

CSC

Hanford Occupational Health Services

Inside Out

The Benefits of Fresh Local Food

By Kelly Harnish, MCHES, Health Education Specialist

Spring and summer are rolling into the beautiful Tri-Cities, and with these seasons, the bounty of our local agriculture becomes a sight and taste worth writing home about! We are lucky to live in a community surrounded by apple orchards, vineyards, potato farms, pumpkin fields, grain operations... you name it, a farmer around here likely grows it! The US Department of Agriculture published a [report](#) on the following benefits of eating local foods:

- **Health & Nutrition:** When we eat food grown close to home we may benefit from a higher nutritional content. This is because the food was harvested and delivered in a short time period. It did not have to travel the states or the continents to be delivered to our supermarkets. In the shorter time period, the food maintains more of its vitamins and minerals.
- **Local Economy:** Supporting local farmers helps keep our local economy healthy. This is especially true when food is purchased at Farmers' Markets.
- **Food Security:** Food security means that "all people at all times have access to enough food for an active, healthy life." When local farmers have the money to stay in business, they will keep growing food, which will help ensure that our community will continue to be food secure.
- **Reduction of Greenhouse Gas Emissions:** Logically, it makes sense that if our food traveled a shorter distance to reach our homes, there would be fewer emissions from transportation vehicles. Of course, we cannot eliminate all food transportation (I don't think bananas would grow well in the Tri-Cities!), but we can minimize some of the food transportation by buying local food.



There are many options for eating food close to home. We can garden in our own backyards and for those of you without the green thumb gene, there are Farmers' Markets in each of the Tri-Cities. The Southridge Farmers' Market in Kennewick is on Thursdays: <http://southridgefarmersmarket.com/>. Richland's Farmers' Market is on Fridays: <http://marketattheparkway.com/>. Pasco's Farmers' Market is on Wednesdays and Saturdays: <http://pascofarmersmarket.org/>. There are also Community Supported Agriculture (CSA) farms, produce stands, and other options. Here is a terrific guide for finding more local food: <http://tri-citiesguide.org/farm-markets.htm>.

The best thing of all about eating food close to home is that the food is fresh, delicious, and recognizable! No food labels are needed when you sink your teeth into that crunchy cucumber from Sunny-side, dress up your tacos with some zesty cilantro from Eltopia, or munch on plump red cherries from Wenatchee! Real food gives good health!

UPCOMING COMMUNITY EVENT!

Kadlec Neurological Resource Center is hosting David A. Kessler, MD to present "Food and the Brain". Dr. Kessler is the author of the instant New York Times bestseller, "The End of Overeating: Taking Control of the Insatiable American Appetite".

If you're struggling with your weight, or simply don't understand why you can't seem to stop eating your favorite foods, Dr. Kessler offers new insights and useful tools to help you find a solution. He explains why we eat more than we need to and what we can do to stop the unhealthy cycle of overeating.

Dr. Kessler served as Commissioner of the U.S. Food and Drug Administration under presidents George H.W. Bush and Bill Clinton. He was the Dean of the medical schools at Yale and the University of California San Francisco (UCSF). He is now a Professor of Pediatrics and Epidemiology & Biostatistics at the UCSF.

Where: Three Rivers Convention Center,
Kennewick

Date: Friday, June 24, 2011

Time: 6:30 – 8:30 pm

Phone: 509-943-8455

Cost: \$20

Registration: http://www.kadlec.org/index.php/kadlec_home/kadlec_news/food_and_the_brain_june_24th



WATCH FOR UPCOMING EVENTS:

June

[Workfit Leader Training \(3th\)](#)

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

[Weight Loss Convoy \(Ongoing\)](#)

[Tobacco Cessation \(begins 13th\)](#)

July

[Site-wide Summer Recreation Challenge \(starts 11th\)](#)

[Site Health Fairs \(14th\)](#)

[Workfit Leader Training \(15th\)](#)

[Weight Loss Convoy \(Ongoing\)](#)

[Tobacco Cessation \(ongoing\)](#)

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

Men's Health

By Chris Hoffman, MS, Epidemiologist

On average in the U.S. men die six years earlier than women. That means that seven out of ten married baby boom generation women will become widowed at some point in their lives.

June is National Men's Health month. When you think of men's health, often the first topic that comes to mind is prostate cancer. While that is certainly a men's health concern, a quick look at the health of men in the Hanford workforce tells us that there are a number of additional health factors about which men need to be concerned as well.

Heart disease is the leading cause of death among men in the US and is a major contributing factor in the early mortality of men. Men working at Hanford have high and steadily increasing rates of heart disease risk factors. According to data from screenings conducted at CSC Hanford Occupational Health (CSC HOHS), over 88% of male Hanford workers screened are either overweight or obese. That's a 35% higher rate among men than among women on Site. Nearly 40% of Hanford men screened had high or borderline high total cholesterol levels and 30% had high triglyceride levels. About 14% of male

workers on Site who were screened were found to have high blood pressure with an additional 48% being pre-hypertensive. And men on Site have a 75% higher rate of diabetes than women, with nearly 7% of men who were screened were found to have the condition. And all of these numbers are heading in the wrong direction over the past five to ten years.

These numbers paint a pretty grim picture; however, there is some good news. All of these risk factor levels can be improved or controlled through preventive steps and healthy lifestyle choices.

1) Know your numbers. Many men are living with these risk factors for early mortality and don't know it. So get screened or encourage the men in your lives to get screened, to know their numbers.

2) Become more physically active. The Centers for Disease Control (CDC) currently recommends adults get a minimum of two and a half hours of moderate physical activity, such as brisk walking or pushing a lawn mower, each week. That's only about 20 minutes each day. But that's only the minimum, for even better health try adding an additional 10 to 20 minutes each day. The CDC also recommends two or more muscle strengthening activities each week,

such as lifting weights, working with resistance bands, or doing heavy gardening.

3) Eat the right foods. The old food pyramid that you may have learned about back in school is no longer "one size fits all." The US Department of Agriculture has made it easy for you to develop your own customized food pyramid, plan a menu that's right for you, and track your progress at <http://www.mypyramid.gov>. If you are obese, losing just 5% of your body weight through diet and exercise may help reduce your risk for heart disease and diabetes.

4) If you are a smoker, quit now. CSC HOHS offers a 10-week tobacco cessation class at different times throughout the year and also offers one on one tobacco cessation health coaching to help you achieve your goals. After one year of being tobacco free, a former smokers risk of heart disease is half of what it would have been if they had kept smoking.

Following these four steps will go a long way towards lowering your risk of developing heart disease.

- <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>
- <http://www.mypyramid.gov>
- http://www.cdc.gov/healthyweight/losing_weight/index.html

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

June Featured Presentation: "KNOWING YOUR NUMBERS"

By Shannon Haselhuhn or Kelly Harnish Email: AHEW@rl.gov Phone: 376-3939



Healthy Recipes

Cranberry & Cilantro Quinoa

Serves: 6

Ingredients:

- 1 1/2 cups water
- 1 cup uncooked quinoa, rinsed
- 1/4 cup red bell pepper, chopped
- 1/4 cup yellow bell pepper, chopped
- 1 small red onion, finely chopped
- 1 1/2 teaspoons curry powder
- 1/4 cup chopped fresh cilantro
- 1 lime, juiced
- 1/4 cup toasted sliced almonds
- 1/2 cup minced carrots
- 1/2 cup dried cranberries
- salt and ground black pepper to taste

For more: [Healthy Recipes](#)



Preparation:

Pour the water into a saucepan, and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, recover, and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold. Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

PER SERVING:	
Calories	176
Total Fat	3.9 g
Cholesterol	0 mg
Sodium	79 mg
Carbohydrate	31.6 g
Dietary fiber	4.1 g
Protein	5.4 g