



# CVMC Top Critical Access Hospital

Central Valley Medical Center was recently listed among the 20 highest ranking Critical Access Hospitals (CAHs) in the country, as determined by iVantage Health Analytics.

The announcement was made by the National Rural Health Association (NRHA), and an awards ceremony will be held in October, in Austin, Texas.

CAHs named have achieved success in one of three key areas of performance, based on iVantage Health Analytics tabulation. Those key areas are: quality, patient perspectives, and financial stability.

CVMC was recognized for achievement in the area of patient perspective index.

• **Quality index:** A rating of hospital performance based on the percentile rank across the five categories of Hospital Compare process of care measures.

• **Patient perspective index:** A rating of hospi-



tal performance based on the percentile rank on two Hospital Compare HCAHPS measures (“overall rating” and “highly recommend”).

• **Financial stability index:** A rating of hospital performance based on the percentile rank on a set of balance sheet and income statement financial ratios.

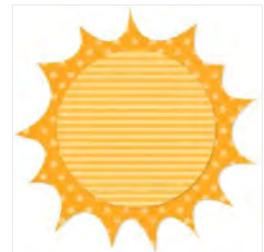
“NRHA is committed to ensuring our members have the best information to manage their hospitals,” said Brock Slabach, NRHA membership services vice president. “In this era of transparency and accountability, NRHA is pleased to recognize the accomplishments of these hospitals.”

The list of top hospitals in alphabetical order and by

category can be found at: [www.ivantagehealth.com](http://www.ivantagehealth.com)

NRHA is a nonprofit organization working to improve the health and wellbeing of rural Americans and providing leadership on rural health issues through advocacy, communications, education and research. NRHA membership is made up of 21,000 diverse individuals and organizations, all of whom share the common bond of an interest in rural health. For more information, visit [RuralHealth-Web.org](http://RuralHealth-Web.org).

iVantage Health Analytics, Inc. is a privately held health care business intelligence and technology company. The company is a leading provider of information products serving an expansive health care industry. iVantage integrates diverse information with innova-



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### Did you know?

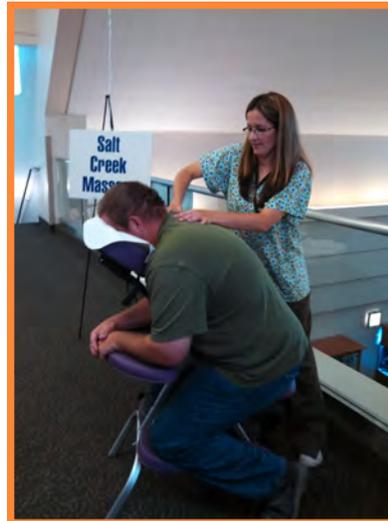
- Your body uses 300 muscles to balance itself while standing still.
- Laughing lowers levels of stress hormones and strengthens the immune system.
- On average, women say 7,000 words per day. Men speak just over 2,000.

# Health Fair Deemed A Success

Over 300 people attended CVMC's annual health fair on Saturday, May 18th, and took advantage of the many free health screenings and discounted lab tests offered.

According to event organizer, Heidi Kelso, "We offered two additional lab tests, the A1C and CBC, which were very popular and increased attendance this year. My favorite part was the lunch that our EMT's cooked for everyone!"

Thirty different vendors participated in the health information booths, including: The Utah Department of Health, Utah Organ Donor Registry, Senior Medicare Patrol, Central Utah Counseling Center, Nephi Police Department, AirMed, Salt Creek Massage, Central Valley Home Health & Hospice, Central Valley Community Pharmacy, Osteo Imaging, Nebo Vision, Nephi Police department, and many more.



# Every Body Walk!

You've heard the old adage, "Exercise is Medicine!" But have you heard about the "Every Body Walk!" collaborative? It's a national campaign aimed to get every American walking, and it's making strides in many neighborhoods.

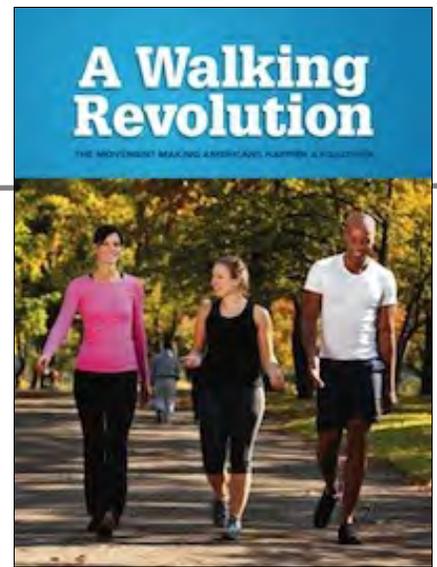
CVMC has joined the community initiative to promote good health through walking. "Walking is something almost everyone can do. It produces many benefits including being happier and healthier!" said Heidi Kelso, Marketing Director for CVMC.

A report called, "A Walking Revolution: A Movement Making Americans Happier and Healthier" discusses the positive aspects of walking and examines potential health benefits and consequences for community initiatives and the environment.

This report is the result of a meeting of more than 140 pro-walking representatives which accumulated in a Proposed Call to Action on Walking announcement by US Surgeon General Regina Benjamin, MD, MBA.

According to the report, here are some health benefits of walking:

- **Major savings in health care costs** for families, business and government, which will go a long ways toward relieving the economic crisis. Physical inactivity costs an estimated \$177 billion a year in medical costs and accounts for 16 percent of all deaths, according to the American Public Health Association.
- **Improved student performance**, as seen in a California Department of Education study showing that students who get regular physical activity earn higher SAT scores.
- **A stronger sense of community and security.** People out walking make our hometowns livelier, safer and more attractive places to live, work, play, shop and invest.
- **A stronger sense of place and economic vitality.** A vital pedestrian presence is one of the fundamental goals of placemaking — a growing movement to improve neighborhoods and business



districts by strengthening their sense of place.

- **A step toward social equity**, since the benefits of walking can easily be made accessible to people of all incomes, races, ages and levels of ability. Many differently abled people can enjoy good walking facilities, whether walking or rolling. Most trips on public transit begin and/or end with a walk.
- **A greater appreciation of local, state and national parks and open space**, as well as recreation centers, and other attractive destinations for walking and regular physical activity.

**WALK YOUR WAY TO BETTER HEALTH**  
**Anatomy of Walking**

- BOOSTS ENDORPHINS** EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES
- REDUCES GLAUCOMA RISK**
- HALVES ALZHEIMER'S DISEASE RISK** OVER 5 YEARS
- LIMITS SICKNESS** BY INCREASING CIRCULATION
- IMPROVES HEART HEALTH** BY INCREASING HEART RATE AND CIRCULATION
- WORKS ARM & SHOULDER MUSCLES**
- ENGAGES AB MUSCLES**
- IMPROVES BLOOD PRESSURE** BY FIVE POINTS
- BUILDS BONE MASS**, REDUCING RISK OF OSTEOPOROSIS
- LIMITS COLON CANCER** BY 31% FOR WOMEN
- STRENGTHENS LEGS**, INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS
- IMPROVES BALANCE**
- BURNS MORE FAT** THAN JOGGING
- ONLY 30 MINUTES A DAY, 5 TIMES A WEEK CAN MAKE YOU HEALTHIER AND HAPPIER**

Every Body WALK! [WWW.EVERYBODYWALK.ORG](http://WWW.EVERYBODYWALK.ORG)

**HEALTH BENEFITS of WALKING**

- 20** WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/YEAR
- 45** WALKING 45 MINUTES/DAY HALVES ODDS OF CATCHING A COLD
- 1** WALKING 1 MINUTE CAN EXTEND LIFE BY 15-20 MINUTES
- 20** WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS

**DEMENTIA**  
Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.

**DIABETES**  
Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.

**HEART DISEASE**  
Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.

**ARTHRITIS**  
Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.

**DEPRESSION**  
Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

- WALKING 6 MILES/WEEK CAN HALVE RISK OF ALZHEIMER'S DISEASE OVER 5 YEARS**
- WOMEN WHO WALK FOR 1 HOUR/DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/DAY CAN LOSE AND KEEP OFF 25 LBS**
- WALKING 30 MIN/DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%**
- PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK**
- WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/WEEK**

Every Body WALK! [WWW.EVERYBODYWALK.ORG](http://WWW.EVERYBODYWALK.ORG)

## Blood Drive: August 6th

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The American Red Cross partners with CVMC to assure a continuous supply of blood products. Currently there is a nationwide shortage of blood products. Summer time can be a time of high utilization due to accidents, yet fewer people donate blood.

John Peterson, Communications Program Manager for the Red Cross in SLC, said, "We rely on high schools and colleges for about 20 percent of the blood that we collect. Donations from

those who usually give at these drives drop by more than 80 percent when school is out for the summer."

Peterson further reports that blood donations dropped 10 percent from May to June, a seasonal drop resulting in about 50,000 fewer donations than the Red Cross seeks to fill blood needs. Additionally, the midweek Independence Day holiday reduced the number of blood drives scheduled in July. Please consider donating blood on August 6th.



**American  
Red Cross**

**URGENT NEED**

**Blood Drive**

**Tuesday, August 6**

**9:00 AM to 2:00 PM**

**CVMC 2nd Floor**

**To schedule an appointment  
to donate call 435-623-3115**



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## Clinic Hours

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### **Nephi Medical Clinic 623-3200**

Monday thru Friday 9 AM—5 PM

Saturday 9 AM to 12 Noon

James Besendorfer, M.D.

Marc F. Jones, D.O.

Mark Oveson, M.D.

Emily S. Poff, M.D.

Grant Rasmussen, M.D.

James F. Rosenbeck, D.O.

Jerald Taylor, D.O.

Christie Mangelson, FNP

### **Ftn. Green Medical Clinic 445-3301**

M, W, TH, F 9 AM—5 PM

Tuesday 9 AM—8 PM

Marc F. Jones, D.O.

Emily S. Poff, M.D.

James F. Rosenbeck, D.O.

Christie Mangelson, FNP

### **Orthopedic Surgery Clinic 623-3633**

Tuesdays & Thursdays 8 AM—4 PM

Fridays 8 AM—12 Noon

Joel E. Holman, M.D.

### **Women's Clinic 623-3200**

Obstetrics and Gynecology

Monday thru Friday 9 AM—5 PM

Stanton Bailey, M.D.

Emily S. Poff, M.D.

Christie Mangelson, FNP

### **General Surgery Clinic 623-3202**

Mondays 9 AM—5 PM

Richard E. Anderson, M.D.