

InsideOut



It's Your Health; Own It!

April 2015

In This Issue: Hanford Health & Productivity Symposium, Health & Safety EXPO, EAT Health Challenge

Diets vs. Diet

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We often hear the word “diet” and begin to think of restrictions, rules, and dropping pounds quickly. The definitions for diet, according to Merriam Webster are as follows: “*The foods and beverages regularly consumed by a person or community,*” AND “*a regimen of eating and drinking sparingly so as to reduce one’s weight.*” The first definition sounds a lot more appealing, right? Dietary patterns are important to overall health for individuals and populations.

The healthiest communities in the world don’t subscribe to the restrictive, rule-based approach we often associate with dieting. Instead, they enjoy a variety of mostly plant-based food, they don’t overeat, and they are regularly physically active. In fact, Dr. David Katz, a leading nutrition scientist from Yale University, stated, “Diet is established among the most important influences on health in modern societies.” That is good news! We have control over our health. The dietary pattern we follow can enhance our health. Whether you are currently healthy and wish to stay that way, or you’re managing a chronic disease such as diabetes,



your food choices and food habits matter.

Instead of jumping onto the latest diet bandwagon, seek moderation in your choices, sit down to enjoy meals, and eat foods closest to their original state. A helpful guide for daily food choices can be found here: http://www.choosemyplate.gov/food-groups/downloads/worksheets/Worksheet_1800_18plusyr.pdf.

We’re here to help. If you want to lose weight, follow a healthy eating pattern, or manage a chronic disease, we can work with you individually in health coaching sessions. Contact us to schedule an appointment. It’s your health, own it!

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Understanding Food Labels

Food labels can be complex, but this interactive presentation will show you how to identify claims and facts.

Meal Planning

Learn how to plan your week, create a shopping list, and prepare your meals at and away from home. Tips and tools to implement during the work week.

“Diets” vs. Diet

Learn how to make a healthy diet part of your life and quit jumping from fad diet to fad diet.

Nutrition Basics

Learn the basics of nutrition and how healthy eating supports a healthy lifestyle. Includes a description of food groups, calories, and nutrients.

Fueling Your Fitness

Learn how to eat properly to increase your energy, manage your weight, and feel your best.

2015 Hanford Health & Productivity Symposium: “Work-Life Balance”

On March 19, HPMC OMS hosted the 2015 Hanford Health & Productivity Symposium. This leadership-focused agenda highlighted how the worksite can reduce injuries, stress, turnover, and absenteeism by supporting good work-life balance.

Our featured guest speaker, Dr. Nico Pronk, provided an eye-opening presentation titled “Culture Matters: Improving Workforce Health, Safety, Function, and Performance.” He illustrated the significant imbalance in the amount of money we are spending on healthcare compared to those areas that drive health. We simply cannot afford *not* to make health a priority at work. The workplace provides a fantastic opportunity to help reduce the conflicts between family and work by supporting employee health and providing opportunities for flexibility.

He noted that a comprehensive wellness program in conjunction with leadership support can improve the bottom line and create a positive health culture at work. Using the Optimal Lifestyle Metric (OLM), he showed that adhering to these four lifestyle behaviors results in SIGNIFICANT decrease in health risks and productivity losses:

- Being physically active (150 minutes/week),
- No tobacco use,
- Eating five servings of fruits and vegetables daily,
- Drinking alcohol in moderation, if at all.

Dr. Janice Kusch followed with an enlightening presentation on the “Physical and Emotional Effects of Stress” that left everyone nodding in agreement that limiting negative stress is a key to a healthy workplace. Physical activity is shown to control negative stress and balance hormones in people of all ages.

Call our Health and Wellness team to get started on a path to improving health at work. We will help you identify strategies that fit your organization to support work-life balance. You can view the speaker’s slides on our website: [Health & Productivity Symposium](#).

Upcoming Health Promotion Events

April 1-30	EAT Health Challenge
April 4	Cherry Blossom 5K Run/Walk
April 8	WorkFit Train-the-Trainer
April 25	TCCC Spring Into Summer Fun Run
May 2	Dirty and Proud Obstacle Mud Run
May 12-13	Health & Safety Expo
May 13	WorkFit Train-the-Trainer

Health & Safety Expo

Come visit us at the Health & Safety Expo this year! Our theme is “Brain Fitness”. Test your cognitive skills and learn how to train your brain throughout life.



We’ll have interactive Brain Games and education on brain health and fitness.

See you there!

Where: TRAC Center in Pasco

When: May 12—13

7am—7pm both days

EAT Challenge April 1-30

The Site-Wide EAT challenge is designed to help you fine tune your eating habits to support a healthy lifestyle. Log into the [WellSuite Health Activity Tracker](#) to track your healthy habits throughout the month of April. Earn points by participating in any of the activities listed there.

Challenge yourself to eat more vegetables, fruits, and grains, attend a health coaching session during the challenge, or simply read an EAT article posted on our website. These are just a few examples of how you can participate.

If you accrue at least 170 points out of 270 possible points, you will be entered into a drawing for cookbooks and kitchen gadgets!!



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Stand for Good Health

Are you sitting down? Stand up and you'll burn 20% more calories. Also, sitting less and moving more may lengthen your life.

-  Stand up while talking on the phone.
-  Stand up to do some reading or laptop work.
-  Stand up and stretch while watching TV.
-  Take a break to do some chores.
-  Combine meetings with walking.



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Fit Tip: Preventing Pain and Strains

As you embark on new exercise regimes this spring make sure to remember these tips in reducing your risk of musculoskeletal injuries:



Warm up: A warm muscle is more flexible than a cold muscle. Proper warm up and stretch will increase range of motion and blood flow to targeted muscles.

If you overdo it, RICE: Rest, Ice, Compression and Elevation will help lessen the damage of any suspected strain, sprain, and/or muscle soreness. If a muscle cramp occurs, immediately stretch the area.

Know your limits: Overexertion is the main cause of injury. While it is good to push yourself through a workout, always listen to your body.

Creamy Asparagus Pasta



Make this light and creamy pasta a full meal by adding a salad on the side.

We appreciate your readership! If you have questions, want to enroll in a program, or have a request, please call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources. April Eat Catch Phrase: Eat Smart!

