

CSC

Hanford Occupational Health Services

Inside Out

The Healthy Choice is the Easy Choice at the HAMMER Cafeteria

by Debbie Mensinger, HAMMER

In Fiscal Year 2011, the Training Director at HAMMER, Karen McGinnis, made the decision to support healthy food options at the HAMMER Cafeteria. Debbie Mensinger headed up a team to figure out how to bring some healthy options to the Cafeteria menu. The team implemented a healthy eating initiative; the outcome of which includes four breakfast and eight lunch healthy food choices.

The team looked at each menu item, took the Dietary Reference Intake (DRI) for each of the nutrients discussed, and divided by three – since each meal that a customer buys will represent about one third of his/her food consumption per day. A red apple symbol—designating a food a healthy choice—was applied to meals that meet at least two of the following four criteria:

- Low calorie: ≤ 667 calories for the entire meal
- Low fat: ≤ 10 grams total fat for the entire meal

- High fiber: ≥ 8.3 grams of fiber for the entire meal
- Low sodium: ≤ 500 milligrams of sodium for the entire meal

The Cafeteria signage was revised to include the “red apple” symbol next to the menu offerings that are healthy choices. A booklet is also available which provides the detailed nutritional information for all menu offerings.

It can be reviewed at the Cafeteria, in all HAMMER break rooms, and on the internal or external HAMMER website. In 2012, there will be twice as many healthy options available. Some menu offerings will be “green apple” worthy (they meet more than two of the four nutritional criteria listed above). To see a listing of the healthy options available, see the HAMMER external website [Cafe Information - HAMMER](#).

Karen McGinnis cares about the health and safety of all Hanford Site workers and guests



who come to HAMMER for training. With healthy menu choices and nutritional information available at the Cafeteria, patrons can make informed decisions about the food they enjoy there. This is a lasting and positive change that supports a culture of health!

Thanks to the team who put effort into making this happen: Debbie Mensinger (MSA/HAMMER Primary Buyer's Technical Representative); Kelly Harnish & Shannon Haselhuhn (CSC Hanford Occupational Health Services); Steve Simmons, Virginia Barton, and Sally Silvey (S&S Hospitality); and Kelly Bruce & Ken Jean (Food Service of America). S&S Hospitality operates the HAMMER Cafeteria for MSA.

Swing in and check out the numerous healthy menu offerings at the HAMMER Cafeteria!

Two-Encounter Exams at CSC HOHS

Effective January 23, 2012, the new two-encounter medical examination process begins. During the first encounter, the worker will complete all necessary testing. During the second encounter, CSC medical providers will perform any necessary physical exam and discuss all exam results, clearances, and restrictions with the worker. Click on the following links to the CSC HOHS website for more information: [Two-Encounter Exam Announcement](#); [Frequently Asked Questions \(FAQ's\)](#).

Invite us to be a guest at your next work group meeting.

January Featured Presentation:

“EXERCISE AND 2012 EVENTS”

To schedule a presentation, contact us!

Email: AHEW@rl.gov

Phone: 376-3939

WATCH FOR UPCOMING EVENTS:

January

[Site-wide Exercise Challenge \(starts 9th\)](#)

[Site Health Fairs \(12th\)](#)

[Workfit Leader Training \(13th\)](#)

[Weight Loss Convoy \(starts 17th\)](#)

[Back Health Safety Workshop \(26th\)](#)

February

[Site Health Fairs \(9th\)](#)

[Workfit Leader Training \(10th\)](#)

[Site-wide Exercise Challenge \(continues\)](#)

Select a link or visit our website: www.hanford.gov/amh



Announcing: The Hanford Health & Productivity Symposium

We are pleased to announce the 2nd Annual Hanford Health & Productivity Symposium! The theme of this year's event is **Health as an Organizational Strategy: Stories from the Field**. Current research in health promotion shows that a culture of health must exist within each level of an organization to have healthy, productive employees. This year, we will be sharing an evidence-based organizational strategy for making the healthy choice the easy choice. In addition, we are hosting a panel discussion with Hanford leaders who have taken initiative to create a culture of health in the workplace.

We would like to build lasting partnerships as a result of the Symposium, to act as a catalyst for contractor-specific health promotion policies and initiatives. If you are in a position to create positive change for the employee population, please join us.

Topic:
Health as an Organizational Strategy:
Stories from the Field
Keynote & Panel Moderator:
Kelly Harnish, MCHES
Health Education Specialist
When:
February 7, 2011
7:30 – 9:30 am
Where:
Federal Building Auditorium
RSVP:
Health Education 376-3939

Risk Communication Training Still Available



The popular four-hour training course in Risk Communication—prompted by the Beryllium Corrective Action Plan and required by many contractors for PIC's, planners, line supervisors and certain management—will continue to be offered quarterly at HAMMER, led by Dr. Sandy Rock and Regina Lundgren.

Risk Communication is defined as a research-based approach for communicating effectively in complex and controversial situations. This introduction provides essential, effective and Hanford-relevant principles and tips for resolving issues about hazards and risks at the Site. Emphasis is placed on the perception of risk and how divergent worldviews and perceptions can, yet should not, interfere with consensus development.

The next session will be held on **January 24, 2012, 12:30-4:30 P.M.** Contact your training manager for registration or call/email Dr. Sandy Rock at 372-0407/sandy_rock@rl.gov

Back Health & Safety

CSC HOHS Industrial Rehabilitation will be leading a workshop on Back Health & Safety at HAMMER on January 26th from 2-4PM. This workshop is intended for employees in need of a refresher on back health and safety and will discuss biomechanics of the back, common back injuries, workplace hazards/postures and methods to reduce back pain and prevent injuries using the Hanford WorkFit posters. Please make sure you have your manager's permission to attend this course. Class is limited to 20 participants.

For more information or to RSVP, contact Laura Carpino at 376-9040. *Be sure to check out our Work Conditioning service if you are in need of one-on-one intervention for back pain/injury*



Site-Wide Exercise Challenge - January 9-March 1, 2012



Click here for: [Healthy Recipes](#)

Happy New Year Hanford! Ring in 2012 with a commitment to your health by joining the Site-Wide Exercise Challenge. Spend the next 8 weeks keeping your exercise at the top of your priority list and earn points for:

- every 15 minutes you do calorie-burning cardiovascular exercise,
- each day you do muscle-building strength training,
- each walk you take at lunch,
- each day you participate in Hanford WorkFit, and
- each day you stay hydrated with 64 ounces of water.

Find information on the Exercise Challenge by visiting our website www.hanford.gov/amh/, or go directly to the Challenge at www.amhchallengetracker.com.