



Hanford Occupational Health Services

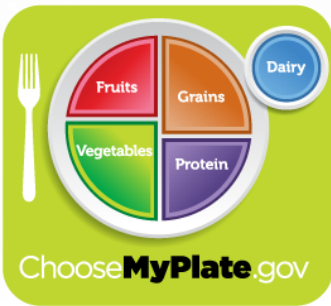
# Inside Out

## Health Simplified: Stay on Track with NEW SuperTracker

by Shannon Haselhuhn—CSC Health Education





When it comes to nutrition, sorting through the good, the fads, and the completely unrealistic can seem as complicated and confusing as doing your taxes...and because the IRS doesn't care about our caloric intake, sometimes it is just easier to leave it to those "nutrition people" to figure out. As a Health Educator, we see a common theme with the people we work with on a daily basis: they really WANT to be healthy. We all want to live a long, healthy life, feel good and be happy; we just don't want it to seem like a second job to sift through food labels, track calories and weed through the weight loss scams and fads to figure out what we should be doing.

The USDA has made a huge effort to simplify this process. They have traded in the food guide pyramid for a simple approach to dishing up your plate with the [ChooseMy-Plate.gov](http://ChooseMyPlate.gov) tool. They have built this website to make good nutrition an easy choice by filling your plate (or bowl) using the following criteria: ½ fruits and vegetables, ¼ grains, ¼ protein, and a side of dairy. The site offers resources for [weight management](#), [physical activity](#), [nutrition for kids](#), [healthy eating on a budget](#), [sample menus](#), [recipes](#), and they have recently added their [SuperTracker](#) so that you can personalize your efforts and keep yourself on track.



The SuperTracker is designed so you can look up nutritional content of food, track caloric intake, track physical activity, chart weight progress, and set goals. You can create a profile, run reports, and receive a personalized plan and ongoing support to keep you moving toward your health vision.

This time around, keep it simple. Use these tools and information to guide you to practical and manageable lifestyle changes that will promote your health for the long haul. If you would like additional help with your health, schedule an appointment with a CSC Health Educator at 376-3939. It's your health, OWN IT!

<p><b>Food-A-Pedia &gt;</b> Look up nutrition info for over 8,000 foods and compare foods side-by-side.</p> <p>Type in your food here <input type="text"/> <input type="button" value="Go"/></p> <p>All Foods <input type="button" value="v"/></p> 	<p><b>Food Tracker &gt;</b> Track the foods you eat and compare to your nutrition targets.</p> <p>Type in your food here <input type="text"/> <input type="button" value="Go"/></p> <p>All Foods <input type="button" value="v"/></p> 	<p><b>Physical Activity Tracker &gt;</b> Enter your activities and track progress as you move.</p> <p>Type in your activity here <input type="text"/> <input type="button" value="Go"/></p> <p>All Activities <input type="button" value="v"/></p> 
<p><b>My Weight Manager &gt;</b> Get weight management guidance; enter your weight and track progress over time.</p> 	<p><b>My Top 5 Goals &gt;</b> Choose up to 5 personal goals; sign up for tips and support from your virtual coach.</p> 	<p><b>My Reports &gt;</b> Use reports to see how you are meeting goals and view your trends over time.</p> 

## Back Health & Safety

CSC HOHS Industrial Rehabilitation will be leading a workshop on Back Health & Safety at HAMMER on April 24<sup>th</sup> from 2-4 pm. This workshop is intended for employees in need of instruction and education on back health and safety. We will discuss the 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 obtain your managers approval to attend.

**CLASS IS LIMITED, RSVPs ARE REQUIRED.**

To reserve your seat in this class, please call [Laura Carpino](mailto:Laura.Carpino@hanford.gov) at 376-9040.



### WATCH FOR UPCOMING EVENTS:

#### April

- [Nutrition Challenge \(2nd-26th\)](#)
- [Workfit Leader Training \(6th\)](#)
- [Site Health Fairs \(12th\)](#)
- [Tobacco Cessation Class \(continues\)](#)

#### May

- [Workfit Leader Training \(4th\)](#)
- [Site Health Fairs \(10th\)](#)
- [Tobacco Cessation Class \(continues\)](#)

Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)



# Community Health in the Tri-Cities

by Kelly Harnish, MCHES, Health Education Specialist

While we work hard to support your health needs here at work, we want to take the opportunity to share some of the incredible community resources available to you. We live in a unique area where healthy food and fitness opportunities are accessible for many months of the year, right out our back door!

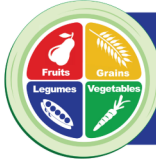
This time of year the local farmers are gearing up to harvest a variety of beautiful fruits, vegetables, grains, and legumes. Did you know you can have those wonderful harvests delivered to your door or neighborhood? Local Community Supported Agriculture or CSAs will package a lovely box of seasonal goodies for you on a weekly basis for pick up or delivery. [Schreiber & Sons](#) has many neighborhood delivery locations. More information about this service can be found on their website: <http://www.schreiberandsons.com/>. What a great way to support local agriculture and live a healthy lifestyle!

Another great feature of our community is its outdoor space. The Columbia River has 22

miles of beautiful trails. These trails are ideal for the many fitness activities that are hosted throughout the year in our sunny climate. If you're interested in participating in charitable and healthy activities, such as walk/runs, triathalons, bicycling events, or other fitness fun, see the [Three River's Road Runners](#) webpage for details and an event schedule.

Educational programs are also available in the community. The Diabetes Learning Center at Kadlec will be offering two "Reducing Risk for Type 2 Diabetes" information sessions in April. Learn how simple lifestyle changes can dramatically reduce your risk of developing diabetes. The sessions are on Friday, April 20 from 1:30 to 3:30 pm or Thursday, April 26 from 5:30 to 7:30 pm. The cost is \$25. Call 942-2620 for more information. You can register and pay online at [www.kadlecmed.org](http://www.kadlecmed.org) under the Community and Classes link.

So get out there and enjoy what this community has to offer! **It's your health, own it!**



**FOOD FOR LIFE**  
The Power of Food for Health

## HEALTHY COOKING CLASS

Ever wonder how good nutrition can help manage or prevent common chronic diseases such as type II diabetes? We are hosting a nutrition and cooking class with Nancy Lyons of the Physicians Committee for Responsible Medicine and the Cancer Project. Titled 'Food for Life,' it takes place on **May 1st from 2-4 pm** at WSU Tri-Cities, CIC Room 120/120A. In this class, you will learn about how the right food choices can help you reduce the risk of developing type II diabetes or manage the disease if you've already been diagnosed. **Space is limited, RSVPs are required.** Please call Health Education Services at 376-3939 to reserve your seat!

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

**April Featured Presentation:**  
**"NUTRITION FOR CANCER PREVENTION"**

To schedule a presentation, contact us!  
 Email: [ahew@rl.gov](mailto:ahew@rl.gov) Phone: 376-3939

**ANNOUNCING THE 2012 SITE-WIDE NUTRITION CHALLENGE!**

**April 2<sup>nd</sup>—26<sup>th</sup>** at  
[www.amhchallengetracker.com](http://www.amhchallengetracker.com)  
 or use the **hard copy version**

## Healthy Recipes

### Turkey Chili

Serves: 20

**Ingredients:**

- 10 ounces extra-lean ground turkey breast
- 1 medium onion, diced
- 2 (28-oz) cans diced tomatoes
- 2 medium zucchini, diced
- 2 medium yellow squash diced
- 1 (15 oz) can black beans
- 2 (15-oz) cans fat-free, reduced-sodium beef broth
- 4 celery stalks, diced
- 2 green bell peppers, diced
- 1 (1 1/4-oz) package dry chili seasonings

Click here for: [Healthy Recipes](#)



**Preparation:**

Spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add the turkey and onion and saute' until browned, about 10 minutes. Transfer the browned turkey and onion mixture to a large soup pot and add the tomatoes, zucchini, squash, beans, broth, celery, bell peppers, and chili seasoning. Bring to a simmer over medium heat. Continue to simmer until the vegetables are tender, about 20 minutes.

PER SERVING:	
Calories	76.5
Total Fat	1.3 g
Cholesterol	0 mg
Sodium	321.2 mg
Carbohydrate	10.7 g
Dietary fiber	3 g
Protein	6.5 g