

**CSC**

Hanford Occupational Health Services

# Inside Out

## Lifestyle Change Classes to Prevent & Manage Type 2 Diabetes

by Shannon Haselhuhn, CSC Health Education Coordinator

November is [American Diabetes Month](#), and with the growing prevalence of Type II Diabetes, this is a great reminder to find out if you are at risk, and begin to make lifestyle changes to improve your health, and prevent diabetes. Recent numbers by the Centers for Disease Control and Prevention (CDC) paint a desperate situation of where we are at, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

This new video from the CDC shows how lifestyle change classes are helping people with prediabetes prevent or delay the onset of type 2 diabetes. To view the video, please go to [www.cdc.gov/CDCTV/ChangeForLife/index.html](http://www.cdc.gov/CDCTV/ChangeForLife/index.html).

The video offers an inspirational message about

how lifestyle changes can improve your health, and how health care providers can help their patients by referring them for an effective intervention.

The National Diabetes Prevention Program is modeled on the Diabetes Prevention Program research trial, led by the National Institutes of Health. That trial showed that lifestyle changes that include weight loss of as little as 5–7% and increasing physical activity to 150 minutes each week can reduce the risk of type 2 diabetes by 58% in people at high risk for developing the disease. One of CDC's roles in managing the National Diabetes Prevention Program involves developing recognition standards for organizations offering lifestyle change classes.

Because this program is still in its beginning stages, there is currently not one available in the

Tri-Cities community, but we do have some great resources at our fingertips. The Kadlec [Diabetes Learning Center](#) in Richland offers classes and one-on-one education to help participants manage and prevent diabetes. They also offer a monthly support group that meets the 3<sup>rd</sup> Wednesday of each month (except November & December) at 5-6 pm. The support group classes are held at Columbia Basin College Health Science Center, 891 Mansfield (room 249) in Richland. If you would like more information on these programs, contact the Diabetes Learning Center directly at 942-2620

To learn more about CDC's work in preventing type 2 diabetes and the National Diabetes Prevention Program, please see [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).

*Adapted from CDC and American Diabetes Association*



### GREAT AMERICAN SMOKEOUT

The American Cancer Society is marking the 36th GREAT AMERICAN SMOKEOUT on November 17th by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help. CSC offers one-on-one assistance and a 10-week program for tobacco cessation. For questions, please call CSC Health Education at 376-3939.



### CSC 2012 Weight Loss Convoy

CSC offers a 48 week weight loss program for Hanford employees. We are currently beginning our roster for our 2012 class that will begin on January 17<sup>th</sup>, and meet every Tuesday for the 2012 year (3:30-4:30 pm at 1979 Snyder). This class is designed for participants with 100 or more pounds to lose who are ready to make a commitment to improving their health. If you are interested, please contact CSC Health Education at 376-3939.

### WATCH FOR UPCOMING EVENTS:

#### November

- [Workfit Leader Training \(4th\)](#)
- [Site-wide Preventive Health Challenge \(ends 10th\)](#)
- [Site Health Fairs \(10th\)](#)
- [Great American SmokeOut \(17th\)](#)
- [Weight Loss Convoy \(Ongoing\)](#)

#### December

- [Workfit Leader Training \(2nd\)](#)
- [Site Health Fairs \(8th\)](#)
- [Weight Loss Convoy \(ends 13th\)](#)



# Taking Responsibility for our Health


by Paul Rudis, CSC Industrial Rehabilitation

The United Nations General Assembly convened a high-level meeting on September 19-20, 2011 to discuss the prevention and control of non-communicable diseases (NCD's). This is only the second time this membership has met to discuss health issues; the first was on the AIDS crisis.

The four main non-communicable diseases are cardiovascular disease, cancer, chronic lung diseases, and diabetes. They account for 60% of deaths world-wide and are predicted to increase by 20% over the next ten years. The World Health Organization and the Centers for Disease Control and Prevention report that tobacco use, obesity, inactivity and unhealthy diets are the main underlying factors for NCD'S.

NCD's are not new and are mostly preventable. However, they have unfortunately reached epidemic proportions and stand to have tremendous socioeconomic implications. That is why discussion about them has gained such broad interest.

Now is the time for us all to be more aware of our own current health status and risk factors and to begin to make significant improvements in personal health and wellness. Recognizing the importance of and responding to this challenge will take great effort by individuals, communities and governments. But, it is an effort worth making.



**THE POWER of GOOD HEALTH**

## CSC Wellness Calendars

2012 is almost here, and CSC is offering our new wellness calendars as a gift to you. If you would like a wellness calendar full of health tips, and CSC programs, please contact our Health Education department at 376-3939 to request one. Supplies are limited.

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

**November Featured Presentation:**

**“DIABETES; MANAGEMENT & PREVENTION”**



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## Travel Medicine

Travel medicine is provided to any DOE or Hanford contractor who is traveling to domestic or foreign destinations on official business. CSC-HOHS provides traveling employees current pre-travel information about potential health hazards at their destination and recommended precautions. When appropriate, we provide the employee recommended immunizations and supply a travel medicine kit tailored to the country of destination. Employees with business travel plans should call us at 376-3333 at least three weeks prior to departure to set up a travel medicine appointment.

## Healthy Recipes

Click here for: [Healthy Recipes](#)

### Crock Pot Sweet Potato & Apples

Serves: 9

#### Ingredients:

- 3 sweet potatoes, sliced or chopped
- 3 apples, chopped
- 1/4 cup maple syrup
- 2 tbsp brown sugar
- 2 tbsp margarine, melted
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- salt and pepper to taste

*Perfect dish for Thanksgiving or any day and cooking in the crock pot frees up your oven for other dishes.*

#### Preparation:

Cube sweet potatoes and apples and place them in a crock pot or slow cooker. Sprinkle remaining ingredients on top of the potatoes and apples. Cook on low for 4 to 5 hours. Add salt and pepper to taste.



PER SERVING:	
Calories	120.7
Total Fat	2.90 g
Sodium	15.1mg
Carbohydrate	24.7 g
Dietary fiber	2.3 g
Sodium	15.1 mg
Protein	0.8 g