

Health Compliance



The “H” in OSHA

There are many state and federal regulations that mandate that employers have a legal obligation to provide and maintain a safe and healthful workplace for employees. The Occupational Safety and Health Act of 1973, more commonly known as OSHA, influences our work areas and work performance in a variety of ways in order to assure injury prevention safeguards are in place. Familiar safety program components range from Personal Protective Equipment (PPE) to the Safety Management System (SMS) to following company policy and procedures. However, more often, we seem to focus on prevention relative to safety over prevention relative to health.

Compliance with safety rules can help prevent injury. Compliance with healthy living choices can help prevent disease. Compliance with both will contribute to wellness and longevity!

Prevention safeguards relative to health include eat smart (whole foods); exercise regularly (move more); get routine health screenings (know your numbers); and, manage stress. Be an active participant in managing your health. Start leading a healthy lifestyle. Pay attention to prevention information and advertising. Compliance with a few helpful preventative tips can make a big difference in health and quality of life.

Disease Prevention Through Diet & Nutrition

Here are three reasons why following a healthy diet is important:

1. To maintain health by preventing loss of muscle strength, bone mass, and vitamin deficiency states;
2. to prevent diseases such as heart attacks, strokes, obesity, osteoporosis, and certain cancers; and
3. to help control and/or treat chronic diseases and conditions such as high blood pressure, diabetes mellitus, sleep apnea, and celiac disease.

Do vitamins and minerals maintain health?

Vitamins and mineral supplements are important both in preventing deficiency states as well as in preventing diseases. →

Most diseases resulting from vitamin deficiency such as scurvy (vitamin C deficiency) or blindness (vitamin A deficiency) occur mainly in third-world countries and are almost nonexistent in the United States. But, certain special populations in the United States can develop vitamin or mineral deficiencies, and thus require dietary supplements. For example severely malnourished alcoholics can develop nerve damage from thiamine deficiency or individuals lacking sun exposure can develop bone disease from vitamin D deficiency. For these special populations, vitamin supplements are important to prevent these deficiencies. Vitamin supplements are used to prevent deficiencies and also to prevent diseases. While experts say there is definitely a place for vitamin or mineral supplements in our diets, their primary function is to fill in small nutrient gaps. A nutritious and balanced diet contributes more to health. Vitamins and minerals are "supplements" intended to add to your diet, not take the place of real food or a healthy meal plan.



The Test of Time

“Hippocrates was a visionary who figured out the most important ways we can stay healthy, all of which have been proved by modern science,” says David Katz, MD, founding director of the Yale University Prevention Research Center and author of the book *Disease Proof: The Remarkable Truth About What Makes Us Well*. Medical advice from Hippocrates, also known as the father of medicine, that is over 2000 years old and still applies:

- 1. Walking Is Man’s Best Medicine.** Dozens of studies show that even 30 minutes of walking a day lowers your risk for diabetes, heart disease, osteoporosis, and certain cancers.
- 2. Know What Person the Disease Has Rather Than What Disease the Person Has.** Dr. Katz says “You’ve got to find out what’s setting a problem in motion, then reverse engineer it. When you treat the whole person, weight loss—and many other medical problems—becomes astonishingly easy to deal with.”
- 3. Let Food Be Thy Medicine.** The link between food and health has to do with epigenetic, the study of how lifestyle and environment influence the expression of your genes. Processed foods with sugar, animal saturated fats and trans fats, and artificial chemicals can activate disease-causing genes that might have stayed dormant otherwise; they also lack the healthy nutrients that activate protective genes, says Dr. Kahn.
- 4. Everything in Moderation.** “We all love to take good things to the extreme,” says Dr. Katz. “But exercise, water, supplements, and sleep can all be damaging if you overdo them.”
- 5. To Do Nothing Is Also a Good Remedy.** In this age of advanced medicine, it’s harder than ever for doctors to resist ordering tests, procedures, and treatments—even if they’re unnecessary. It’s essential that patients and doctors work together to avoid needless tests or drugs



Preventive Health

Preventive health consists of measures taken for disease prevention, as opposed to disease treatment. Just as health encompasses a variety of physical and mental states, so do disease and disability, which are affected by environmental factors, genetic predisposition, disease agents, and lifestyle choices. Health, disease, and disability are dynamic processes which begin before individuals realize they are affected. Prevention relies on anticipatory actions that can change predisposed outcomes.

Each year, millions of people die preventable deaths. A 2004 study showed that about half of all deaths in the United States in 2000 were due to preventable behaviors and exposures. The leading causes of preventable death include: cardiovascular disease, chronic respiratory disease, unintentional injuries, diabetes, and certain infectious diseases.

There are many methods to prevent disease. It is recommended that adults and children aim to visit their doctor for regular check-ups, even if they feel healthy, to perform disease screening, identify risk factors for disease, discuss tips for a healthy and balanced lifestyle, stay up-to-date with immunizations and boosters, and maintain a good relationship with a healthcare provider. Some common disease screenings include checking for hypertension (high blood pressure), hyperglycemia (high blood sugar, a risk factor for diabetes mellitus) and hypercholesterolemia (high blood cholesterol). Preventive care lets your doctor find potential health problems BEFORE you feel sick. Preventive care can include immunizations, lab tests, physical exams and prescriptions. A good place to start on preventive health is to “Know your Numbers”, make healthy choices and follow your doctor’s preventive health suggestions.



“An ounce of prevention is worth a pound of cure.” — [Benjamin Franklin](#)

Exercise your Mind

One way to prevent Alzheimer's is regularly challenging yourself with mental exercises and new activities which keeps your mind running on all four cylinders. Adults who frequently engage in mentally stimulating activities are 63% less likely to develop dementia than those who rarely do such activities, a New England Journal of Medicine study discovered. A University of Michigan study found that adults who play a mentally challenging game every day for several weeks can dramatically improve their memory. Here’s a game to exercise your brain: **Opposite day.**



Build new connections between brain cells by putting your non-dominant hand into action for a day. For example, if you’re right handed, use your left hand to perform a daily task, such as brushing your teeth, combing your hair or eating. Wear your watch on your opposite wrist.