



State of Nevada
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Risk Management Division

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Peak Performance

The 5-Minute Habit Cardiologists Swear By for Heart Health

Dr. Pavan Kapadia, MD, FAAC, an interventional cardiologist at the Pepin Heart Institute at AdventHealth Tampa, says that if he has a spare five minutes, he likes to go on a short walk, which directly benefits cardiovascular health, explaining, "I like taking a 5-minute walk, sometimes outside in the neighborhood and sometimes anywhere else, just away from some of the craziness of life."

Dr. Shaan Khurshid, MD, MPH, a cardiologist at Mass General Hospital, says he does this too. "We know that being sedentary for too long—which means sitting or lying down and not doing any type of movement—is a risk factor for heart disease, even if you do exercise," he shares.

He adds that while exercise certainly benefits heart health, movement throughout the day is important.

To his point, one scientific study showed that men who reported spending more than 10 hours a week in a car or had more than 23 hours a week of sedentary behavior had between an 82% and 64% greater risk of dying from cardiovascular disease, respectfully. This is why, Dr. Khurshid says, it's beneficial to take 5-minute movement breaks throughout the day.

Dr. Erica Spatz, MD, MHS, an associate professor of cardiology at Yale School of Medicine, says that a 5-minute walk has myriad benefits.

How does just five minutes of walking benefit cardiovascular health? Dr. Kapadia explains that it improves blood circulation, which helps lower blood pressure and LDL cholesterol. He adds that regularly walking also lowers the risk of type 2 diabetes and obesity, two health conditions that negatively impact heart health. Scientific research shows that there is a 34% reduction in diabetes incidence for every hour per day of brisk walking.

<https://www.msn.com>



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**FREE AND INDIVIDUALIZED
WELLNESS CONSULTATIONS**

Did you know that as a named officer or firefighter employed by the State of Nevada, you are entitled to a FREE Wellness Consultation with Laura Jackson, MS, CNC?

Laura holds both a Bachelor's and Master's Degree in Exercise Science and has over a decade of experience as a health and wellness consultant and personal trainer. She is also a Certified Nutrition Coach through the National Academy of Sports Medicine.

The Wellness Consultations include a review and discussion of any risk factors identified during your annual physical. Laura will provide diet and exercise recommendations to help you address these risk factors. These recommendations will include a detailed overview of your caloric and macronutrient needs, as well as tips for achieving your exercise-related goals.

(NOTE: You do not need to have any pre-existing risk factors to take advantage of the consultations. They are available to ALL officers and firefighters, regardless of your annual physical results.)

To schedule your consultation, please contact Laura at Laura.Jackson2@wtwco.com or (775) 291-7881. Jackson, MS, CNC.

**Why Packaged Foods Are
Generally Not Recommended for
Heart Health**

Though not all packaged foods are unhealthy, it's still best not to make them the cornerstone of your diet, especially if you want to support your heart. "A diet high in processed foods can be detrimental to heart health due to a combination of factors," says Dr. Lars Sondergaard, MD, a cardiologist and the divisional vice president, medical affairs and chief medical officer for Abbott's structural heart division.

He explains that one reason why processed foods are generally not good for heart health is that they are often high in sodium, which is associated with high blood pressure, sharing, "High blood pressure forces the heart to work harder, leading to thickening of the heart muscle and potential damage over time."

Besides sodium, Dr. Sondergaard says that many processed foods are high in saturated fats and added sugars, both of which he says are linked to raised LDL cholesterol and weight gain—two major risk factors for heart disease.

"The combination of high sodium, unhealthy fats, added sugars and a lack of beneficial nutrients in processed foods creates a perfect storm for promoting risk factors like high blood pressure and high cholesterol, which significantly increases the likelihood of developing heart disease," he adds.

<https://www.aol.com>

Q2 PEAK PERFORMERS

Name:	Agency/Division	METS
Max Davis	Investigations	16.1
Gregory Prestipino	Highway Patrol	17.0
Cree Witmer	Forestry	16.1
Jeromey Re	Corrections	16.1
Joseph Mainwaring	Corrections	16.1
Andrew Wintersteen	Parole & Probation	16.1
Michael Legasse	Corrections	17.3
Quinn Hesterlee	Wildlife	16.9

How to keep your lungs healthy

Sometimes we take our lungs for granted. They keep us alive and well and for the most part, we don't need to think about them. That's why it is important to prioritize your lung health.

Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. But there are some important things you can do to reduce your risk of lung disease.

Here are some ways to keep your lungs healthy.

Don't Smoke

Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer.

Avoid Exposure to Air Pollutants That Can Damage Your Lungs

Indoor Air Quality

Indoor Air Quality (IAQ) refers to the air in the buildings and structures that we work, live in, and play in as well as the immediate area around these buildings and structures. iAQ is important for ALL of us since we spend up to 90% of our time indoors. It can be surprising to learn that indoor air can be even more polluted than the air outdoors. Secondhand smoke, chemicals in the home and workplace, mold and radon all can cause or worsen lung disease. You can take steps to improve your indoor air quality. Talk to your healthcare provider if you are worried that something in your home, school or work may be making you sick.

Outdoor Air Pollution

The air quality outside can vary from day to day and sometimes it is unhealthy to breathe. Knowing how outdoor air pollution affects your health and useful strategies to minimize prolonged exposure can help keep you and your family well. Climate change and natural disasters can also directly impact lung health.

To protect your lungs from outdoor pollution, consider the following:

- Avoid exercising outdoors on bad air days
- Avoid exercising near high traffic areas
- Check Airnow.gov to find out the daily air conditions in your area
- Don't burn wood or trash

Get Regular Check-ups

Regular check-ups help prevent diseases, even when you are feeling well. This is especially true for lung disease, which sometimes goes undetected until it is serious. During a check-up, your healthcare provider will listen to your breathing and listen to your concerns. It is best to catch a lung condition in its earliest stages. That is why it is important for you to know what some of the common signs and symptoms are for lung conditions.

Exercise

Whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability, being physically active can help keep your lungs healthy.

American Lung Association

Risk Factors for Obesity

Lack of physical activity.

Unhealthy eating patterns such as too many highly processed foods or added sugars, too many sugar sweetened beverages.

Not enough sleep or poor-quality sleep.

Too much TV, computer, video games, and other screen time.

www.cdc.gov.obesity

WHAT ARE 5 SYMPTOMS OF OBESITY?

Obesity is characterized by excessive body fat and is associated with a variety of health complications. Some common symptoms and related health issues include: 1) Joint pain and stiffness, particularly in weight-bearing joints like knees and hips, due to the extra weight. 2) Shortness of breath or difficulty breathing, especially during physical activity, as the excess weight puts pressure on the lungs and respiratory system. 3) Excessive sweating, as the body may struggle to regulate temperature with increased fat tissue. 4) Fatigue and low energy levels, due to the strain of carrying extra weight and potential sleep disturbances like sleep apnea. 5) Psychological effects such as low self-esteem, depression, and social isolation, which can stem from societal stigma and the challenges of managing weight and its related health issues.

In addition to these symptoms, obesity is a major risk factor for several serious health conditions:

Type 2 diabetes:

Obesity increases the risk of developing insulin resistance and type 2 diabetes.

Heart Disease and Stroke:

Obesity can lead to high blood pressure, high cholesterol, and atherosclerosis (narrowing of the arteries), increasing the risk of heart attacks and strokes.

Certain cancers:

Obesity is linked to an increased risk of several cancers, including breast, colon, and uterine cancer.

Osteoarthritis:

The extra weight puts stress on joints, increasing the risk of osteoarthritis.

American Heart Assoc.

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 email her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Jackson at (775) 291-7881 or email Laura.Jackson@WTWco.com for a consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.