

InsideOut

It's Your Health; Own It!



February 2016

In This Issue: New Year's Resolution Check-In, National Wear Red Day, Aging Workforce, Mindful Moment

A Heart-to-Heart About Arteriosclerosis and Atherosclerosis

Modified from the National Institute on Aging

Aging can cause changes in the heart and blood vessels. For example, as you get older, your heart can't beat as fast during physical activity or stress as when you were younger. However, the number of heart beats per minute (heart rate) at rest does not change as you age. Many of the problems older people have with their heart and blood vessels are caused by disease processes, not by aging. A healthy older heart can still pump blood as strongly as a young heart; less ability to pump blood is usually caused by disease. Some changes in the heart and blood vessels that happen with age may increase a person's risk of heart disease. The good news is there are things you can do to reduce your heart disease risk.

A common problem related to aging is "hardening of the arteries," called arteriosclerosis (ahr-teer-ee-o-skluh-roh-sis). This problem is why blood pressure goes up with age. Another type of heart disease is atherosclerosis (ath-uh-roh-skluh-roh-sis), the buildup of fatty deposits or plaques in the walls of arteries. As plaque builds up, there is less space for blood to flow normally and deliver oxygen through-out the body, including to the heart. Depending on where the buildup is, it can cause a heart attack, leg pain, or a stroke. Atherosclerosis is **not** part of normal aging and can be serious.



Choices you can make to prevent or delay heart disease: don't smoke; stay at a healthy weight; limit extended time sitting; exercise at least 30 minutes each day; control diabetes, blood pressure and cholesterol; manage your stress; and if you drink alcohol, do so in moderation.

A great place to start taking care of your heart is to stay up to date on your [screenings](#) so that you can observe trends in your cholesterol and blood pressure. [HPMC OMS Health Coaches](#) are available to help you make lifestyle changes that can reduce your risk of heart disease. It's your health, own it!

Source: <https://www.nia.nih.gov/health/publication/heart-health>

Featured Presentations

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

Goal Setting for Success

Learn about the SMART principle and how to set attainable health goals.

Heart Health

Common risk factors for heart disease and how to maintain a healthy heart.

Fit Mind, Fit Body

Mental health benefits of exercise, including emotional well-being, stress and anxiety reduction, and the physiology of stress hormones and weight gain.

Creative Exercise

Basics of a fun, effective fitness program outside of a gym.

Healthy Holiday Tips

Make smart choices over the holidays.

New Year's Resolution Check In

By mid-February, most people who make exercising a New Year's resolution have already quit. Either they get sore from starting out with too much exercise too quickly, can't seem to find time to fit another commitment into their already busy lives, or they get frustrated with trying to figure out what to do at the gym. Sound familiar? If so, here are a few tips to help you keep your resolution:

- Work on getting 150 minutes of exercise each week—these minutes can be broken down into 10 minute intervals to make it more manageable.
- Find someone to exercise with you, to help you stay accountable and keep you motivated.
- Make sure you are wearing shoes that protect your feet and keep your ankles in correct alignment.
- Pick activities that you enjoy to increase the likelihood that you will enjoy the time you spend exercising.
- Schedule a regular workout time on your Outlook calendar or set daily email reminders to help you stay on track.

Need more than these tips? HPMC OMS Exercise Physiologists are here to help! Did you know HPMC OMS offers a Work Conditioning program that can help you continue to stay active by working with you to create a personalized exercise program that fits into your lifestyle and meets your specific needs? Improving overall strength and fitness improves your ability to work and helps reduce the risk of injury.

There is no additional charge for this service— it's part of the Occupational Medical program. All that is needed to participate is an active EJTA, your manager's approval, and a willingness to make changes in your life! Interested? Request a Work Conditioning referral at your next visit to the clinic, or contact OMCHEW@RL.GOV to schedule an appointment!

Upcoming Health Promotion Events

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| February 10 | WorkFit Leader Training |
| February 14-20 | Random Acts of Kindness Week |
| February 27 | Richland Run Fest |
| March 3 | Worksite Health Fairs |
| March 10 | Worksite Health Fairs |

Fit Tip: Limit Trans Fat Intake to Reduce Risk of Heart Disease

Trans fats raise your bad (LDL) cholesterol levels and lower your [good \(HDL\) cholesterol levels](#). Eating *trans* fats increases your [risk of developing heart disease and stroke](#). Here are a few tips to reduce trans fats in your diet:

- Eat a dietary pattern that emphasizes fruits, vegetables, whole grains, low-fat dairy products, lean meats, and nuts.
- Use vegetable oils such as canola, safflower, sunflower, or olive oil most often.
- Use soft margarine as a substitute for butter, and choose soft margarines (liquid or tub varieties) over harder stick forms. Look for "0 g trans fat" on the Nutrition Facts label and no "hydrogenated oils" in the ingredients list.
- Doughnuts, cookies, crackers, muffins, pies, and cakes are examples of foods that may contain trans fat. Limit how frequently you eat them.
- Limit commercially fried foods and baked goods made with shortening or partially hydrogenated vegetable oils which tend to be high in trans fat.

National Wear Red Day

Every year heart disease and stroke cause 1 in 3 deaths a month among women. Since the first National Wear Red Day in 2003, millions of mothers, sisters, daughters, and friends are making a change toward better cardiovascular health. The [American Heart Association](#) encourages us to wear red on **February 5th** to help increase women's awareness about cardiovascular health.

There are also many other ways to show your support for "Go Red". From local meet up groups to national events and fundraisers, you can join others in our community who "Go Red" to help end heart disease. For more information about National Wear Red Day, how to get involved, and to learn your risk factors, visit www.goredforwomen.org.

Advancing Worker Well-being Across the Working Life: NIOSH's New Center for Productive Aging & Work

From: CDC NIOSH Science Blog

According to the U.S. Bureau of Labor Statistics, by 2020, American workers 55 years or older will increase by almost 10 million, or at a rate of 33.5%. An aging workforce means having to think about how workers and organizations address the needs and challenges of older workers, as well as take advantage of the opportunities that aging and an age-diverse workforce can bring to the work environment.

Recognizing the importance of aging in the context of work, NIOSH recently established the [National Center for Productive Aging & Work \(NCPAW\)](#), hosted by the Office of Total Worker Health®. An important part of the center's mission is the concept of *productive aging*, which involves providing a safe and healthy work environment



for workers *of all ages*, and creating conditions that allow workers to function optimally regardless of their age. The center's model of productive aging includes the following components:

- A lifespan perspective that considers the patterns of change and transition that occur across the working life. This perspective extends the concept of productive aging to workers of all ages and views the aging process as dynamic, adaptive, and influenced by the environment.
- A comprehensive and integrated framework of complementary strategies that are a part of a coordinated intervention program. These strategies draw from a growing knowledge base of factors that have particular significance for an aging workforce where people are working longer (e.g., ergonomics, injury prevention, chronic disease management, healthy lifestyles, workplace flexibility, etc.).
- Outcomes that recognize the priorities of both workers and organizations. Productive aging assumes that worker-centered outcomes (e.g., job satisfaction, well-being) and organizational-centered outcomes (e.g., improved performance, reduced healthcare costs) are both important to consider and can potentially influence each other.
- A supportive culture for multi-generational issues that arise when up to four generations are working side by side. Learning to manage these issues and build upon the unique strengths of each generation creates an inclusive workplace culture that also contributes to productive aging.

Mindful Moments

With Dr. Kusch, Ph.D.

Daily stress can make your thoughts race and increase your mental fatigue. Mindful relaxation can help you clear your head, slow you down, and regain your calm.

Begin by sitting in a chair with both feet flat on the floor. Close your eyes and give yourself permission to relax with no pressure of time or distractions. Notice the feeling of your feet, legs, back, shoulders, arms, neck, and face one at a time. Take a big diaphragmatic breath that fills your chest and exhale. Now focus on just your leg muscles and take another big breath. Envision the stress moving out and away from your leg muscles on the exhale. Repeat breath with exhale for each large muscle group. Now shift your attention to your nose and focus on the feeling of breath moving in and out. If your mind wanders just gently shift it back to breath. No judgment. Continue to follow breath calming your mind and moving thoughts aside. Finish by stretching your hands and arms to the sky.



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