

AMH *InsideOut*

Hanford Highway to Health

Happy 2010! In the [December 2009 edition](#) of the InsideOut Newsletter, we announced the Hanford Highway to Health 2010 initiative. The goal of the Hanford Highway to Health is to begin the journey of turning back the growing overweight and obesity rate of Hanford employees. As you read in that article, greater than 80% of Hanford employees are overweight or obese. The Highway to Health is on your route to being part of a healthier workplace this year.

Well, now the time has come to rev your engines, put the pedal to the metal, and feel the wind in your hair as we travel together towards our shared goal of losing TWO TONS in 2010. Take a look below for instructions on joining the Highway to Health and the destinations available to you.

The online module is our tool for tracking the pounds lost (or gained) by Hanford employees in real time. Please enter your weight on a regular basis so that the module shows the most accurate number of pounds lost. We recommend weighing in on a weekly basis, if possible.

1. Click here to enter your weight each week. Your entries are kept private and are only accessible by select AMH staff.
2. This number represents the real-time pounds lost for all participating Hanford employees.
3. Click here to stay up-to-date on messages and announcements.
4. Learn about the Hanford Wellness Champions group. Make sure your work group is represented at the monthly meetings.
5. This year-long weight management program is especially for people who can benefit from long-term support, and have 100 or more pounds to lose.



6. Find resources for helping to make your workplace a healthy place to be.
7. Find additional information about the Highway to Health.
8. If you need a little entertainment on your journey, click on our Hawaiian beauty to hear her play the "Eye of the Tiger"!

WE'LL BE BEHIND YOU ALL ALONG THE WAY. ENJOY THE RIDE!

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

January Feature Presentation:

**"CREATIVE EXERCISE:
CHANGING THE WAY YOU MOVE"**

By [Laura Eddy](#), AMH Exercise Specialist
Phone: 376-9040



"Quit It" 10-week Tobacco Cessation Support Class

**Begins the week of
January 11, 2010**

Please contact [Shannon Haselhuhn](#) for more information, or to register for the program. Program space is limited.
REGISTRATION IS REQUIRED.



WATCH FOR UPCOMING EVENTS WITH AMH

January

- [Site-Wide Exercise Challenge \(begins 11th\)](#)
- [Tobacco Cessation Program \(begins 11th\)](#)
- [Weight Loss Convoy \(begins 12th\)](#)
- [Site-Health Fairs \(14th\)](#)

February

- [Tobacco Cessation Program \(ongoing\)](#)
- [Weight Loss Convoy \(ongoing\)](#)
- [Site-Health Fairs \(11th\)](#)
- [Site-Wide Exercise Challenge \(ends 18th\)](#)

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

The Cost of Obesity

by **L.B. Sandy Rock MD MPH**—AMH Risk Communicator

Obesity in the United States now threatens to counter and even reverse improvements in health accomplished by reduction in tobacco use. This is dramatic news. On the one hand, the efforts to reduce tobacco use have been successful—though far from the goals set by major U.S. public health organizations. As a result, tobacco-induced disease and death rates have dropped. On the other hand, that news is tempered by the undeniable fact that our society is on the brink of a health disaster in the form of an obesity epidemic. The average weight of Americans had been relatively steady until the 1960's; however, over the past four decades the percentage of obese adults has increased by at least two-thirds.

Between 1983 and 2002, smoking rates dropped from 30% to 23% among adults 25 and over; the percent of overweight went from 58% to 80%; and obese from 15% to 33%. Obesity now threatens to cause more deaths than tobacco use does. Annual U.S. deaths attributable to obesity now top 400,000. Diseases linked to overweight and obesity include:

- * diabetes
- * high cholesterol
- * some cancers
- * gallbladder disease
- * asthma and aggravation of other lung diseases
- * osteoarthritis
- * depression
- * pregnancy complications
- * sleep apnea

Why the increase? Many different factors have contributed including less physical exercise, more computer and television use, increased consumption of fast foods, changes in cooking and eating behavior in American homes, and larger portions. In the same fashion in which

people have come to consume food—lower quality, greater quantity, and quicker dining—they have also hoped for a quick, safe and inexpensive way to lose the weight they've gained.

Medical science has made great strides in understanding the causes and consequences of obesity. Science has been less successful in finding ways to prevent or treat it. For many, the simple advice, "less calories, more exercise" is easier said than done. The struggle with weight has opened the door for a booming industry of unregulated weight reduction centers across the United States. While many of these are well-intentioned and use proven methods for helping with weight reduction and control, there are many which offer unproven and potentially dangerous methods. Some even offer dangerously low-calorie diets (less than 1000 calories per day) and injections of non-FDA-approved hormonal and other chemical substances with a promise that they will assist in weight reduction. Some people may lose weight, mainly from the extreme reduction in calorie intake. However, without taking steps to make sustainable lifestyle changes, the weight loss is temporary. In the process, many dollars are spent and risk of health complications, even death, is increased.

AMH frequently offers programs and Site health challenges to assist with long-term weight management solutions for Hanford workers. While it is frightening that the time-bomb of obesity is ticking for many individuals, knowing that this epidemic is preventable, and many diseases associated with it are reversible, can be extremely motivating. Call AMH Health Education at 376-3939 for information on AMH weight management programs that are available.

SITE-WIDE EXERCISE CHALLENGE

AMH announces the 3rd Annual Site-Wide Exercise Challenge. Log on to the [Health Challenge Tracker](#) to collect points for daily exercise, strength training, and joining the Hanford Highway to Health.

The challenge will be
January 11th-February 18th

Participants who compile 150 points during the 6-week challenge will be eligible to win a Omron Go Smart Pedometer.



www.amhchallengetracker.com

HANFORD WORKFIT LEADER TRAINING CLASS

If you would like to begin the WorkFit program at your workplace or need to rejuvenate a program that may have fizzled out, please join us for our WorkFit Leader Training Class.

Friday, January 15th @ 7:30-9:30 am
HAMMER, Room 31
RSVP: ahew@rl.gov or 376-3939



Healthy Recipes

Marinated Mushrooms

Ingredients:

- 60 (about 1 pound) small fresh mushrooms
- 1/2 cup fresh lemon juice
- 1/4 cup water
- 2 Tablespoons minced fresh parsley
- 2 Tablespoons Dijon-style mustard
- 1 Tablespoon worcestershire sauce
- 1 teaspoon olive oil
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground red pepper

Preparation:

Wash mushrooms and drain on paper towels. Place in a 13x9x2 inch-baking dish. Combine lemon juice and remaining ingredients in a small bowl and mix well. Pour over mushrooms and toss to coat. Cover and marinate in refrigerator at least 8 hours. Drain before serving.

Serves 8 (serving size 7-8 mushrooms)



"This appetizer is an irresistible accompaniment to any meal."

PER SERVING:

Calories	47
Total Fat	1
Cholesterol	0
Sodium	136
Carbohydrate	8
Dietary fiber	2
Protein	3
Iron	0
Calcium	0

For more: [Healthy Recipes](#)