State of Nevada

Department of Administration

Peak Performance

Risk Management Division

Volume 2010 – 2 **Apr/May/June 2010**

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WHAT YOU CAN DO TO CONTROL STRESS

ACTIONS SPEAK LOUDER THAN WORRIES WHEN IT COMES TO REDUCING STRESS. If you find yourself in a frustrating position, stress management expert Dr. Andrew Elmore recommends starting with the question: "'Is there something I can do about it right now?' If so, do it. Use the energy of the stress to solve the problem."

PLANNING YOUR ACTION

If immediate action isn't possible or advisable Dr. Elmore suggests asking yourself, “Is there something I can do about it in the future? Write an action plan with a script; taking symbolic action makes you feel better than doing nothing.”(You might prepare notes for a meeting with your boss to discuss your concerns calmly.)

Any effort to make the problem feel manageable is a useful stress management tool. “You really have no control over external events, but you can fool your brain into thinking you have some control,” says Dr. Esther Sternberg of the National Institute of Mental Health. “Once you take care of the part you can control, you feel more in control overall.”

LETTING GO

If you've exhausted your options and the situation is simply out of your hands (think of a student worrying about his grade after turning in his term paper), Dr. Elmore advises, "Relax and let it go — you've done all you can." Easier said than done, but you can train yourself to tune out stressful thoughts (methods range from meditation to watching unabashedly mindless TV shows). Remember that obsessing over the outcome of your efforts is a waste of energy. Imagine your dentist awake at night, agonizing over whether you heeded her warning to floss more often. It won't do her — or your teeth — any good.

LIVING AT EASE

By taking action and letting go of the results, you can come to terms with events outside your control. It's not that you say, 'There's nothing I want to accomplish; I'm happy no matter what happens.' It's that, hand in hand with your goals, you have a deeper intention of how you want to live. Do you want to be contented and at ease — or constantly on edge? And once you clarify that, it's much easier to let go of minor disappointments and even major setbacks. If the world deals you a no-win hand, the one choice you always do have is how it affects you. You know, there's not a lot we have control over so it's really about clarifying how you want to go through your days. Set goals for yourself, but always hold that vision of approaching life from a place of ease, acceptance and joy.

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. 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
- Lessens stress and lightens depression
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin-dependent (type 2) diabetes

ALLERGY SEASON IS UPON US
4 AMAZING ALLERGY FACTS

1. Wash your hair before bedtime. You will remove any pollen and keep it from settling on pillows and bedding. Plan your outdoor activities when pollen counts are low. Wash your hands frequently and avoid irritants such as tobacco smoke, hair spray and perfume.
2. The best time to take an antihistamine, which helps block allergic reactions, is before symptoms start. Some allergy medications can cause sleepiness. Ask your health care provider about antihistamines that cause less drowsiness.
3. Dust mites are known to nest in area rugs causing you to sneeze and itch. Place area rugs outdoors in direct sunlight for a few hours until they become warm and dry. The result: Mites dry up and die.
4. Moving to another location does not guarantee allergy relief. People usually develop allergies to their new region's pollens within a few years of moving. Plus, most allergy-provoking grasses are widespread.

Restaurant Industry Secrets

Starbucks doesn't want you to know

...that most of its lattes pack more sugar than a two-scoop ice cream sundae. The Starbucks nutrition website boasts that one Grande Latte provides half of your recommended calcium intake for an entire day; what it doesn't say is that some of those calcium-packed beverages also provide almost your entire day's worth of sugars. Check it out: a no-whip Grande Gingersnap Latte packs 34 grams of the sweet stuff, a no-whip Grande Cinnamon Dolce Latte offers 38 grams, and the healthy-sounding Grande Awake Tea Latte includes 31 grams. Add whipped cream, add sugar. And cutting back from 2 percent milk to skim doesn't help either. In fact, the fat-free versions are even sweeter.

Taco Bell doesn't want you to know

...that you're better off ordering a Cheesy Double Beef Burrito than its Fiesta Taco Salad. The salad is actually the most caloric item on its menu-with 840 calories, 45 grams of fat, and 1.5 grams of trans fats, this is not a healthy choice. Cut almost half the calories by either opting for the shell-less salad, or the Double Beef Burrito, as mentioned above.

KFC doesn't want you to know

...that it still uses partially hydrogenated oils. One look at the KFC nutrition information would have you believe that you'll only find trans fat if you eat the gravy. What's worse, KFC boasts on its website that KFC Chicken contains 0 grams of trans fats per serving. But partially hydrogenated oils appear 91 times on its menu's ingredients list in a range of menu items from chicken dishes to sauces to potatoes and rice! Technically, their nondisclosure isn't totally illegal: the FDA says that if a product contains less than 0.5 grams of trans fat per serving, you're allowed to say it's "trans-fat free". We applaud KFC for cutting back significantly on the trans fats over the past few years, but do us all a big favor and go the whole way.

Subway doesn't want you to know

...that you'll eat more calories there than you would at McDonald's. It's not exactly Subway's fault-most of their offerings are healthy, nutritious, and low-calorie. But a 2007 study at Columbia University found that when shown two 1,000-calorie dishes, people underestimated the load by about 159 calories in food they consider "healthy." The researchers also found that when people eat at "healthy" restaurants, like Subway, they tend to order 131 percent more calories in side items than they do at known "unhealthy" restaurants. Not that calorie count alone tells the whole story about the nutritional quality of the foods you're eating, but if you're already going out of your way to eat as healthily as possible, it's important to remember that it's still possible to overdo it, even at "good" restaurants.

JUST HOW WELL IS ARC DOING?

ARC is entering its tenth month of service with the State of Nevada for Occupational Health Services. ARC has received 1271 surveys from employees ranking the service they have received. We are pleased to report that overall employees are extremely satisfied with the service they are receiving. We encourage all employees to fill out the survey, which can be done anonymously, and return it to ARC in the survey boxes located at all locations and on the mobile units.

The charts below show a total count by survey question and percentages.

Key:	Office / Mobile	M.A. / Nurses	X-Ray Tech	Doctor	Wait Times	Blood Draw	Audiogram	Spirometry	Stress EKG	Overall Rating
Excellent = 5	880	991	901	1008	873	739	702	793	661	906
Good = 4	305	261	301	244	293	259	363	340	245	319
Fair = 3	24	11	12	8	74	39	107	35	13	30
Poor = 2	2	2	2	3	19	7	29	2	0	3
Terrible = 1	1	0	0	0	8	2	4	0	1	1
Total Responses	1212	1265	1216	1263	1267	1046	1205	1170	920	1259
No Response = -	59	6	55	8	4	225	66	101	351	12

Key:	Office / Mobile	M.A. / Nurses	X-Ray Tech	Doctor	Wait Times	Blood Draw	Audiogram	Spirometry	Stress EKG	Overall Rating
Excellent = 5	73%	78%	74%	80%	69%	71%	58%	68%	72%	72%
Good = 4	25%	21%	25%	19%	23%	25%	30%	29%	27%	25%
Fair = 3	2%	1%	1%	1%	6%	4%	9%	3%	1%	2%
Poor = 2	0%	0%	0%	0%	1%	1%	2%	0%	0%	0%
Terrible = 1	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%

THIRSTY?

Drinking even one 12-ounce can of regular soda daily boosts your risk of a heart attack by 24 percent; with two or more servings the danger is further increased by 35 percent.

YOU SHOULD KNOW

Embrace the pale, or pay the price: Using a tanning bed before the age of 30 increases your skin cancer risk by 75 percent.

WHOLE GRAINS MAY PROTECT AGAINST DIABETES.

Researchers who studied more than 160,000 women found those that ate the most whole grains were about 35 percent less likely to develop type 2 diabetes than those who ate the least.

*** Choose whole-wheat bread and brown rice.**
***Try whole-wheat pasta, pancakes, breakfast cereals, waffles and muffins.**

Add whole grains to dishes you are cooking, such as barley in vegetable soup or oatmeal in meatloaf.

PEAK PERFORMERS

EMPLOYEE	AGENCY	LOCATION	MET LEVEL
Adrian, Jena	P&P	N	23.9
Bryant, Kelly	NDI	S	16.9*
Delvillan, John	P&P	S	17.06*
Hanson, Tyrell	NDF	N	17.2
Harkleroad, Blair	NHP	N	16.9
Hoehne, Brian	NDF	N	17.2
Kocur, Theodore	NHP	S	16.9*
Llvares, Federico	DMV	S	18.6*
Luce, Craig	NDOC	N	16.3
Massa, Michael	P&P	S	22.4*
Montagna, Ernest	DMV	S	17.3*
Pirtle, Michael	DMV	S	24.1*
Preuss, Frank	DMV	S	20.0*
Reimer, Daren	NHP	S	19.4*
Schulz, Burel	DMV	S	21.0*
Sines, Robert	NHP	S	20.2*
Smith, Mark	P&P	N	19.2
Solow, Daniel	NHP	S	16.9*
Uncangco, William	P&P	S	18.8*
Warner, Jenny	NHP	Rural	16.9

* indicates MET level achieved using a modified Bruce Protocol.

EMPLOYEES MAKING SUBSTANTIAL HEALTH IMPROVEMENTS

EMPLOYEE	AGENCY	LOCATION
Branch, Michael	NHP	S
Gilliland, Todd	NDOC	Rural
Hill, Johnnie	NDOC	N
Krodel, Josef	NDOC	N
Pierce, Lance	NDOC	Rural
Schaff, Conrad	NDOC	S
Stolk, Michael	NDOC	Rural
Ybarra, David	NDOC	N

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 email at 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.