



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



