



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

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ARC NEW VENDOR FOR STATE HEART AND LUNG PROGRAM



We are pleased to announce that ARC Health & Wellness Centers and Specialty Health have been awarded the state-wide contract to perform Heart and Lung Examinations for the State of Nevada effective June 1, 2009. ARC Health & Wellness Centers provides high-quality occupational health services to nearly 2,000 businesses in Northern Nevada, including Heart and Lung Examinations for the Cities of Reno and Sparks. ARC also coordinates the scheduling, collection and reporting of all drug testing for NV Energy throughout the State of Nevada.

The principals of ARC have collectively been providing similar services to both the private and public sectors for over 50 years. Medical Directors Warren Gilbert, MD, and Charles Romick, MD, have extensive backgrounds and experience in conducting heart and lung physicals. Paul Granstrom, Executive Vice President of ARC Health and Wellness Centers, will be responsible for coordinating all administrative activities on behalf of ARC.

ARC has offices in Sparks, Carson City and Las Vegas. A private entrance and waiting lounge has been designated for the State of Nevada employees in the Sparks office. Currently the Carson City and Las Vegas offices will only provide service for the State of Nevada Employees. In addition, ARC has acquired two mobile medical clinics to serve the rural areas.

Mobile Medical Clinics

ARC's mobile medical clinics are equipped with a portable X-ray machine, blood draw/lab station, audiometric testing center (OSHA-rated audio booth), Spirometer, a BMI/Vision Testing station, stress EKG testing equipment, rest rooms for urine testing and small waiting areas.

ARC Health & Wellness Centers are excited about the opportunity to serve the State of Nevada. According to Paul Granstrom, "ARC will focus its collective efforts not only on high quality care, but also on customer service recognizing that the process of providing the service is equally important to fulfilling the contractual relationship."





Protecting Yourself in the Sun

It's that time of year again where we are all getting outside and enjoying the beautiful weather. While basking at the beach, hitting the tanning bed, or working in the yard may be relaxing, it can also do serious damage to your skin. Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. There are no safe UV rays or safe suntans.

Skin Cancer

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features:

- Numerous, irregular, or large moles
- Fair skin
- Freckles
- Blond, red, or light brown hair

Self-Examination

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules
- Sores that don't heal
- Red, scaly, sharply outlined patches
- Sores that don't heal
- Small, mole-like growths—melanoma, the most serious type of skin cancer

Block Out UV Rays

Cover up. Wear clothing that blocks out light. If you can see your hand through the fabric, the garment offers little protection.

Use sunscreen. A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.

Wear a hat. A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.

Wear UV-absorbent shades. Sunglasses should block 99 to 100 percent of UVA and UVB radiation.

Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m.

For more information about preventing, detecting, and treating skin cancer, check out these sources:

American Cancer Society
www.cancer.org
1-800-ACS-2345

Centers for Disease Control and Prevention
www.cdc.gov/ChooseYourCover
1-800-SKIN-490

The Skin Cancer Foundation
www.skincancer.org
1-888-842-6355

Health Dangers of Obesity - Some Facts

- An estimated 300,000 deaths per year may be attributable to obesity.
- Even moderate amounts of excess fat (10 to 20 pounds for a person of average height) increases the risk of death, particularly among adults aged 30 to 64 years, especially if this fat is stored as abdominal fat tissue.
- Individuals who are obese (BMI >30) have a 50 - 100% increased risk of premature death from all causes, compared to individuals with a healthy weight.
- Heart disease is increased in persons who are overweight or obese (BMI > 25).
- High blood pressure is twice as common in adults who are obese than in those who are at a healthy weight.
- A weight gain of 11 to 18 pounds increases a person's risk of developing type 2 diabetes to twice that of individuals who have not gained weight.
- Overweight and obesity are associated with an increased risk for some types of cancer including endometrial, colon, gall bladder, prostate, kidney, and postmenopausal breast cancer.
- Women gaining more than 20 pounds from age 18 to midlife double their risk of postmenopausal breast cancer, compared to women whose weight remains stable.



Is It Healthy?



You know that making better food choices is essential to good health, but it can be confusing and time consuming. Now the NuVal Nutritional Scoring System is here to help. Many of us are used to glancing at the caloric and fat content of the groceries we buy. But what is the best way to determine what is the healthiest choice?

Developed by a recognized team of nutrition and medical experts from leading health organizations and universities, the NuVal System is a food scoring system that helps consumers see – at a glance – the nutritional value of the food they buy.

NuVal creators are hoping to become the last word on in food ratings with a new system called the “Overall Nutritional Quality Index”. This rating system evaluates foods by weighing their good qualities like fiber, vitamins, and fatty acids, against their bad qualities such as sugar, fat, salt, and cholesterol.

The result is a number from 1-100, ranking the overall nutritional value. For example, broccoli rates 100, brown rice receives an 82, popsicles score a 1. The rating system is already appearing in some grocery stores, so keep an eye out at your grocery store for the NuVal Nutritional Scoring System.

Find out more at <http://www.nuval.com>

Employees Making Substantial Health Improvements

Ames, Tom	NHP
Breiner, Edward	NDOC
Burt, Scott	NHP
Courtney, Joan	NDOC
Dantonio, Mike	P&P
Deno, Carrie	NDOC
Devaney, M	DOC
Gentry, Bryan	P&P
Hayden, Virgil	NDOW
Hearne, Paul	NDOW
Hyatt, Rock	NDOC
Joseph, Roberts	NDOC
Lindsley, Deborah	NDOC
Little, Thomas	NDF
Lyons, Russell	NDOC
Marhold, Todd	NDI
Martini, John	NHP
Martino, Paul	NDI
Ortiz, Nory	NDOC
Peck, Calvin	NDOC
Pilon, Steve	DOC
Reichelt, Maurice	P&P
Schober, Matt	DOC
Sharp, Richard D	NDF
Stankus, Adolph	NDOC
Stankus, Beth	P&P
Sweeten, Marc	NDOC
Tjaden, Arthur	P&P
Vind, Roger	NHP
Walker, Patrick	NHP
Warwick, Brad	NHP

Walk your way to a healthier you



Walking is the easiest exercise with the lowest dropout rate of any physical activity. Walking can add years to your life and it couldn't be easier. There is no need to join a health club; you just need sturdy comfortable shoes and start walking. Walking is a joint saver, delivering only about a quarter of the jolt you receive from jogging, making it much easier on your joints and muscles. And you can burn about as many calories per mile as jogging does. Walking conditions your heart and lungs and raises your body's ability to use oxygen more efficiently.

Research has shown that the benefits of walking briskly for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease.
- Improve blood pressure and blood sugar levels.
- Improve blood lipid profile (Total Cholesterol, LDL, HDL and Triglycerides).
- Maintain body weight and lower the risk of obesity.
- Lessen stress and lighten depression.
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancers.
- Reduce the risk of non-insulin dependent (type 2) diabetes.

PEAK PERFORMERS

NAME	AGENCY	MET LEVEL	NAME	AGENCY	MET LEVEL
Coleman, Charles	NDOC	17.2	Mitchell, James	ESP	16.9
Crisp, Anthony	NHP	16.3	Onorato, Peter	NHP	16.9
Ekizian, Martin	NDOC	17	Osborne, Chris	NDF	16.3
Florez, Emeterio	P&P	16.8	Osterman, Michael	NHP	16.3
Hanski, Jason	DOC	17.2	Payton, Callan	NDF	16.8
Harp, Jacob	NHP	17.2	Peoples, Johnny	NHP	17.2
Heard, Brett	P&P	17.2	Rasor, Andrew	NDI	23
Hendrix, Weston	DOC	17.2	Reynolds, Dean	NHP	16.8
Hillygus, Roger	NDF	17	Smith, Mark	P&P	21
Jackson, Scott	NHP	16.3	Stewart, James	NHP	16.8
Kassebaum, Douglas	NHP	16.8	Tomac, Steven	DOW	17
Klug, Carl	NDF	16.9	Varble, Dyke	DOW	16.8
Lacy, Ward	OOTM	16.8	Woller, Marianne	P&P	16.8
Lusetti, Randy	NDOW	16.2	Young, Marshall	NHP	17.2
Marin, Cruz	NHP	16.8			

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SOUTH

NAME	AGENCY	MET LEVEL	NAME	AGENCY	MET LEVEL	NAME	AGENCY	MET LEVEL
Abeyta, Eloy J.	P&P	21	Gonzalez, Jorge	NDF	21.5	Nelson, Tyson	NDF	20
Adams, Jordan	NDF	20.6	Gudgel, Mike	P&P	19.2	Page, Adam	P&P	22
Armstrong, Greg	P&P	21.5	Gusmerotti, D	NDF	24.1	Palma, Chris	NHP	18.5
Arroyo, Raul	NDF	21.3	Hafen, Jerald	DPS	17	Pekuri, Jared	NDF	18.2
Beach, Kirt	NHP	17.3	Hirsch, Arlen	NDF	20	Perkins, Grant	NHP	16
Bogden, Brett	NHP	19.3	Howard, Jesse	NDF	18.1	Prosser, W	NDI	18.7
Bottom, Robert	NDF	18	Jackson, Thom	P&P	24.7	Raabe, Ervin	NHP	23.1
Boynton, Ed	NDF	18.1	Johnson, Joel	NDF	21	Rafetery, W.	NHP	17.4
Brownlee, Brett	NDF	22.1	Jones, Blake	NDF	17.5	Rikalo, Robert	NHP	17.7
Bryant, Kelly	NDI	18.4	Kemmer, Eric	NHP	17.7	Rivera, Carlos	NHP	20.3
Carpenter, Ann	NHP	18.5	Koepnick, Matt	NDF	16.5	Rodriguez, Josh	DOC	16.2
Caylor, Mark	NDF	17.2	Lacy, Brian	DMV	18.4	Roll, Ken	NHP	17.7
Claggett, C	DMV	18.3	Lara, Gabriel	NDF	16.7	Saladino, V.	HDSP	17.2
Cooke, Michael	NHP	16	Lawrence, Joseph	NHP	17.4	Sampson, R.	NDF	19.3
Corrado, G.	NDF	17.3	Leon, Amber	P&P	17.9	Sanborn, Slade	NDF	22
Coss, Eric	NHP	18.5	Leonard, Russell	NDF	18.1	Shumway, N	NDF	18
Coy, Earl	NHP	18.5	Levine, Amy	DMV	25.3	Stankus, Beth	P&P	18.5
Dantonio, Mike	P&P	21	Lewis, Tommy	NDF	20	Stuenkel, Scott	NHP	22.6
Dinglasan, V.	NHP	18.1	Little, Thomas A	NDF	22.1	Tracy, Daniel	DOC	16.1
Dorff, John	NHP	25	Livrieri, Joe	NDF	20.6	Twiddy, Ken	NHP	19.3
Dory, Duane	NDF	18.6	Lytle, Shawn	NDF	17.2	Villas, Felix	NHP	20.3
Ellison, Todd	NHP	16	Mangham, Nolan	NDF	17.2	Wehrly, John	P&P	18
Ely, Robert	P&P	19.1	Martin, Scot	NHP	18.3	Welden, Karen	DOW	17.2
Faehling, Chris	NDF	16	McDonald, Ken	NDOC	16	Wine, Brad	NHP	20.1
Farr, Kelly	DOC	17.9	Moonin, Matthew	NHP	17.6	Wong, Juan	NDF	22.5
Fehringer, Mark	NHP	18.5	Moore, Kevin M.	NHP	17.3	Woolever, Tim	NDF	18.7
Fox, Chuck	NDF	25.4	Morgan, Daniel	NDF	25.3	Woolman, T.	P&P	17
Gerrard, J.	NDI	18.3	Mulkey, Eric	NHP	16.5	Moss, Kyle	DMV	16

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 guest 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 Mandy Payette at 775-687-3194 or contact her by e-mail at mpayette@risk.state.nv.us You can also contact the State Health and Wellness Coordinator, Josh Wilson, at 775-323-1656 extension 21, or by e-mail Wilson_jr@willis.com for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart -healthy lifestyle.