

CSC

Hanford Occupational Health Services

Inside Out

Dietary Approaches to Stop Hypertension—the DASH Eating Plan

adapted from the National Institutes of Health

February is National Heart Health Month. It's a great time to look at how our nutrition choices can keep our hearts happily ticking away for years to come! What you choose to eat affects your chances of developing high blood pressure, or hypertension. Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan—and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.

The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that a

lower level of sodium, 1,500 milligrams, is even better at reducing blood pressure. The DASH diet is lower in sodium than what adults in the United States currently eat—about 4,200 milligrams per day for men and 3,300 milligrams per day for women.

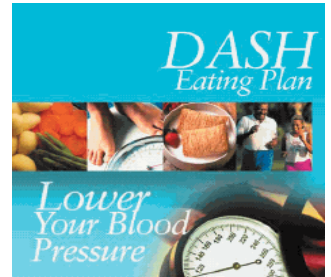
Blood pressure can be unhealthy even if it stays only slightly above the normal level (less than 120/80). The more your blood pressure rises above normal, the greater the health risk. Findings from leading nutrition scientists showed that blood pressures were reduced with an eating plan that is low in saturated fat, cholesterol, and total fat and that emphasizes fruits, vegetables, and fat-free or low-fat milk and milk products.

This is how nutrition experts came to develop the DASH eating plan. DASH also includes whole grain products, fish, poultry, and nuts. It is reduced in lean red meat, sweets, added sugars,

and sugar-containing beverages compared to the typical American diet. It is rich in potassium, magnesium, and calcium, as well as protein and fiber.

To learn more about the DASH eating plan, including daily menus and recipes, visit the National Institutes of Health publication, [Your Guide to Lowering Your Blood Pressure with DASH](#), or look for the book, "The DASH DIET Action Plan", by Marla Heller, MS, RD (info at <http://dashdiet.org>).

If you would like additional support in creating a diet that helps you manage or reduce your blood pressure or other heart health risk factors, please call the a Health Education Specialist at 376-3939.



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.

Topic: Health as an Organizational Strategy: Stories from the Field
Host & Keynote: Kelly Harnish, MCHES Health Education Specialist
When: February 7, 2012
 7:30 am – 9:30 am
Where: Federal Building Auditorium
RSVP: Health Education @ 376-3939

WATCH FOR UPCOMING EVENTS:

February

[Site Health Fairs \(9th\)](#)
[Workfit Leader Training \(10th\)](#)
[Site-wide Exercise Challenge \(continues\)](#)

March

[Site-wide Exercise Challenge \(ends 1st\)](#)
[Site Health Fairs \(8th\)](#)
[Workfit Leader Training \(9th\)](#)
[Tobacco Cessation Class \(starts 12th\)](#)



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

Tips for Good Posture

by Paul Rudis, RCEP, Clinical Exercise Physiologist

Do you spend all day sitting in front of a computer? Do you spend hours and hours on your feet? Do you frequently work in awkward positions? Have you neglected to start that exercise program you promised yourself you would? If yes is the answer to any of these questions then you are likely headed down the road to poor posture. You may have already reached your destination.

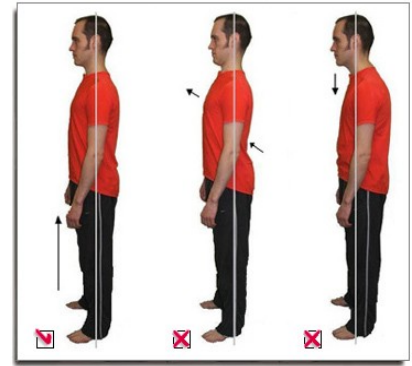
Working professionals who spend long hours in front of a computer or on their feet all day leave themselves vulnerable to a host of back and neck problems. These problems can include: headaches, muscle spasms, numbness and general fatigue. *Here are a few common identifiers and risk factors that can lead to poor posture:*

- Slouching or leaning forward while working at your computer.
- Carrying a heavy bag on one shoulder for extended periods—frequent travelers, new

- moms, golfers, students with backpacks.
- Sliding forward in your chair to the point where the low back is no longer supported by the seat back.
- Lack of physical conditioning. Muscle tone helps hold the body in correct posture. Any deficiencies in conditioning translate to poor posture.

Correct sitting posture starts with your feet flat on the floor and your backside and hips positioned so that the low back has direct contact with the back of the seat. You should be sitting nice and tall with your shoulders relaxed and your ears in line with your shoulders. Holding your abdominal muscles somewhat firm will assist with keeping the spine nice and tall. If you notice your posture starting to sag, it may be time to take a short break and do few [stretches](#) to help reset the proper position.

Correct standing posture includes keeping an



even weight distribution on your feet and keeping your spine tall. For good body alignment you want to think about keeping your ears over your shoulders, shoulders over hips, hips over knees and knees over ankles. Standing with your knees locked can alter this alignment so avoid locking them.

Problems with posture can often start in childhood and adolescence, so it is very important to do your parental duty and nag children when necessary. Physical activity is the best way to prevent these problems and is fun for the whole family.



“Quit It” 10-week Tobacco Cessation Program—Begins March 12th

The U.S. Department of Health and Human Services suggests that the combination of education, support, and the proper pharmacotherapy (nicotine replacement therapy) will give a tobacco user the best chance at achieving success. With this knowledge, our “Quit It” Program has been designed to provide one-on-one coaching, weekly support groups, and appropriate Nicotine Replacement Therapy to participants.

Nicotine Replacement Therapy products will be provided to participants who are actively involved in the 10-week program. If you are interested in participating in the program, please contact us at 376-3939 to register. Space is limited, so RSVP is required. Please obtain your manager’s approval to participate.

Upcoming Tobacco Cessation Program: March 12-May 14, 2012 Mondays—3:30-4:30pm at 1979 Snyder (CSC Clinic) in Conf. Rm. 136



QUIT IT!

HEALTH COACHING

So you need some assistance making changes to your current health? CSC offers one-on-one health coaching to address a variety of health concerns including weight management, tobacco cessation, diabetes, heart health, and cholesterol. We have appointments available at our 1979 Snyder clinic, and at our 200W clinic upon request. Please contact our health education department at 376-3939 for more information or to schedule an appointment.



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

February Featured Presentation:

“NUTRITION FOR HEART HEALTH”

To schedule a presentation, contact us!

Email: AHEW@rl.gov

Phone: 376-3939



Click here for: [Healthy Recipes](#)