

Healthy Individuals: 2022 Spring Magazine

Spring

Welcome to the spring issue of Healthy Individuals

Healthy Individuals is Facilities & Asset Services Health & Wellbeing Program to compliment Group Health's offerings.

The program is laid out in the form of a [calendar](#) with each month focusing on a different health and wellbeing theme with lots of supporting activities and resources.

This Healthy Individual's Magazine is a quarterly supplement to provide you with an overview of what's coming up in our Calendar for the next quarter:

- [Mental health and wellbeing Newsletter](#) & [Toolbox talk](#)
- [Women's health Newsletter](#) & [Toolbox talk](#)
- [Men's health Newsletter](#) & [Toolbox talk](#)

Be sure to embrace the articles in this magazine and our monthly newsletters through Fast News.

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What's on in spring?

Mental health



We will be looking at mental health and wellbeing with a keen focus on workplace psychosocial hazards in September.

Mental health has a huge impact on every aspect of our lives. It affects behaviour, physical health, work and relationships, as well as the people around us.

Almost half of Australian adults will experience a mental illness at some point in their life. Mood disorders, anxiety, substance abuse and other conditions do not discriminate, and can affect anyone. Your workplace can also have a positive or negative impact on your mental health. Finding the right work-life balance can be difficult, but support can assist.

Making sure all Australians get equal access to [mental health support](#) is important. Find out how the Australian Health Department is helping people and those affected by disasters and emergencies in Australia.

Women's health



We will be looking at women's health in October, touching on some of the key health priorities in the Australian Department of Health's National Women's Health Strategy 2020-2030.

[The National Women's Health Strategy 2020-2030](#) outlines Australia's national approach to improving health outcomes for all women and girls in Australia by:

- Considering the latest evidence and current gaps and emerging issues in women's health.
- Aiming to address the priority health needs of women and girls in Australia.
- Outlining key health risks and issues for women and girls in Australia.
- Highlighting the range of factors, such as biomedical, behavioural, social, economic and environmental influences, that contribute to health outcomes; and key health inequities such as access to services, health literacy, stigma and gender inequality, that are experienced by many women and girls.
- Acknowledging the unique needs of different population groups with priority populations recognised and targeted interventions identified to improve health outcomes.
- Adopting a life course approach, the Strategy recognises there are a range of health needs, risks and influences experienced by women at different stages of life, and focuses on the importance of investing in awareness and education, health interventions, service delivery and research at these key stages to maximise physical, mental and social health at every age.

There are five priority health issues that form the basis of the Strategy:

- Maternal, sexual and reproductive health
- Healthy ageing
- Chronic conditions and preventive health
- Mental health
- Health impacts of violence against women and girls.

The improvement of health outcomes for women and girls is strongly influenced by the contributions made by a wide range of partners, including workplace environments.

[The National Women's Health Strategy 2020-2030](#)

Men's health



We will be looking at men's health in November, touching on some of the key health priorities in the Australian Department of Health's National Men's Health Strategy 2020-2030.

[The National Men's Health Strategy 2020-2030](#) is a framework for action to work towards the goal that every man and boy in Australia is supported to live a long, fulfilling and healthy life.

Despite Australian men generally enjoying better health and longer life expectancy than men in most other countries in the world, on average they have a shorter life expectancy than women and die more often than women from preventable causes.

The diversity amongst men and boys in Australia, as well as biological differences between males and females, contribute to these differences and to males experiencing poorer health outcomes in many areas.

The Strategy has three core objectives designed to drive meaningful progress towards its goal. These include a clear commitment to:

- Empower and support men and boys to optimise their own and each other's health and wellbeing;
- Build the evidence base for improving men's health; and
- Strengthen the capacity of the health system to provide quality appropriate care for men and boys.

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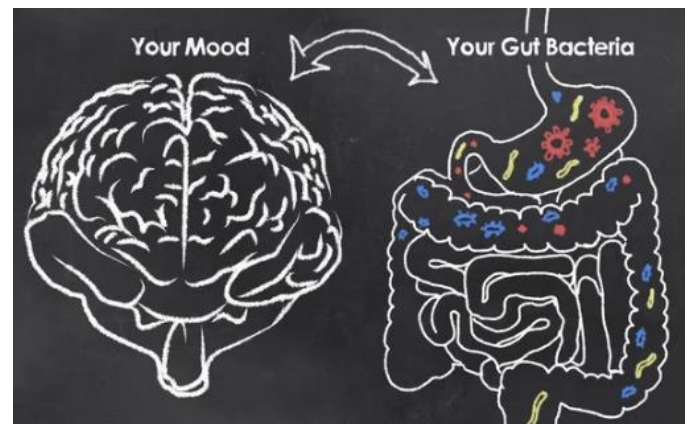
- Mental health;
- Chronic conditions;
- Sexual and reproductive health and conditions where men are over-represented;
- Injuries and risk taking; and
- Healthy ageing.

The Strategy advocates for a life-course approach in tailoring interventions to engage and support Australia's diverse men and boys across all stages of their lives.

The Strategy works in tandem with the National Women's Health Strategy 2020-2030 and with other national, state and territory policies and strategies. It embraces the definition of health adopted by the World Health Organization in 1946 as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

[The National Men's Health Strategy 2020-2030](#)

The gut-brain connection



If you've ever felt sick with worry, gone with a gut instinct or felt butterflies in your stomach, you know the link between brain and gut is strong.

In recent years, evidence has emerged to show how the vast array of microbes inside your intestine feeds into mental illness development and progression.

So how do these colonies of microbes in your intestinal tract influence your mental health?

Our gut microbiome helps us digest food and regulate our immune system, generating metabolites as it goes. As our microbial populations shift, so too do the metabolic compounds pumped into our gut.

Should these metabolites make their way out of the gut and into the intestinal wall, they can directly interact with our enteric nervous system. These nerves embedded in gut tissue transmit messages to the brain.

Metabolites may also communicate with immune cells that surround our digestive system, triggering an immune response, or slip into the bloodstream to be transported around the body.

Such interactions have the potential to trigger and sustain chronic brain inflammation, which is linked to depression and anxiety. Indeed, some people with depression or anxiety benefit as much from anti-inflammatory drugs as they do antidepressants.

Read more of [Microbiome and the mind: How the gut influences mental health](#) from NSW Health.

Food in bloom



We have some delicious spring recipes to share with you this issue.

Vegetables Fruit

Artichoke, Asian greens, asparagus, beans, beetroot, broccoli, brussel sprouts, cabbage, capsicum, carrot, cauliflower, celery, choko, corn, cucumber, daikon, eggplant, fennel, leek, lettuce, mushrooms, okra, onion, spring onion, parsnip, peas, potato, pumpkin, radish, shallot, silver beet, spinach, squash, swede, sweet potato, tomato, turnip, watercress, witlof and zucchini.

Apple, avocado, banana, blueberries (start of Nov.), cantaloupe, cherry, cumquat, grapefruit, honeydew, kiwi fruit, lemon, lime, loquat, lychee, mandarin, mango, mulberries, orange, papaya, pineapple, rhubarb, strawberries, starfruit, tangelo and watermelon.

Herbs & Spices

Basil, chervil, chilli, chives, coriander, dill, garlic, ginger, kaffir lime (leaves), lemongrass, mint, oregano, parsley, rosemary, sage, tarragon and thyme.

Dining in

Guide to healthy salad dressing

As the weather warms up and spring vegetables come into season it's time to refresh our salad repertoire.

Tip 1: Adding herbs and spices can add extra flavour to vegetables without the need for salt. Turmeric, sumac, mint, coriander and basil are all flavourful options

Tip 2: Adding nuts or seeds adds a crunchy texture to the salad, whilst providing protein and healthy fats. Try walnuts, smoked almonds, pumpkin or sunflower seeds

Wholegrain mustard

Wholegrain or seeded mustard is a great way of adding flavour and texture to salads. Commercial varieties can be high in salt, so remember less is more.

Extra virgin olive oil

An excellent source of healthy mono-unsaturated fats and is great for salad dressings. Olive oil contains beneficial nutrients such as polyols.

Balsamic vinegar

A traditional Italian vinegar that has a 12-year maturation process which gives it its rich, dark colour. Slightly sweet and sticky, you need only a little bit for a big flavour.

Lemon juice

Provides a sharp, zesty addition to salads. Freshly squeezed lemon juice will naturally contain some Vitamin C and very little kilojoules so a great healthy way to add flavour to salads.

Natural yoghurt

Natural or low-fat Greek yoghurt is a great way to provide a creamier dressing type without the heavy creamy taste of dressings such as mayonnaise. Using yoghurt as a dressing also helps to add calcium to the salad.

Guide to a healthy salad

Splendid salads should look beautiful, be full of flavour and provide a range of nutrients. But it can be hard to break out of habit and come up with new ideas, especially when it comes to salads. So it's time to move away from the heavy salads or the sometimes dull garden salad and come up with tasty, new delicious and nutritious salads with the guide below:



Vegetables

Vegetables should form the base of your salad so aim to include at least three different types, cooked or raw depending on what type of salad you like. Having a mix of vegetables creates interest and choosing vegetables with different colours often means different nutrients. For example, some red vegetables like tomatoes and capsicum are rich in Vitamin C, orange coloured vegetables like carrots and pumpkin contain Vitamin A and green leafy vegetables like baby spinach and kale are high in B vitamins.



Wholegrains

Include wholegrains for extra fibre. This is a good way to try new grains or use up left overs from the day before. Try buckwheat, barley, faro or pearled cous cous for something new, or add a piece of wholegrain toast cut into crouton squares for a quick way to add fibre and texture courtesy of the humble toaster.



Pop in the protein

Adding protein rich foods can make for more filling and nutrient diverse salads. Adding plant-based proteins such as legumes, beans and chickpeas have the added advantage of including more fibre, whilst other protein sources such as eggs and lean meats, poultry and fish can provide key nutrients like iron, zinc and Vitamin B12.



Flavour with fruit

Fruit can be a great way to add flavour and freshness to salads. Not to mention you get the added nutrients from the fruit too. Think sliced/grated pear or apple, orange segments, pomegranate, halved grapes or a handful of dried fruit, these will all build on flavour.

Roast vegetable and pearl cous cous salad

Serves 5 Prep 20 mins Cook 40 mins



Ingredients

4 beetroots, peeled and diced
½ Kent pumpkin, peeled and diced
3 zucchinis cut in discs
1 bunch coriander (or parsley)
½ pomegranate
250g pearl cous cous packet
1 cup feta crumbled
800g tinned chickpeas
50ml lemon juice
40ml olive oil
4 tsp paprika

1. Preheat oven to 180°C degrees. Peel and dice the beetroot and pumpkin, cut the zucchini into discs.
2. Place vegetables onto a baking tray lined with baking paper. Spray a thin layer of olive oil on the vegetables and sprinkle with half the paprika. Cook until vegetables are soft and slightly crisp.
3. Drain and rinse canned chickpeas, pat dry with paper towel. Lay out chickpeas on a lined baking tray. Lightly spray with olive oil and a sprinkle of the remaining paprika. Place in oven and cook until golden and crisp.
4. Cook the pearl cous cous according to packet instructions. Whisk 1 tbs of olive oil with lemon juice and remaining paprika, pour over and stir through cooked cous cous.
5. Place roasted vegetables, chickpeas, cooked pearl cous cous and chopped coriander leaves in a bowl mixing to combine. Crumble the feta and sprinkle the pomegranate jewels on top of the mix and drizzle the remaining olive oil before serving.

Mediterranean style salad

Serves 5 Prep 20 mins Cook 5 mins



Ingredients

4 tomatoes
1 continental cucumber
1 whole roasted capsicum
1 bunch basil
½ cup kalamata olives (pitted)
100g bocconcini
250g canned fish (e.g. tuna or sardines in water)
5 slices wholegrain bread
10ml balsamic vinegar
30ml olive oil

1. Dice tomatoes and cucumber, drain the oil from the roasted capsicum and slice into small strips placing into a bowl with the tomatoes and cucumber.
2. Slice the olives in half, along with the bocconcini and roughly chop the basil.
3. Place the bread into the toaster until golden. Once ready, slice the bread into strips and then into square croutons. Add the croutons in the bowl with all the cut ingredients.
4. Drain the liquid from the canned fish and toss through the salad to evenly combine all the ingredients.
5. Finish by dressing with balsamic vinegar and olive oil and toss once more to evenly distribute the dressing before serving.

Spring potato salad

Serves 5 Prep 25 mins Cook 25 mins



Ingredients

1kg potatoes (any suitable to boiling)
1 bunch mint
350g baby spinach
2 green capsicums
2 cups frozen peas
2 green apples (such as granny smiths)
½ cabbage
100g walnuts
1 cup low fat feta
4 tbs olive oil
2 tbs apple cider vinegar
Lemon juice

1. Peel and dice the potato. Place the potatoes into a pot of boiling water and cook until softened. Once cooked, drain the water and allow the diced potatoes to completely cool. (Note: this step can be completed the day prior.)
2. Cook the frozen peas in boiling water for 5 minutes, being mindful not to overcook and lose their colour. Drain from water once cooked and drizzle with 1 tbs olive oil and a squeeze of lemon juice.
3. Slice the capsicum into thin strips, grate the apple and shred the cabbage.
4. Roughly chop the mint and walnuts. Crumble the feta.
5. Combine all the prepared ingredients in a bowl, mixing to evenly distribute the ingredients.
6. Drizzle the remaining olive oil and vinegar of the salad ingredients, gently mixing again then serve as a side dish.

Ora king salmon poke bowl

Serves 2 Prep 30 mins Cook 10 mins



Marinade

¼ cup tamari soy sauce

1tbsp grapeseed oil

1tbsp rice vinegar

2tbsp sesame oil

¾ tsp chilli flakes

½ ginger paste

2tbsp honey

5g spring onion

3 cups quinoa

Protein

200g ora king salmon

Optional garnish

1tsp toasted sesame seed

10g pickled pink onion

10g pickled fennel

1. Combine all marinade ingredients together.
2. Remove skin from salmon and chop into cubes then add to marinade mix. Ensure the salmon is well coated with the marinade – let it sit for 30 minutes.
3. Cook quinoa as per manufacturer's instructions – set aside and cool.
4. Once quinoa has cooled, add to a serving bowl and spread out until the base of the bowl is covered.
5. Add all the toppings over the top of the quinoa.
6. Finally, add salmon coated in marinade.
7. Optional - garnish the top with toasted sesame seeds, pickled pink onion, pickled fennel and micro-herbs.
8. If serving individual, split all the ingredients into two when assembling.

Roasted sweet potato salad

Serves 3 Prep 20 mins Cook 30 mins



Ingredients

5 medium sweet potatoes, peeled

3 cloves of garlic

Olive oil spray

½ cup extra virgin olive oil

¼ cup low fat milk

2tsp cracked pepper

Toppings

1 punnet cherry tomatoes

400g can 4 bean mix

1 continental cucumber

2 cups shredded red cabbage

½ bunch mint

½ bunch coriander

1 ½ cups natural yoghurt

2 tsp paprika

1. Pre-heat the oven to 180°C degrees. Slice the sweet potatoes in half, place on a baking paper lined tray with the garlic cloves. Lightly spray with olive oil, season with cracked pepper and roast for 30 minutes or until tender.
2. Once cooked through remove from the oven and allow to cool.
3. In the meantime, prepare and chop the salad toppings.
4. Add the paprika to the yoghurt, stirring to combine and ensure that the bean mix is thoroughly washed and well drained to remove any excess salt from the brine.
5. Place the potato and garlic in a bowl, with the extra virgin olive oil and milk, using a potato masher to combine the mixture until smooth.
6. Evenly divide the potato mixture and assemble the various toppings on top, drizzling with yoghurt to finish the dish.