



State of Nevada  
 Department of Administration  
 Risk Management Division

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# Peak Performance

## HIGH BLOOD PRESSURE REDEFINED

**The State of Nevada will start using the new guidelines to determine the risk factor for High blood pressure with Heart/Lung physicals completed January 1, 2019.** The American Heart Association/American College of Cardiology made the announcement in November of 2017 that they were redefining High blood pressure for the first time in 14 years. Below are the highlights of the changes:

- High blood pressure is now defined as readings of 130 mm Hg and higher for the systolic blood pressure measurement, or readings of 80 and higher for the diastolic measurement. That is a change from the old definition of 140/90 and higher, reflecting complications that can occur at those lower numbers.
- In the first update to comprehensive U.S. guidelines on blood pressure detection and treatment since 2003, the category of prehypertension is eliminated.
- While about 14 percent more people will be diagnosed with high blood pressure and counseled about lifestyle changes, there will only be a small increase in those who will be prescribed medication.
- By lowering the definition of high blood pressure, the guidelines recommend earlier intervention to prevent further increases in blood pressure and the complications of hypertension.



### Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

The new guidelines were developed by the American Heart Association, American College of Cardiology and nine other health professional organizations. They were written by a panel of 21 scientists and health experts who reviewed more than 900 published studies. The guidelines underwent a careful systematic review and approval process.

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# A HEALTHIER WEIGHT STARTS WITH A HEALTHIER PLATE

The portion creep is a fact of modern life. It's also a big reason why it's important to know the difference between a **portion** and a **serving**.

A portion is how much you choose to eat at one time. A serving is the amount of food listed on a label's nutritional facts, or as outlined by the American Heart Association. They should be the same, but the creep likes to make your portion size bigger when you aren't watching. **Don't think the creep affects you? Consider this:**

## EVERYDAY SERVING SIZES

You may be surprised to learn that each of these is 1 serving size:



1 slice of bread



½ cup rice or pasta  
(cooked)



1 small piece of fruit  
(super-large apples are 2+ servings)



1 wedge of melon



¾ cup fruit juice



1 cup milk or yogurt



2 oz. cheese  
(about the size of a domino)



2-3 oz. meat, poultry or fish  
(about the size of a deck of cards)

Remember, the goal is to eat a recommended serving at every meal. So, block the portion creep and start eating healthier tonight!

# CONGRATULATIONS TO EMPLOYEES WITH HEALTH IMPROVEMENTS FIRST QUARTER - 2018

LAST NAME	FIRST NAME	AGENCY	LAST NAME	FIRST NAME	AGENCY
BARRAZA-LEE	JASMINE	DOC	BECKER	DAVID	NHP
CARTIER	CHRISTOPHER	DOC	CASS	JOHN-SYDNEY	NHP
CHACON	JASON	DOC	CONELY	ROBERT	NHP
FARNWORTH	MICHAEL	DOC	COX	DAVID	NHP
FEW	WILLIAM	DOC	DELLABELLA	JOSEPH	NHP
FLICOP	MITCHEL	DOC	FONTAINE	CLIFFORD	NHP
FOOTE	MICHAEL	DOC	GEORGE	JEREMY	NHP
HALLING	BRANDT	DOC	GRAYSON	JAMES	NHP
HRONEK	MARK	DOC	HALLIGAN	PATRICK	NHP
JONES	KEVIN	DOC	HILDEBRAND	DOUGLAS	NHP
KILUK	LINDA	DOC	JACK	JINEAL	NHP
KISIOLEK	JOSEPH	DOC	KAPLAN	MATTHEW	NHP
LEGASSE	MICHAEL	DOC	LEE	ERIK	NHP
LINDBERG	TERRY	DOC	LEWIS	KRISTOPHOR	NHP
MASON	KIANNA	DOC	MCELROY	MICHAEL	NHP
MCCRANEY	JARISSE	DOC	MCLAUGHLIN	MATTHEW	NHP
MCINALLY	ANSLIE	DOC	PAGE	ADAM	NHP
MUSE	ALEXANDER	DOC	PETERSON	NATHAN	NHP
SORCI	MARK	DOC	RAAB	ERVIN	NHP
SPENCER	ALAN	DOC	RIVERA	CARLOS	NHP
STANBRA	NATHAN	DOC	SMITH	GARY	NHP
TOLBERT	THOMAS	DOC	SMITH	BRANDON	NHP
VACCARO	ANTHONY	DOC	STERING	JOHN	NHP
ARROYO	RAUL	NDF	TIU	CHRISTIAN NHOEL	NHP
BENNER	SCOTT	NDF	VOSTINAR	KEVIN	NHP
FACEY	RODGER	NDF	WELSH	ADAM	NHP
GARCIA	EDUARDO	NDF	WILLNER	MARK	NHP
GONZALEZ-SANCHEZ	JOSUE	NDF	WILSON	KRISTOFER	NHP
JOHNSON	AARON	NDF	YOUNG	ALAN	NHP
LUCCHESI	DAVID	NDF	ZIVULOVIC	DRAGAN	NHP
MENA	CHAD	NDF	HASTINGS	CHAD	P&P
MICONE	DARIN	NDF	HELGERMAN	DAVID	P&P
STULTS	ROBERT	NDF	HOHNHOLZ	CHRISTOPER	P&P
TRAVIS	BRUCE	NDF	MCCRACKEN	DONALD	P&P
VAN CLEEMPUT	ERIC	NDF	STEWART	KYLE	P&P
BLACKBURN	KENNETH	LAKES XING	STRONG	GARRICK	P&P
GOLISH	DAVID	LAKES XING	SWEETEN	MICHAEL	P&P
MASCARENA	ABRIGAIL	LAKES XING	TRIPLETT	MALLORY	P&P
MITCHELL	BRADLEY	LAKES XING	WISEMAN	JOSHUA	P&P
ROBERTS	CHRISTIAN	LAKES XING	WOOD	NATALIE	P&P
TOBEY	MICHAEL	LAKES XING	BARTH	JAY	SNAMHS
ACOSTA	SAMUEL	NHP	MOLINA	JUAN	SNAMHS
ARELLANO	LUCIANO	NHP			

Live.Life.Healthy



# Congratulations Peak Performers 2018

LAST NAME	FIRST	AGENCY	METS
FLUHRER	SHAWN	DOC	16.1
MITCHAM	MICHEAL	DOC	19.2
SMITH	ROBERT	DOC	16.1
GRAYSON	JAMES	NHP	18.4
STEWART	JAMES	NHP	18.8
SNEED	ROBERT	NHP	16.4
PAYNE	MITCHELL	NHP	16.5
LOWELL	KENNETH	NHP	19.8

## Simple Tips for Fitness Success—Active.com

### 1. Exercise Daily

Exercise daily for at least an hour. You do not have to kill yourself from running, jogging, etc., but you should have some sort of moderate physical activity in your everyday life. If you're looking to shed a few pounds fast, do a higher-level intensity workout. For example, go on a walk at a brisk pace for an hour. Or, you can jog and set certain intervals to sprint during that hour. Make sure you're not in severe pain during your workout. Just a warning, your muscles will ache after a high intensity workout. It may be irritating, but that means your body is changing for the better. Be sure to stay hydrated, stretch, and eat foods with a decent amount of protein after each workout. The protein will help keep your muscles, not fat, rebuilding.

### 2. Eat the Right Foods and Portion Each Meal

No matter how bad your stomach is telling you to go for candy over healthy food, try to stay away from sweets. Sugar from candy will not help you get in shape. Even if it's just a single candy bar, one will eventually lead to another. Fruits and vegetables are the best thing to eat when getting into shape. Apples, for example, do a good job at making the stomach feel full for up to 3 to 4 hours. Green vegetables such as green beans and broccoli keep the digestive system clean and running.

Also, stick to lean meats like turkey and chicken. Seafood, such as, shrimp, and tilapia are also great alternatives. These foods are full of protein and healthy nutrients to help keep muscles fit and ready for workouts. In addition, be sure to portion what you eat. Having a good metabolism comes from portioning meals. Try to plan out eating six times a day and setting smaller portions, rather than having three large meals throughout the day. This will also help you find yourself breathing smoother when working out rather than huffing and puffing for air. This is because you will have less food in your digestive system, which means more energy is used toward your exercise.

### 3. Keep Track of Calories and Food Intake Per Day

Keeping track of how many calories you eat in a day will be helpful in planning out your physical exercising. Ever wonder why body builders' body masses are so big? That's because they plan out their meals and take in more (healthy) calories than the average person. On the other hand, losing weight and striving for a skinnier physique will involve more physical exercise than calories you ingest.

### 4. Be Sure to Get Sleep

Even though most of us have eight-hour jobs during the day or night, it is crucial to get enough sleep to recharge the body's batteries. Six to eight hours of sleep will keep the body going throughout the day, but if you happen to feel tired at any point after coming home from work, by all means take a small nap before exercising. You should only nap for about a half hour. This will prevent you from staying up later in the night.

### 5. Stay Motivated

An important key to being in shape is to set goals and keep a positive mindset. If you stay positive, you will be able to push yourself to get that fit body you've always wanted.

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) 687-1757 or e-mail her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 291-7881 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.