – 2 p.m.	ESMK	Latecia Miurphy
Squatty	E	1st Monday 3rd Tuesday	11 a.m. – noon 1 p.m. – 2 p.m.	ESMK	Latecia Murphy
Strawberry	E	2nd & 4th Thurs.	Noon – 1 p.m.	ESMK	Coby Crawford
Thomas Street Room 309	E	Every Thursday	10 a.m. – 11 a.m.	ESMK	Jeff Benavides
South Loop 6th floor break room	E	2nd Thursday 4th Thursday	12:15 p.m. – 1 p.m. 12:15 p.m. – 1 p.m.	ESMK	Jennifer Roberts