

# OHG Standard

Setting the *standard* in Occupational Medicine

January 2002

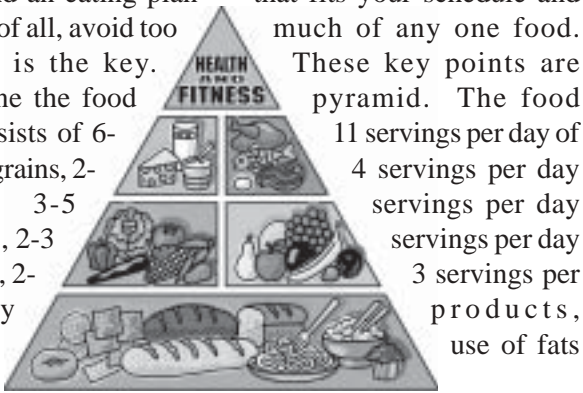
Occupational Health Group is a service offered to the business community of North Alabama by Decatur General Hospital and Huntsville Hospital Systems

## Making Sound Nutrition Choices For 2002

Shanna Grissom  
Wellness Services

The holidays have come and gone only to have left you with a couple of extra pounds. The New Year has rolled in with lots of motivation for losing those added pounds. Weight loss is high ranking on most New Year's resolution lists. Many start their resolutions with a bang and fizzle out within four to six weeks. They begin their road to weight loss with a strict diet and unfortunately set themselves up for failure. Try to keep your resolution to lose weight by following a plan that fits your lifestyle.

Good nutrition revolves around 4 key points. They are balance, variety, flexibility and moderation. Balance your diet by getting a good mix of different types of food. Choose a wide variety of foods to get needed vitamins and minerals in your diet. Be flexible. Find an eating plan that fits your schedule and tastes. Most of all, avoid too much of any one food. Moderation is the key. These key points are used to define the food pyramid. The food pyramid consists of 6-11 servings per day of starches and grains, 2-4 servings per day of fruits, 3-5 servings per day of vegetables, 2-3 servings per day of lean meats, 2-3 servings per day of dairy products, and a sparing use of fats and sugar.



Making sound nutrition choices for weight loss or just eating healthier involves behavior modification. The first step is to identify the trouble spots in your diet. Write down everything you eat for a week including estimated portion sizes, the time of day you eat, and how you feel when you eat. By doing this you will become aware of your eating pattern. Are you eating more when stressed? Are you eating more at night than during the day? Do you snack frequently?

The next step is to make small goals. Setting small goals prevents you from overwhelming yourself with too many changes at once. For example, if you are not eating enough fruit, add a piece

with your breakfast. After you become comfortable with that change, add another piece for a snack. It is okay to set several small goals, but don't change too much at once. A general rule is to make one to two changes per month.



Expect temptation and setbacks. Before temptation arises, decide how you will handle it. Learn to be polite but firm to others who tempt you. Do not back down. Use different strategies to help you get through social situations. Drink water before going to dinner with friends. The water will give you a sense of fullness so you are not prone to eat as much. Eat slow. It takes about 20 minutes for your stomach to relay the message to your brain that you are full. Don't over-eat. If you feel full, stop eating. If you give in to temptation, don't fret. Just get



back on track to healthy eating and don't look back. Don't be too hard on yourself if you eat one high fat dinner. It will not cause you to gain 5 pounds. It's what you eat over the course of a week that counts. The main point is to not beat yourself up over a "slip up". Just get back on track to healthy eating.

There is more to losing weight than watching what you eat. The most successful weight loss programs are based on a combination of changing eating patterns and exercise. The combination of the two leads to greater weight loss than either one will achieve alone. Exercise should be approached in the same way as changing your eating habits – by setting small goals. Start with walking 20-30 minutes three times per week. Gradually increase the time or number of days you walk when you feel comfortable. Try adding stretching, weight training or recreational activities, later on, to add variety to your exercise plan.



Adding variety to your plans will prevent you from becoming bored and keep you motivated. Do not try to lose too much weight too fast. A general rule of weight loss is one to two pounds per month. Remember that you did not gain all of your weight overnight, so you shouldn't expect to shed it overnight. Behavior modification takes time. Most individuals will not notice a change for 3 months. Your body has to adapt to the changes and learn to metabolize at a different rate. Be patient. You will love how you feel and look by the time summer rolls around!

OHG Wellness Services offers many nutrition classes that can be brought directly to your place of business. Such topics include: Nutrition 101, Weight Management, What's Your Fat IQ?, Eating Out Without Doing Your Diet In, Intro to Vegetarian Eating, Let's Explore Fad Diets, The Buzz on Caffeine and Herbs and Supplements. We also offer many different behavior modification programs for employees to participate and begin new nutrition habits. If you would like more information regarding our Nutrition Classes or Programs, please call OHG Wellness Services at (256) 864-3736.

## OHG Directory

Administration .....	256/864-3697
Marketing and Business Development .....	256/864-3697
Billing Department .....	256/864-3695
OHG - Decatur .....	256/353-4325
OHG - Huntsville .....	256/517-7000
OHG - Madison .....	256/774-7300
OHG - Scottsboro .....	256/259-1555
Wellness Services.....	256/864-3736

[www.OHGonline.org](http://www.OHGonline.org)

## First Report of Injury - Necessary Evil?

Wendy E. Ladd

### OHG Marketing & Business Development

Growing up, my mother would often tell me to do something I did not want to do, for example make my bed. As I would begin to whine, she would say “There are some things in life that are necessary evils. So, just get in there and do it!” Being a former claims adjustor, I can understand how many people feel that completing an Alabama First Report of Injury form feels like another necessary evil. It’s time consuming! You may not have all the



information you need at your fingertips to finish the form immediately. You may wonder:

“Is the form supposed to go in my file, to my work comp carrier or to the State?”

Basically, the form is to be completed, for all loss time claims and accidents resulting in fatalities, in its entirety and forwarded to your carrier or you may submit it to the state directly “within 15 days after the occurrence of the injuries and knowledge thereof by the employer.” This is according to the State of Alabama Workers’ Compensation Act Section 25-5-4.

Sometimes an employer will not complete a First Report of Injury form because the injury is questionable. If an employer authorizes an employee to receive medical treatment, either verbally or in writing, to determine if the injury/illness is work-related, the employer is responsible for the authorized treatment. The employer should then complete the First Report of Injury, in all circumstances, and submit the form to the comp carrier for further investigation. See 480-5-5-.08, 480-5-5-.09, 480-5-5-.11 of the Work Comp Act for reference. **Completing the form is not an admission of liability.** Most carriers will pay for the initial visit to determine if the alleged injury/illness is work-related.

To obtain more information on the employer’s role and responsibility on completing the First Report of Injury, please call the Alabama Department of Industrial Relations office at 1-800-528-5166 or visit their website at [www.dir.state.al.us](http://www.dir.state.al.us). You may also download a copy of the First Report of Injury by going to “Workers’ Compensation/Benefits and Claim Filing”. To report a fraudulent claim anonymously call 1-800-923-2533.

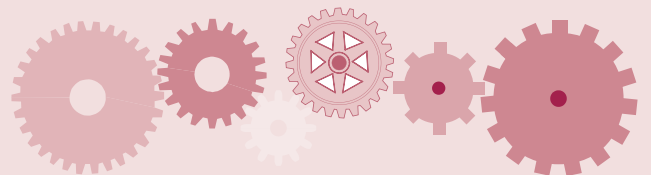
## Mark Your Calendar!

The 4<sup>th</sup> Annual Occupational Health, Safety and Workers’ Compensation Seminar is scheduled for Wednesday, April 17<sup>th</sup> at the Von Braun Center.



OHG along with the American Society of Safety Engineers–Tennessee Valley Chapter, The Alabama Chapter of the National Safety Council, Comp1One and The Orthopaedic Center, are busy making plans as this year’s seminar promises to be quite an event. The theme is “Gearing Up for the Future, The New and Essential Tools”. There will be five categories of topics: Human Resources, Occupational Medicine, Regulatory, Safety and Workers’ Comp. Overall, there will be 25 topics presented at the seminar. Some of the topics to be presented are: “Is the Injury a Pre-existing Condition”, “Gathering Medical Information Under the ADA and FMLA”, “Common Musculoskeletal Disorders Encountered in Occ Med: The Back”, “Managing Difficult and Challenging Employees Legally” just to name a few.

Anyone who plays an active role in human resources, occupational health, safety or workers’ compensation issues will benefit by attending this seminar. Nurses, EMT’s, Case Managers can earn Nursing Continuing Education Credits (approximately 6 hours – final amount to be determined.) **New this year;** adjusters and claims personnel can earn CEU’s approved by the State of Alabama Department of Industrial Relations/Workers’ Compensation Division. Check our website at [www.OHGonline.org](http://www.OHGonline.org) for seminar information; or call (256) 864-3697. Registration brochures will be mailed early March.



# OHG

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HEALTH GROUP

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New  
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