

# InsideOut



*It's Your Health; Own It!*

November 2016

**Also In This Issue:** Food Safety; Tobacco Cessation Services; Domestic Violence Awareness; Fit Tip

## Diabetes Awareness Fair - Managing Diabetes For All Ages

*Adapted from the American Diabetes Association*

Did you know that diabetes causes more deaths than AIDS and breast cancer combined? Today, one in every 11 Americans has diabetes and it is the 7th leading cause of death.

Let's take a stand for the month of November, consider the **29 million Americans** with diabetes, and help raise awareness about this growing public health crisis. November is a time for individuals, communities, health care professionals, and organizations across the country to focus their attention on diabetes education, prevention, and intervention.



Since 1997, the Tri-Cities Diabetes Coalition has served the southeastern portion of Washington State. The Tri-Cities Diabetes Coalition promotes various community events to increase awareness of diabetes risk factors, prevention strategies, and management to help individuals take control of this growing disease.

You are invited to participate in a free screening on **Saturday, November 5th from 8AM—12PM**. The Tri-Cities Diabetes Coalition will be holding a FREE diabetes awareness fair located at Bethel Church at 600 Shockley Road in Richland. Event highlights include free admission and door prizes along with the following:

- **Free Health Screenings**—Blood Pressure, foot neuropathy, A1C screening and oral health
- **Lee Ostler, DDS**—Diabetes and the complete health connection

- **Trios Health—Nancy Krupi, RDN, CDE**— “The Scoop About Artificial Sweeteners”
- **Exercise Physiologist—Jeni Asmus, MS, CES, ACSM EP** - Improving blood sugar numbers with movement
- **Family Panel**—Pediatric diabetes, management, resources and support groups

For more information about diabetes management visit [National Institute of Diabetes and Digestive Kidney Disease](#) or the [American Diabetes Association](#). Information regarding the diabetes awareness fair please call 509-460-4248 or email [Jeni Asmus](#).

**Free Admission and  
Door Prizes!**

## Focus on Food Safety

Whether you're planning a small potluck dinner or a big holiday celebration, make sure your plans include food safety. Food poisoning sends more than 100,000 Americans to the hospital each year. Food poisoning or food-borne illness can affect anyone who eats food contaminated by bacteria, toxins, viruses, and parasites. Here are simple steps to ensure food safety for yourself and others.



**Clean**—Wash hands and surfaces often. Illness-causing bacteria can survive in many places. Washing fruits and veggies will also prevent the spread of bacteria.

**Separate**— Avoid cross-contamination by using separate cutting boards and plates for raw meat and ready-to-eat foods.

**Cook**—Bacteria that cause food poisoning multiply quickly in the “danger zone” between 40–140 degrees Fahrenheit. Even after thoroughly cooking, keep food above a safe temperature by using a heat source like a warming tray or slow cooker. Use a thermometer!

**Chill**—Refrigerate foods promptly and properly within two hours after cooking.

Schedule a Food Safety presentation during your next safety meeting or visit [Foodsafety.gov](http://foodsafety.gov) to learn the most effective ways to help keep your family safer from food poisoning this holiday season.

## Tobacco Cessation Services

We understand the extreme hold that nicotine can have on a person. And we respect the fact that though many people wish to quit, it's much easier said than done. Quitting tobacco is a process that sometimes ends in failure, but with each quit attempt, users become closer to being tobacco free.

We use the most up-to-date education and clinical guidelines to provide the highest quality of support, and to give you the best possible chance at living a tobacco-free life. Space is limited and RSVP's are required. Call 376-3939 or email [omchew@rl.gov](mailto:omchew@rl.gov).

### Tobacco Cessation Informational Seminar

Monday, November 7, 2016

3:30 – 4:30 pm

1979 Snyder, CR 136

### 'Quit It' 10-week Tobacco Cessation Program

January 9 – March 13, 2017

Mondays 3:30-4:30 pm

1979 Snyder, CR 136

Education, support, and 10 weeks nicotine replacement therapy at no cost.

**Registration ends December 15, 2016**

## Upcoming Health Promotion Events

- Nov 9 [WorkFit Train the Trainer](#)
- Nov 12 [Columbia River Classic](#)
- Nov 24 Turkey Trot
- Dec 13 [Santa Run and Reindeer Trot](#)
- Dec 14 [WorkFit Train the Trainer](#)
- Dec 1 [Health Fairs](#)
- Dec 8 [Health Fairs](#)

## Featured Presentations

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

### Cold and Flu Prevention

Covers signs and symptoms and differences between seasonal cold and flu, prevention, and treatment.

### Food Safety

Proper food handling from start to finish including thaw-

ing, cooking, holding foods, and storing foods.

### Chronic Disease Management

Provides basics for management of chronic illnesses such as diabetes and heart disease.

### Stress management

Information about the various types of stress, reducing stress and coping with change.

### Low Back Health

Recognizing and preventing low back aches and pains.

# Domestic Violence: Abuse of Power

*Dr. M. Susan Vann, HPMC OMS—Behavioral Health Services*

Domestic violence is a profoundly destructive phenomenon that is much too common in our society. Domestic violence and emotional abuse are the behaviors used by one person in a relationship to control another. While the behaviors often occur in intimate or family relationships, these power and control behaviors are so prevalent in our society that they can occur in nearly any context. Domestic violence is not about who is living where but, rather, about someone who is inappropriately trying to control another. It is about the exercise of illegitimate power to gain something tangible and material or something intangible and perhaps emotional.



Examples of abuse include name calling, putdowns, interfering with a partner’s employment activities, keeping a partner from contacting family or

friends, intimidation, stalking, breaking things in a rage and actual or threatened physical harm. Abuse nearly always includes demeaning, minimizing, dehumanizing language directed towards both the primary victim and

towards others. Too often it also includes physical violence from preventing a person from leaving, to pushing/shoving, to hitting and choking. Not all abusive relationships involve all forms of physical violence, but all abusive relationships involve at least emotional, psychological, and verbal abuse.

Psychological abuse destroys the victim’s self-esteem and their will to defend themselves. Ultimately it is about terrorizing another human being into submitting to any and all abuser demands. Anyone can be a victim! That is why it is important to educate ourselves concerning exactly what domestic violence is and learn to notice the behaviors that signal a potential problem. Some of the biggest “red flags” include: moving a relationship along too quickly, seeming to be “perfect” (if he/she seems perfect they usually aren’t), and never accepting blame for anything. If you are experiencing abuse, REMEMBER that you are not alone, it’s not your fault, and there is help available.

You can find help at Domestic Violence Services of Benton and Franklin Counties. Call 509-582-9841 or 800-648-1277 to speak with an advocate or find out about services at [www.dvsbf.org](http://www.dvsbf.org).

## Fit Tip: Got Health and Wellness?

Get a head start on your health before the new year. HPMC OMS Exercise Physiologists and Health Coaches are here to help you stay active during the winter months. The health and wellness team will work with you to create a personalized exercise program, conduct baseline fitness assessments and provide nutrition education. There is no additional charge for this service as it is part of the Occupational Medical program. All that is needed to participate is an active EJTA and your manager’s approval. Request a referral at your next visit to the clinic or contact [omchew@rl.gov](mailto:omchew@rl.gov) to schedule an appointment!

## Herb-Roasted Turkey Breast

Try this and many other simple, lighter and delicious recipes on Thanksgiving day.



What do you think about these articles? Do you have a health promotion topic you’d like us to write about? Please send feedback to [omchew@rl.gov](mailto:omchew@rl.gov) and visit [www.hanford.gov/health](http://www.hanford.gov/health) for more resources.