

# AMH

## InsideOut

### AMH Weight Loss Convoy: The Journey of a Lifetime

by Shannon Haselhuhn, AMH Health Education

In January of this year, our AMH Health Education Department created a weight management class different from any other program that we had run before. It was a bit of an experiment. We had taught several five and ten week weight management and nutrition classes around the Site, but we had noticed a trend. We would begin the class with eager and motivated participants. We would meet with them and give them new information each week. At the end of the sessions, we would send participants on their way to figure out how to incorporate these changes into their busy lives, and KEEP them at the top of their list for the next several months that it would take to reach their goal. The classes seemed like a success for the short term, but as we encountered these participants down the road, we would find that many had drifted back into old habits, and the weight was still hanging around.

In 2010, we set out to help those people. Not for five or ten weeks, but for the entire year. We know that it is possible to lose 1 or 2 pounds in a week, so if we put 52 weeks together, what would that mean? Well, as we wrap up our first year of the AMH Weight Loss Convoy class, I can now tell you what that would mean....it would mean dropping 5-10 clothing sizes, eliminating medications, running half-marathons, being a regular at a local gym, gaining a group of supporters, feeling good about the reflection in the mirror, and taking control of the health that was once lost. This year, 15 Hanford workers completed the year-long program, and together they have lost 700 lbs.

Each week of class, participants turn in food journals, step on the scale, learn something new, and are surrounded by supportive people who are saying "Oh, yes you can!" The fifteen finishers of this program are extremely inspiring, and though we

were able to supply some educational materials each week, they learned much more from the others sitting around the table going through the same struggles, and celebrating the same successes. The title of this class is very intentional. The word *convoy* is defined as a group traveling together for mutual support and protection. The journey to change your health and change your life can be a long and difficult one. Having people to pat you on the back when you deserve it, kick you in the rear when you need it, and pull you back up on the wagon when you slip off, makes reaching your weight loss goals possible.

In 2011, we are excited to begin a new Weight Loss Convoy with a new group of people who are ready for the journey of a lifetime. This class is for individuals who have a significant amount of weight to lose, and are ready to take action. For more information about the program, or to register, please contact AMH Health Education.

**Please RSVP to join the WEIGHT LOSS CONVOY program.**

**AMH Health Education Services  
Class Instructors:**

Shannon Haselhuhn & Kelly Harnish

**Where:** AdvanceMed Hanford Clinic,  
1979 Snyder Street, CR 136

**When:** Starting January 18, 2011—every  
Tuesday, 3:30-4:30 pm

**Phone:** 376-3939

**Email:** [ahew@rl.gov](mailto:ahew@rl.gov)

Please obtain your manager's approval to participate in this program during work time.

### OUR GIFT TO YOU!

In these merry times of holiday gatherings and family visits, many people put their health aside "until next year." We know, you're busy! We have just the cure: a beautiful [2011 AMH Calendar](#) to help you plan a healthy future!

This is not just any calendar! Our calendar is full of great tips for making your health a



priority, with a featured health topic for each month. You'll have a perfect spot to track your weight, your blood pressure, and your exercise progress. We'll also help you stay informed of health events and services that we will be offering throughout the year. The calendars will be available at our [December](#) and [January Health Fairs](#) at no cost.

***Come by to visit us!***

### TOBACCO CESSATION



Please RSVP to  
Shannon Haselhuhn at 376-3939 or  
[Shannon\\_L\\_Haselhuhn@rl.gov](mailto:Shannon_L_Haselhuhn@rl.gov)

### WATCH FOR UPCOMING EVENTS WITH AMH

#### December

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

[Risk Communication: When, Why and How?](#)

[Presentation at Hammer \(3rd\)](#)

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

#### January

[Health Exercise Challenge](#) (starts 10th)

[Tobacco Cessation](#) (starts 10th)

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

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



# Hanford: On the Highway to Health

by Kelly Harnish, AMH Health Education

At the beginning of 2010, a new highway opened up on the Hanford Site. Just like all highways, this one has road signs, oncoming traffic, and a view of the eastern Washington desert just past the dashboard. Speaking of the dashboard, a sweet little hula lady is perched there, waiting to play "The Eye of the Tiger" for you on her ukulele!



Where this highway goes and what's displayed on the dashboard are what sets this highway apart. This road won't take you to 200 East or 100 K, but it will take you on a journey to a healthier Hanford community. The dashboard tracks each pound lost by Hanford employees. We set out on our road trip down the Highway to Health this year with the goal of losing two tons in 2010. We nearly made it to our final destination—having lost almost 3000 pounds!

The goal of the Highway to Health is to build enthusiasm around paving a new path forward. The old road is rife with hazards. Each year,

the overweight and obesity rate for the Hanford population has been rising. In 2009, over 80% of Hanford employees were either overweight or obese. Excess weight paves the way for chronic health conditions such as diabetes, heart disease, some cancers, high blood pressure, arthritis, pain, depression, respiratory problems, and poor sleep. On the Highway to Health, weight is shed, and without that weight, freedom from illness and pain comes closer.

The Highway to Health remains open in 2011 and finding this road is easy! Just go to <http://www.amhchallenge tracker.com/index.html> and click on the "Check Weight" light (it looks like your "Check Engine" light. Cute, huh?). Your weight will be kept completely private, and any pounds that you lose (or gain) throughout the year will be included with the total for the whole Hanford Site. So join us in making 2011 the year that we go further and get healthier! **It's your health, own it!**

## PREVENTIVE HEALTH & IMMUNIZATION CHALLENGE

### Winners:

- Elaine Chapman, PNL
- Chris Coleman, WRPS
- Gae Neath, ORP
- Laura Turo, PNL
- Carol Cise, CHPRC
- Maura Zimmerschied, PNL
- Joel Kreitzberg, CHPRC
- Alan Carlson, WRPS
- Leon Jones, MSA
- Heather Taylor, CHPRC

**CALL 376-3939 TO CLAIM PRIZE**

Prize: Omron Wrist Blood Pressure Monitor



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

**DECEMBER FEATURED PRESENTATION:**

**"Highway to Health"**

By Shannon Haselhuhn or Kelly Harnish

Email: [AHEW@rl.gov](mailto:AHEW@rl.gov) Phone: 376-3939

## Healthy Recipes

### Crunchy Pear & Celery Salad

Serves 6

#### Ingredients:

- 4 stalks celery, trimmed and cut in half crosswise
- 2 tablespoons cider, pear, raspberry or other fruit vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 2 ripe pears, preferably red Bartlett or Anjou, diced
- 1 cup finely diced white Cheddar cheese
- 1/2 cup chopped pecans, toasted (see Tip)
- Freshly ground pepper to taste
- 6 large leaves butterhead or other lettuce

*Bartlett or Anjou pears are used in this salad for their crisp texture. The nut and cheese combination sets the tone of the dish. White Cheddar and pecans are decidedly American. For an Italian twist, try a good Parmesan with some toasted walnuts.*



#### Preparation:

Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad or serve on small plates. Serve at room temperature or chilled.

#### PER SERVING:

|               |        |
|---------------|--------|
| Calories      | 221    |
| Total Fat     | 14 g   |
| Saturated Fat | 5 g    |
| Cholesterol   | 20 mg  |
| Sodium        | 240 mg |
| Carbohydrate  | 20 g   |
| Dietary fiber | 4 g    |
| Protein       | 6 g    |
| Potassium     | 221 mg |

For more: [Healthy Recipes](#)