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Peak Performance

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4 Easy Health Tips For 2016

1. Fill half your plate with vegetables. “By filling half your plate with vegetables, you reduce your portions of higher calorie foods,” shares Caitlin Griffin, RD, LD, Renown Registered Dietitian.

“Vegetables are also generally low in fat, low in sodium and high in fiber, which are all necessary for people that are trying to lose weight.”

2. Even if a label says 0 gm *Trans* Fat, check the ingredients to make sure it does not contain “partially hydrogenated oils.” “Partially hydrogenated oil is just code for *trans* fat, which is bad for your health and can increase your risk of heart disease and obesity,” shares Stephen Compston, RD, LD, CDE, Renown Outpatient Dietary Educator.

3. Buy fruits and vegetables that are in season. “When you buy fruits and vegetables that are in season, the abundant supply lowers the cost,” says Lynice Anderson, registered dietitian and certified diabetes educator with Renown Health. “Additionally, the freshness of the fruits and vegetables makes them more delicious and nutrient-rich, which helps you stick to your healthy eating habits long-term.”

4. Substitute fruit as your dessert. “Fruits can be just as sweet as dessert, and you can save hundreds of calories,” says Caitlin.

“While fruits do have sugar, they have far fewer calories than our favorite desserts. Fruits also contain many essential vitamins and minerals that help keep you stay full for a longer period of time.” So if all you got for Christmas was a bigger waistline, try these 4 easy tips to start losing weight and get healthy. You can also join our weekly weight management classes led by a team of registered dietitians and other healthcare professionals. Best Medicine January 2016

The Surprising Truth About Prediabetes

It's real. It's common. And most importantly, it's reversible. You can stop prediabetes from developing into type 2 diabetes with simple, proven lifestyle changes. Amazing but true: 86 million American adults—more than 1 out of 3—have prediabetes. What's more, 90% of people with prediabetes don't know they have it. Could this be you? Read on to find out the facts and what you can do to stay healthy.

Prediabetes Is a Big Deal

Don't let the "pre" fool you—prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes puts people at increased risk of developing type 2 diabetes, heart disease, and stroke. Without weight loss and moderate physical activity, 15%-30% of people with prediabetes will go on to have type 2 diabetes within 5 years.

Prediabetes Flies Under the Radar

People can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems show up. That's why it's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- | | |
|--|-------------------------|
| Having a parent or sibling with type 2 diabetes | Being overweight |
| Being physically active less than 3 times a week | Being 45 years or older |
| Ever having gestational diabetes (diabetes during pregnancy) | |

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

Diabetes Is Harder to Live with Than Prediabetes

Though people with prediabetes are already at a higher risk of heart disease and stroke, they don't yet have to manage the serious health problems that come with diabetes. Diabetes affects every major organ in the body. People with diabetes often develop significant complications, such as kidney failure, blindness, and nerve damage, which can lead to amputation of a toe, foot, or leg. Some studies suggest that diabetes doubles the risk of depression, and that risk increases as more diabetes-related health problems develop. All can sharply reduce quality of life.

Prediabetes = Prevent diabetes

Think of prediabetes as a fork in the road: Ignore it, and your risk for type 2 diabetes goes up. Lose a modest amount of weight and get regular physical activity, and your risk goes down. Modest weight loss means 5% to 7% of body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or similar activity. That's just 30 minutes a day, five days a week.

www.cdc.gov/diabetes

Tips: How Can I Drink More Water?

Start your morning right by reaching for a glass of water when you wake up. Take regular water breaks.

Drink a glass of water before you go to bed to account for some of the water you lose during your sleep through breathing.

Avoid relying on sodas, alcohol and caffeinated beverages to provide your fluid needs, as they can have a dehydrating effect.

Drink water before and after food.

Keep a water bottle by your side at all the times and carry it with you everywhere: to the gym, in your car, office, etc.

The point is not to wait until you're thirsty to drink. — Best Medicine 1/16

2015 PEAK PERFORMERS EMPLOYEES WHO ACHIEVED 16 METS OR HIGHER

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<u>EMPLOYEE</u>	<u>Agency</u>	<u>METS</u>
Penn, Anthony	DMV	17.6
Atherton, Richard	DOC	18.6
Ball, Jonathan	DOC	17
Bennett, Travis	DOC	16.9
Carey, Diana	DOC	16.1
Diaz, Raul	DOC	16.3
Frazzini, Patrick	DOC	16.9
Hanski, Jason	DOC	19.2
Harroun, Aaron	DOC	16.2
Herring, Cade	DOC	16.5
Kassebaum, Shari	DOC	16.1
Mabson, Mark	DOC	19.2
Mejia, Arthur	DOC	16.9
Radke, Teresa	DOC	16.7
Schultheis, Randall	DOC	17
Tracy, Emmitt	DOC	17
Tueting, Jeremiah	DOC	16.9
Williams, Erick L	DOC	16.9
Hearne, Paul	DOW	16.9
Lusetti, Randy	DOW	16.9
Phillips, Brady	DOW	16.9
Barlow, Antoine	Lakes	16.9
Kellymeyer, Eric	Lakes	16.1
Boyce, Aaron	NDF	16.9
Brittingham, Steve	NDF	16.9
Gusmerotti, Damien	NDF	16.9
Holt, Eric	NDF	16.9
Howard, Jesse	NDF	16.9
Law, Martha	NDF	16.9
Mena, Chad	NDF	16.9
Misiti, Robert J	NDF	17
Nelson, Tyson	NDF	16.9
Okuma, Kenji	NDI	16.9
Rasor, Andrew	NDI	16.9
Brewer, Chris E.B.	NDI	19.2
Aten, Arthur	NHP	17
Barney, Kelly	NHP	19.2
Bowers, Edward	NHP	16.9
Callen, David	NHP	16.3
Comba, Michael	NHP	16.9
Davidson, Alan	NHP	16.9
Diamond, Michael	NHP	16.9

<u>EMPLOYEE</u>	<u>Agency</u>	<u>METS</u>
Gamberg, Michael	NHP	17.2
George, Jeremy	NHP	16.9
Harkleroad, Blair	NHP	17.1
James Stewart	NHP	17
Konrad, Tina	NHP	16.9
Marco, Russell	NHP	16.9
Marin, Cruz	NHP	20
Minoletti, Giovanni	NHP	21
Mleczeko, Martin	NHP	16.9
O'Rourke, Stephanie	NHP	17.2
Osterman, Michael	NHP	16.9
Page, Adam	NHP	17.6
Peoples, Johnny	NHP	16.9
Pineau, Daniel	NHP	16.9
Prosser, Wayne	NHP	16.9
Solow, Daniel	NHP	19.2
Timm, Steven	NHP	19.2
Whitmarsh, Adam	NHP	16.9
Young, Marshall	NHP	17
Zehr, Adam	NHP	17
Dugger, Christopher	OFM	16.9
Hoff, Matthew	OFM	16.9
Leggett, Jason	OFM	19.2
Morris, David	OFM	16.9
Simmons, Emory	OFM	16.9
Wagner, Christopher	OFM	19.2
Antonucci, Michael	P&P	16.9
Billich, Joni	P&P	16.9
Dondero, Jonathan	P&P	16.9
Evans, Aaron	P&P	21
Forbes, Jena	P&P	21
Gacek-Currao, Shelly	P&P	16.9
Gudget, Michael	P&P	16.9
Prestipino, Greg	P&P	18.5
Trzpis, Matthew	P&P	16.9
Wear, Arpa	P&P	16.9
Wheeler, Charles	P&P	16.9
Wintersteen, Andrew	P&P	19.2
Woolman, Terrence	P&P	16.9
Micklus, Steven	Parks	16.5
Boykin, John	SFM	16.9
Bass, Andrew	Parks	17

EMPLOYEES WHO HAD HEALTH IMPROVEMENT IN 2015

<u>EMPLOYEE</u>	<u>AGENCY</u>	<u>EMPLOYEE</u>	<u>AGENCY</u>	<u>EMPLOYEE</u>	<u>AGENCY</u>
Farina, Joel	DOC	Timm, Michael	NHP	Brown, Rick	DOC
Jones, Timothy	DOC	Mena, Chad	NDF	Bryant, Ronald	DOC
Lightsey, Rod	DOC	Hendrix, Weston	DOC	Deeds, Terrance	DOC
Rigney, Curtis	DOC	Mabson, Mark	DOC	Hanson, Carr	Lakes X
McCracken, Don	P&P	Labate, Ron	NDF	Stepien, Robert	NHP
Stankus, Beth	P&P	Mesina, Gabriel	NDF	Bloomfield, James	DOC
Fleming, Frederic	DOC	Paul, Emory	NDF	Esteves, Deshawn	DOC
Sorci, Mark	DOC	Henning, Joseph	Lakes X	Zehr, Adam	NHP
Hall, Jeremiah	DOC	Bonaparte, Adam	NDOW	Bartel, Tamara	DOC
Davis, Christopher K	DOC	May, Micah	NHP	Carpenter, David	DOC
Gray, Steven	NSP	Howerton, Keith	DOC	Hensley, David	DOC
Raab, Ervin	NHP	Young, Marshall	NHP	Klassen John	DOC
Marshall, Randy	DOC	Gonzales, Stephanie	NHP	Bowers, Edward	NHP
Preston, Bobby	DOC	Meeks, Christopher	NHP	Gribble, Michael	DOC
Delaney, Tony	NHP	Kelly, Christopher	NHP	Ayala-Zapata, Luis	NHP
Fickel, Rodger	NHP	Foote, Michael	DOC	Hansen, Monte	DOC
Sandie, William	DOC	Okuma, Kenji	NDI	Holmes, Willontray	DOC
Woodard, Roger	DOC	Bostelman, Tom	NHP	Madsen, James	NHP
Burleigh, Elliott	DOC	Baros, Rocklin	DOC		
Cavender, Alvin	DOC	Knight, Ephraim	DOC		

Nutrition Tips When You Are On the Go

Changing your eating habits can be very challenging, especially if you are constantly on the go. Read on for suggestions on how to cut calories and fat when eating out is your only option.

Consider your drink

Beverages with added sugar can cause an otherwise healthy meal to go downhill quickly. Instead, choose water, fat-free or low-fat milk, or unsweetened tea.

Go for the Greens

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for a dressing that is vinegar based, or choose your favorite flavor and ask for it on the side. Only use about half of the serving to cut down on calories and fat.

Go with an appetizer

Many entrée sized portions can also be ordered as an appetizer. They are typically served in smaller portions, so you won't be tempted to finish your plate and over eat.

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-3194 or e-mail her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 323-1656 extension 23, or email Laura.Streeper@WillisTowersWatson.com for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.