

InsideOut



It's Your Health; Own It!

September 2016

Also In This Issue: Influenza Vaccine Facts; Be Well: Cardiovascular Health; FitTip

Your Health is Your Best Asset

With all that we balance in our work and personal lives, it can be tough to take the time each day to check in on our most important asset- our health. Our health promotion offerings this quarter, which we have themed as the “Be Well” series, are geared toward helping you make daily, meaningful changes that can improve your quality of life and longevity.

Activities related to being well are very basic. First, you can make sure you’re up to date with your checkups and immunizations. This reduces your risk for many preventable illnesses and diseases, Checkups also help you catch early signs of a problem, which may reduce complications. Daily activities in which you can engage to be well include getting adequate sleep, drinking enough water, washing hands frequently, engaging in physical activity, eating a balanced diet, and managing stress in a healthy manner. HPMC OMS is here to help.



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As many of you are aware, we offer Site-Wide Health Fairs. We welcome you to come visit our health educators and exercise physiologists to have your blood pressure, weight, and body composition checked. While you’re there, check out our health promotion display on the power of prevention in reducing your risk of common chronic diseases. In addition, we’ll have information about the upcoming Hanford Flu Clinics and general cold and flu prevention. Staff

members are available to answer any questions you have or you may request an appointment for a more personalized preventive health plan.

The Be Well Site-Wide Health Challenge will offer you the opportunity to log points for various activities, such as getting your flu shot, sleeping adequately, or attending a training or individual appointment offered by the Occupational Health & Wellness staff. Participants who accrue enough points will be entered into a drawing for a yoga mat and foam roller. Both are great tools for keeping you well!

Throughout the Be Well quarter, you can request any of our featured presentations:

- Cold & Flu Prevention
- Food Safety
- Chronic Disease Management
- Stress Management
- Low Back Health

Please contact us to schedule a presentation or inquire about any of our other services. Here’s to your health!

Influenza Vaccine Facts

- [Centers for Disease Control and Prevention](#) recommends that people get vaccinated against the flu by October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.
- Anyone with a chronic illness such as asthma, high blood pressure, diabetes, or heart disease should be vaccinated. Children over the age of six months and pregnant women should also be vaccinated.
- The flu vaccine cannot cause the flu. Some of the short-lasting and minor side effects that may occur from the shot are soreness, redness, or swelling where the shot was given; low grade fever; and minor body aches.
- It is very important to practice good health habits such as washing your hands frequently, covering your cough, and staying home when sick.
- The CDC recommends staying home for at least 24 hours after your fever is gone (without the use of fever-reducing medicines) to reduce the risk of spreading the flu.
- If you get the flu, stay home and rest. Drink water and other clear liquids to prevent dehydration. Avoid close contact with others, and treat fevers and other symptoms with over-the-counter medicines. Call your doctor if your symptoms are severe or if you are at high-risk for complications (adults 65 or older, pregnant women, children younger than 5 years, or have certain medical conditions found [here](#)).

For more information visit www.flu.gov or www.doh.wa.gov

Worksite Flu Clinics

Save the date! Worksite Flu Clinics will be conducted **October 4-19, 2016**. The detailed schedule will be available soon and will be featured in next month's issue of *InsideOut*.



Upcoming Health Promotion Events

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| Sept 1 | Site-Wide Health Fairs |
| Sept 8 | Site-Wide Health Fairs |
| Sept 14 | WorkFit Train the Trainer |
| Sept 17 | Indian Summer Half Marathon and 5K |
| Sept 24 | Chamna Chase Trail Race |
| Oct 3 | BE WELL Challenge |
| Oct 12 | WorkFit Train the Trainer |
| Oct 30 | Trios Rivers and Wine Marathon and Relay |

Featured Presentations

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

Cold and Flu Prevention

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

Know Your Numbers

Education on general preventive screening recommen-

dations for adults and lifestyle modifications.

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.

Computer Workstation Ergonomics

Adjusting awkward postures and pain prevention.

Be Well: Cardiovascular Health Status by Occupational Group Study

This quarter our health promotion focus is “Be Well”. As described in the front page article, this includes taking care of yourself to stay well. The first step in taking care of yourself is knowing your current health status and your health risk factors. Cardiovascular disease is the leading cause of death in the United States, accounting for one of every three deaths.

In a recent study conducted by the National Institute for Occupational Safety and Health (NIOSH), researchers looked at cardiovascular health status by occupational group among 21 states using the American Heart Association’s seven cardiovascular health metrics called “Life’s Simple Seven”. The seven ideal health behaviors or modifiable factors to improve cardiovascular health identified by the American Heart Association:

- Not smoking
- Being physically active
- Having normal blood pressure
- Having normal blood sugar
- Having a normal weight (BMI)
- Having normal cholesterol levels
- Eating a healthy diet

The study found that less than 4% of workers achieved the most ideal score of 7, while nearly 10% of workers only scored between 0-2. Transportation and material-moving employees and community and social services

employees were significantly more likely to have a score of 0-2 compared to the other occupational groups. Additionally, transportation and material-moving employees were most likely to score “not ideal” (0 points) for physical activity, blood pressure, and weight (BMI).

The researches go on to say, “The workplace is a viable and necessary site for carrying out cardiovascular health interventions, and attention to work conditions as a risk factor for CVD warrants further consideration.” At HPMC OMS, we believe this as well. Our health promotion and intervention programs are aimed at improving worker health and keeping healthy people healthy.

[Visit our website](#) for more information on our health promotion programs. You can read the [entire article here](#).



Fit Tip: Fall Fitness Tips

Make the most of this beautiful fall weather and get a head start on your goals for the new year.

Take advantage of the weather. The cooler temperatures and crisp air are a great time to exercise outdoors. Discover new park trails, kayak or simply try apple picking.

Deal with the darkness. Since it’s getting dark earlier, be smart about exercising in the morning and evening alike. Wear a reflective vest or carry a flashlight with you.

Integrate exercise into your daily life. Why not walk around the soccer field during your kids’ practices or arrange walking meetings with your co-workers? These are great ways to stay moving and motivated.

White Chili Recipe

Football season is here! For a healthier kick this fall try this white chili made with white beans and chicken. This all-American comfort dish is perfect on a Sunday afternoon served with a slice of sweet corn bread.



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 and visit www.hanford.gov/health for more resources.