



# the CommonHealth Compass

## Accidental Grilled Chicken Salad



**Prep Time:** 15 Minutes  
**Cooking Time:** 30 Minutes  
**Ready In:** 2 Hours  
**Servings:** 6

### Ingredients

- 4 boneless, skinless chicken breast halves
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 teaspoons lemon pepper
- 2 Vidalia onions, thickly sliced
- 4 large mushroom caps, chopped
- 1 cup mayonnaise
- Hot sauce to taste
- Salt and pepper to taste

### Directions

1. Place chicken breast halves in a large resealable plastic bag with lemon juice, olive oil, and lemon pepper. Shake to coat, and marinate in the refrigerator for at least 1 hour.
2. Preheat a grill for high heat.
3. Lightly oil the grill grate. Place the Vidalia onions and mushrooms on the grill, and cook until lightly charred on both sides; set aside. Place chicken onto the grill, and discard marinade. Cook for 15 minutes, turning once, or until juices run clear. Remove from heat, cool, and chop.
4. In a large bowl, thoroughly mix the onions, mushrooms, chicken, and mayonnaise. Season with hot sauce, salt, and pepper. Cover, and refrigerate until serving.

### Nutritional Information

#### Per Serving

Calories: 426	Total Carbs: 9.3g
Total Fat: 35.6g	Dietary Fiber: 1.5g
Cholesterol: 59mg	Protein: 18g
Sodium: 405mg	

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## Enjoy the Great Outdoors!



Getting out and being active is a cornerstone to good health. Whether you are considering a new activity or continuing with a beloved tradition, the summer is the perfect time of year to have outdoor fun. Outdoor Adventures, the CommonHealth program for July – September, will give tips and suggestions to keep you safe and to make the most of your summer days, weekends, and vacation – no matter what your budget.

Did you know...

- Virginia State Parks are nationally recognized and offer an abundance of free or low cost family-friendly opportunities?
- If you are overweight, male, or have type O blood, mosquitoes will be more likely to bite you. Find out what else attracts them.
- A few simple steps can help you decrease your risk for Lyme Disease. Cases in Virginia have decreased in the past year or two but are still nearly 8 times higher than in 1999.
- There are some easy ways to beat the heat and stay safe in storms.
- You can identify and avoid rip currents as well as swim out of them, if you know the right techniques.
- Geocaching is a modern-day treasure hunt. Are you curious enough for the challenge?

Outdoor Adventures will discuss hiking, geocaching, biking, swimming and boating, as well as dealing with heat and some of the issues that come with stormy weather. While it is important to start or maintain an active lifestyle, CommonHealth wants you and your family to be safe--so take a little time to participate in Outdoor Adventures to find out ways you can prepare for your own adventures and make them happy memories.

For more on Outdoor Adventures, visit the CommonHealth Web site at

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

## Safety Tips for Outdoor Fun

Summer is here, and that may mean spending more time outdoors with our friends and families. Here are a few precautions we can take to make our outdoor activities safe.

### Sunburn Prevention

According to the American Cancer Society, protecting our skin from the sun's damaging rays is vital for a number of important health reasons. Plan to use these health tips to protect yourself:

- When possible, avoid outdoor activities between 10 AM and 4 PM, when the sun's rays are the strongest.
- Always wear a broad-spectrum (protection against both UVA and UVB) sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- Be sure to reapply sunscreen frequently, especially after swimming, perspiring heavily or drying off with a towel.
- Wear a hat with a 4-inch brim all around because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose, and scalp.
- Wear clothing to protect as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective. Dark colors provide more protection than light colors by preventing more UV rays from reaching your skin.
- To protect your eyes from sun damage, wear sunglasses that block 99 to 100-percent of UVA and UVB radiation.
- Children need extra protection from the sun. One or two blistering sunburns before the age of 18 dramatically increase the risk of skin cancer. Encourage children to play in the shade, wear protective clothing and apply sunscreen regularly.



### Poison Ivy, Poison Oak Prevention and Treatment

The FDA has recommendations for preventing, treating and identifying poison ivy and related plants. If you are exposed:

- first, cleanse exposed areas with rubbing alcohol.
- next, wash the exposed areas with water only (no soap yet, since soap can move the urushiol, which is the oil from the poison ivy that triggers the rash, around your body and actually make the reaction worse).
- now, take a shower with soap and warm water.
- lastly, put gloves on and wipe everything you had with you, including shoes, tools, and your clothes, with rubbing alcohol and water.
- Unfortunately, if you wait more than 10 minutes, the urushiol will likely stay on your skin and trigger the poison ivy rash. You may not be able to stop it on your skin, but you might still scrub your nails and wipe off your shoes and clothes, so that you don't spread the urushiol to new areas.
- Commercial products, like Zanfel, Ivy Cleanse Towelettes, and Tecnu Extreme Poison Ivy Scrub, are also available over-the-counter, if you don't want to use rubbing alcohol.
- Remember that poison ivy isn't contagious, so touching the rash won't actually spread it.

You can decrease your chances of poison ivy exposure by wearing long pants and a shirt with long sleeves, boots and gloves, especially when in wooded areas, around lakes, or going on hikes. Applying Ivy-Block to exposed areas may also help with prevention.

Knowing what poison ivy looks like can also help you avoid exposure. Look for:

- three leaflets ('leaves of three, let it be')
- the middle leaflet has a longer stalk (petiole) than the other two
- leaflets are fatter near their base
- elliptical leaflets with slight lobes
- leaflets are all about the same size
- no thorns along the stem
- clusters of green or white berries may be present
- aerial roots may be visible on the stem



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# State Employees Shed 9 Tons in 13 Weeks!

Governor Bob McDonnell announced the results in May of a very impressive **Governor's Challenge 2010**. State employees lost more than 18,000 pounds, or 9 tons, during the 13-week challenge that began in February with Bob Harper's visit to state employees and ended on **National Employee Health and Fitness Day!** The Governor and Richmond-area state employees celebrated the news on a lovely, sunny day on Capitol Square.



Employees asked questions and picked up materials at 16 vendor tables during a CommonHealth-sponsored health fair. Secretary of Administration Lisa Hicks-Thomas, Secretary of Public Safety Marla Decker and Secretary of the Commonwealth Janet Polarek led employees in a walk around the State Capitol grounds.

Other agencies, including the Virginia Museum of Natural History, held walks and other activities to note the national health and fitness observance.





## Prenatal Program Lauded for Personal Touch

I started the *Future Moms* program six weeks into my pregnancy. My nurse, Michelle, was the best. She was able to obtain all of my health information on the first assessment. Michelle was very informative about what to expect during the pregnancy and answered all of my questions and concerns.

During my first pregnancy I was diagnosed with SVT (tachycardia), irregular rapid heartbeat. Michelle would do regular monthly phone consults. Michelle learned that I was traveling during my 32nd week of pregnancy to Missouri to attend my sister's Army boot camp graduation. I was advised to stop often to stretch my legs and walk to keep the circulation going so that I would not develop blood clots.



Lakishia Stratton and baby MacKinzie

During my last month, my pregnancy caused a lot of pain for my lower back and hips. Michelle provided good remedies and words of encouragement. Two weeks after my daughter, MacKinzie, was born, Michelle called to check on us. She was very excited about MacKinzie's birth. Michelle has a very uplifting and positive personality. My husband and I are completely grateful and appreciative to Michelle and the *Future Moms* program for what they did for our family during my pregnancy. I would recommend this program to anyone who is pregnant or planning a pregnancy.

Lakishia Stratton  
Onancock CSC  
Department of Motor Vehicles  
Eastern Shore

## Safety Tips for Outdoor Fun

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### Hydration

According to the American Council on Exercise, if we allow our bodies to become dehydrated, we will be unable to cool ourselves efficiently, leading to heat exhaustion and possibly heat stroke. Some tips to remember on hot days outside include:

- Don't wait until you are thirsty.
- Aim for drinking approximately 8 glasses of water a day to remain hydrated.
- Start a healthy habit of carrying a bottle of clean filtered, chilled water with you everywhere.
- Try not to substitute soda or juice as a proper beverage to prevent dehydration, because most sodas contain sugar and caffeine, which may speed up dehydration.



### Need Healthy Tips? Go to CommonHealth Online!

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

If you have any questions, comments or concerns, please e-mail us at [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov)



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