Objectives

1. Discuss the W.H.O. definition of wellness
2. List the common causes of death in U.S.
3. Discuss suicide and alcohol/drug abuse in U.S.
4. Describe increasing death rates of middle age individuals and their causes
5. Describe essential elements to health and happiness and the role of healthcare professionals.

World Health Organization definition of WELLNESS

"The optimal state of health of individuals and is not only:

- Physical
- Psychological
- Social
- Economical
- Spiritual

but also fulfillment of one’s role expectations in the family, community, place of worship, workplace, and other settings."

WELLNESS

How can we have an optimal state of health if we have self-limiting beliefs?

- Physical
- Psychological
- Social
- Economical
- Spiritual

With self-limiting beliefs, how can we fulfill role expectations in the family, community, place of worship, workplace?
Our self-image:

- Controls our life
- Guides our mind's command center
- Directs all our actions, feelings
- It's impossible for us to act otherwise

Where did we get this self-limiting self-image?

The Problems

The Solution

Health / Lifestyle Issues Facing Americans

- Increasing DEPRESSION / ANXIETY
- Increasing SUICIDE
- OPIOID NARCOTIC ABUSE Epidemic
- PHYSICAL INACTIVITY
- Excessive UNHEALTHY FOOD
- Excessive ALCOHOL CONSUMPTION
- OBESITY Epidemic

Use of Anti-Depressant Medications Continue to Increase in the U.S.

August 2017


Increase in Suicide in U.S.
1999-2017 U.S. Dept. HHS / CDC Nov 2018

- Deaths from suicide surpass deaths from motor vehicle accidents
- Suicide death rates increased for males & females and for ALL groups aged 10 – 74
- While more men than women die from suicide, the increase in suicide rate was greater for females (53% increase) than males (26% increase) from 1999 – 2017
- Highest suicide rates for females in 45-64 age group
- Suicide rate tripled for females aged 10-14
Prescriptions for narcotic pain medications have quadrupled over the last 15 years.

Deaths from opioid narcotics have also quadrupled over last 15 years.

Studies have revealed NO increase in the causes or the amount of pain.

Opioid death rates continue to be a major healthcare issue.

Overdose deaths involving opioids, cocaine, and psychostimulants – United States

Drug overdoses resulted in 632,331 deaths from 1999 to 2016 in the United States, with 351,630 being opioid overdose death.

The epidemic has continued to worsen with deaths increasing across all drug categories:
- 52,404 deaths in 2015
- 63,632 deaths in 2016
- 72,000 deaths in 2017

"The ongoing and worsening drug overdose epidemic requires immediate attention and action."

Excessive Alcohol Consumption

Excessive alcohol consumption is 4th leading preventable cause of death in U.S.

Annually: 88,000 deaths, $223.5 billion

Approx. 70% of all alcohol related deaths were among working-age adults (20-64)

Alcohol and Cognitive Decline

Moderate alcohol consumption as a risk factor for adverse brain outcomes and cognitive decline: longitudinal cohort study

BMJ 2017; 357: 2353
### U.S. Obesity Trends

- In 1980: 1 in 10 in U.S. were obese
- In 2019: almost 4 in 10 are obese
- Today, 2 out 3 people are overweight
- W.H.O. Cancer and Excess Fat

### Health / Lifestyle Issues Facing Americans

- Increasing DEPRESSION / ANXIETY
- Increasing SUICIDE
- OPIOID NARCOTIC ABUSE Epidemic
- PHYSICAL INACTIVITY
- Excessive UNHEALTHY FOOD
- Excessive ALCOHOL CONSUMPTION
- OBESITY Epidemic

### U.S. Causes of Death on Death Certificates 2017

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause of Death</th>
<th>Deaths 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Heart Disease</td>
<td>635,260</td>
</tr>
<tr>
<td>2</td>
<td>Cancer</td>
<td>598,038</td>
</tr>
<tr>
<td>3</td>
<td>Accidents</td>
<td>161,374</td>
</tr>
<tr>
<td>4</td>
<td>Chronic Lung Disease</td>
<td>154,596</td>
</tr>
<tr>
<td>5</td>
<td>Stroke (Cerebrovascular Diseases)</td>
<td>142,142</td>
</tr>
<tr>
<td>6</td>
<td>Alzheimer’s Disease</td>
<td>116,108</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes Mellitus</td>
<td>80,058</td>
</tr>
<tr>
<td>8</td>
<td>Influenza (Flu)/Pneumonia</td>
<td>51,537</td>
</tr>
<tr>
<td>9</td>
<td>Kidney Disease</td>
<td>50,046</td>
</tr>
<tr>
<td>10</td>
<td>Suicide</td>
<td>44,965</td>
</tr>
</tbody>
</table>

### Charter on Physician Well-Being

JAMA March 2018

"When physicians are well, they are best able to meaningfully connect with and care for their patients."

"Approaches to address physician well-being are most effective when contextualized within efforts to enhance the well-being of all health care team members."

"Governing bodies, policy makers, medical organizations, and individual physicians share a responsibility to proactively support meaningful engagement, vitality, and fulfillment in medicine."
Death Rates Increasing / Life Expectancy Decreasing in the United States

Death Rates in the U.S.

- Death rates increased for 8 of the top 10 causes in 2015 and life expectancy decreased for the first time since 1999
- A 3 year trend in decreasing life expectancy has not happened since the flu epidemic of 1918

Rising Morbidity and Mortality in Americans

- Princeton economists Dr. Deaton (Nobel Prize 2015) and Dr. Case analyzed U.S. death data from CDC
- Documented a marked increase in deaths of white men and women in U.S. age 45-54
- Increasing death rates were largely due to:
  - drug and alcohol poisonings
  - suicide
  - chronic liver diseases and cirrhosis
- This increased mortality was not seen in other ethnic groups or other industrialized countries

Increasing Death Rates in Americans

- Suicide
- Drug overdoses
- Liver disease
- Diabetes

Startling Statistics For Our Children

- The CDC announced November 2017 that if current trends continue, 57% of children in the U.S. will be classified as OBSESE when they reach adulthood.
- Type 2 Diabetes was typically only seen in Adults (AODM) but now is commonly seen in obese children.
- Use of anti-depressants is increasing in teenagers.
- The suicide rate is increasing in female and male teenagers

United States Deaths: Adolescents and Younger Adults

Most common causes of death in adolescents and young adults (ages 10 to 24):
- Accidents, Murder, Suicide (71% of Total)
We are all at RISK!!

Several hundred thousand deaths which occur before the age of 80 are preventable each year by modifying known risk factors.

American Cancer Society 2017 Preventable Causes of Cancer and Cancer Deaths
- Cigarette smoking / 2nd hand smoke
- Excess body fat
- Excessive alcohol consumption
- Physical inactivity
- Consumption of red and processed meat
- Low intake of fruits, veggies, dietary fiber and calcium
- Ultraviolet radiation
- Infections: Hepatitis B and C, HIV, HPV

Living WELL Aware

Eleven Essential Elements That Lead to Health and Happiness

We can greatly reduce our chances of emotional disorders, cancer, diabetes, heart disease, stroke, dementia, and many other health issues if we are Living WELL Aware!
### Essential Element #1

**NORMAL NUMBERS NOW!**

- Blood Pressure / Heart Rate
- Lipid Values: LDL-C, HDL-C, Triglycerides
- Fasting Blood Sugar or Hb A1c
- Ideal Body Weight / Body Mass Index
- Waist Measurement

### Essential Element #2

**CRITIQUE CALORIC CONSUMPTION**

- Dietary Indiscretion is Very Common
  - Excess intake
  - Unhealthy intake
  
  We put more STUFF in our body than it can eliminate!!

- Living WELL Aware
  - Assess our attitudes about eating
    
    - Why do we eat?
    - Where do we eat?
    - With whom do we eat?
    - When do we eat?
    - The way we eat?
    - What we eat?
Essential Element #3

MAKE
MOVEMENT
MANDATORY

How long do I need to exercise?
American Heart Association

- To reduce risk of chronic disease: 30 min of moderately intense activity most days of the week but greater benefits can be achieved by more vigorous or longer activity
- To help prevent weight gain: 60 min of moderate-to-vigorous intensity activity most days of the week
- To sustain weight loss: 60 to 90 min of daily moderate intensity activity daily

Living WELL Aware:
Balanced, Safe Exercise Program

- Strength training
- Endurance / Stamina
- Balance
- Flexibility

It’s really about survival !!!

Cardiovascular Fitness and Dementia

Midlife cardiovascular fitness and dementia: A 44-year longitudinal population study in women

Results: those with the highest level of fitness had an 88% reduction in dementia.

* Helena Horder, PhD et al Neurology 2018

Essential Element #4

ADDRESS ADVERSE ADDICTIONS
HALT HARMFUL HABITS

Adverse Addictions /
Harmful Habits

- Tobacco
- Alcohol excess
- Illegal drugs
- RX narcotics
- Work overload
- Gambling
- Anger
- Stressful thoughts
- Pornography
- Excess/unhealthy food intake
- Over spending
- Internet / TV excess
- Inadequate exercise
- Social media excess
### Why are these first 4 LWA Essential Elements important?

- 1. Normal Numbers Now
- 2. Critique Caloric Consumption
- 3. Make Movement Mandatory
- 4. Halt Harmful Habits

### American Heart Association: 7 HEALTH METRICS

1. Normal Cholesterol
2. Normal Blood Pressure
3. Normal Blood Sugar
4. Normal Weight
5. Physical Activity
6. Healthy Food Consumption
7. No Tobacco

Dramatically Decrease Death / Disability

### 7 Health Metrics Matter!

**Circulation 2012**

- Studied over 7,600 adults for about 6 years
- Only 1.1% met all 7 metrics
- Study participants with 5 or greater health metrics had an 88% reduction in the risk of dying from cardiovascular disease and 78% reduction in death from all causes

### We Can Have the Best Intentions to ......

- Put fitness in the schedule
- Eat healthy
- See our provider for a check up
- Get rid of harmful habits

### EXCUSES

- I don’t have enough TIME.
- I don’t have enough MONEY.

### Essential Element #5

**METICULOUSLY MANAGE MONEY AND MINUTES**
Manage Money and Minutes

We spend an enormous amount of minutes and money consumed with superficial appearance and seeking entertainment.

Essential Element #6

GRACIOUSLY GIVE OUR GIFTS

Stewardship

- Time
- Talents
- Treasures
- UNCONDITIONAL LOVE

Essential Element #7

FORGIVE:
FAMILY, FRIENDS, FOES, AND OURSELVES

Anger Destroys / Forgiveness Heals

Anger destroys:
- Individuals
- Families
- Organizations
- Countries

No matter what the issue - - FORGIVE!!

Essential Element #8

PASSIONATELY PURSUE PURPOSE AND PRIORITIES
Passionately Pursue Purpose and Priorities

Why was I created?
What is my purpose in life?
What are my talents?

WHO AM I?

Personal Mission Statement:
The single most important activity to direct your life.

Stephen Covey

"That vision, purpose, values is more powerful, more significant, more influential than the baggage of the past or the accumulated noise of the present."

Essential Element #9

STIFLE STRESS/
SEVER SUFFERING

Essential Element #10

PERIODICALLY
PAUSE / PONDER / PLAN / PRAY

R.P.M.
REFLECTION / PRAYER / MEDITATION

Essential Element #11

SEEK AND SECURE SUPPORT
If I have seen further than others, it is by standing upon the shoulders of giants.

Isaac Newton

Essential Element #12

Reflect, Rest, Rejuvenate,

REJOICE

CHANGE

We can not get better unless we admit something we are doing or believing needs to be CHANGED.

The Goal of Living WELL Aware

LIVE HEALTHY

LIVE HAPPY

LIVE HOLY

LIFT HUMANITY!

Thank You!

Free ONE MINUTE WELLNESS Newsletter and Blog:
Text 22828 and enter LWA or
Sign Up at livingwellaware.com on Home Page

sulak@livingwellaware.com 254-899-5383
# Your Belief System

<table>
<thead>
<tr>
<th>5 Aspects of Wellness</th>
<th>Self-Limiting Beliefs</th>
<th>Beliefs for Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Financial</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spiritual</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The World Health Organization defines **Wellness** as “the optimal state of health of individuals and groups, involving not only the realization of the **fullest potential of an individual** physically, psychologically, socially, spiritually and economically, but **one’s role expectations** in the family, community, place of worship, workplace and other settings.”

Living WELL Aware™ has constructed a scoring system based on these five areas to guide participants to critically evaluate these components of their health. Please review this **SCORING GUIDE** before completing your **SCORING SHEET**.

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Social</th>
<th>Financial</th>
<th>Spiritual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete</td>
<td>Good</td>
<td>Fair</td>
<td>Marginal</td>
<td>Poor</td>
</tr>
<tr>
<td>Great</td>
<td>Strength/</td>
<td>Physical</td>
<td>Stamina</td>
<td>Strength/</td>
</tr>
<tr>
<td>Normal</td>
<td>Stamina</td>
<td>Activity</td>
<td>2-3 Times/</td>
<td>Infrequent</td>
</tr>
<tr>
<td>Numbers</td>
<td>(i.e. weight,</td>
<td>or More</td>
<td>Week</td>
<td>Physical</td>
</tr>
<tr>
<td>(i.e. weight, blood</td>
<td>Times/</td>
<td>Numbers</td>
<td>Activity)</td>
<td>Activity</td>
</tr>
<tr>
<td>pressure, cholesterol</td>
<td>or More</td>
<td>May or May Not</td>
<td></td>
<td>&amp;</td>
</tr>
<tr>
<td>profile, and fasting total</td>
<td>Times/</td>
<td>be Normal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>blood sugar)</td>
<td>Week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Depression,</td>
<td>No Depression or Anxiety,</td>
<td>Occasionally Depressed or</td>
<td>Depression or Anxiety</td>
<td>Consumed with Anxiety</td>
</tr>
<tr>
<td>Anxiety, Stress</td>
<td>but Life Events Can Lead to</td>
<td>Anxious with Minor</td>
<td>Interferes with Daily</td>
<td>Resulting in Inability</td>
</tr>
<tr>
<td>Positive Coping Strategies</td>
<td>Stress/Irritability</td>
<td>Interference of Daily</td>
<td>Activities/Work</td>
<td>to Work or Function</td>
</tr>
<tr>
<td>for All Life Events No</td>
<td>Consistent Use of Positive</td>
<td>Performance</td>
<td>Performance</td>
<td></td>
</tr>
<tr>
<td>Matter How Catastrophic</td>
<td>Coping Strategies with</td>
<td>Inconsistent Use of Positive</td>
<td>Lacking Positive</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Occasional Setbacks</td>
<td>Coping Strategies</td>
<td>Coping Strategies</td>
<td></td>
</tr>
<tr>
<td>Skilled in Giving and</td>
<td>Confident in Ability to</td>
<td>Able to Receive Love, Care,</td>
<td>Unsure of Ability to</td>
<td>Feels Unworthy of Love,</td>
</tr>
<tr>
<td>Receiving Love, Care,</td>
<td>Receive Love, Care, and</td>
<td>and Support but Fearful or</td>
<td>Give and Receive Love,</td>
<td>Care, and Support</td>
</tr>
<tr>
<td>and Support</td>
<td>Support</td>
<td>and Angry When Difficulties</td>
<td>Care, and Support</td>
<td></td>
</tr>
<tr>
<td>When Difficulties in</td>
<td>Good at Repairing</td>
<td>Questionable Skills When</td>
<td>Difficulty with</td>
<td>Unable to Have Healthy</td>
</tr>
<tr>
<td>Relationships Arise,</td>
<td>Relationships</td>
<td>Repairing Relationships</td>
<td>Repairing Relationships</td>
<td>Relationships</td>
</tr>
<tr>
<td>Highly Effective in Resolving</td>
<td></td>
<td></td>
<td>History of Unresolved</td>
<td></td>
</tr>
<tr>
<td>Issues</td>
<td></td>
<td></td>
<td>Relationships</td>
<td></td>
</tr>
<tr>
<td>Could Exist Without</td>
<td>Financial Planning in Place,</td>
<td>Meeting Financial Needs</td>
<td>Struggling to Meet</td>
<td>Not Able to Meet Needs</td>
</tr>
<tr>
<td>Any Entitlements</td>
<td>but Could Be Insufficient if</td>
<td>but Concerned About</td>
<td>Financial Needs</td>
<td>Extensive Assistance</td>
</tr>
<tr>
<td></td>
<td>Major Events Occur</td>
<td>Future</td>
<td>Substantial Debt</td>
<td>Needed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Debt</td>
<td>May Have Some Debt</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unselfishly Loving, Giving,</td>
<td>Loving and Forgiving with No</td>
<td>Occasional Difficulties with</td>
<td>Frequent Difficulties</td>
<td>Not Loving, Giving,</td>
</tr>
<tr>
<td>Forgiving</td>
<td>Grievances</td>
<td>Loving, Giving, and/or</td>
<td>Loving, Giving,</td>
<td>and/or Forgiving</td>
</tr>
<tr>
<td>Willing to Sacrifice and</td>
<td>Giving Is a Life Focus but Not</td>
<td>Forgiving</td>
<td>and/or Forgiving</td>
<td>Hatred Dominates</td>
</tr>
<tr>
<td>Suffer to Help Others</td>
<td>to The Point of Sacrificing</td>
<td>May Hold Grievances</td>
<td>Holds Grievances</td>
<td></td>
</tr>
<tr>
<td>(ex: Mother Teresa)</td>
<td>One’s Lifestyle</td>
<td>Occasional Connection to</td>
<td>Minimal Connection to</td>
<td>No Connection to</td>
</tr>
<tr>
<td>Deeply Connected to a</td>
<td></td>
<td>a Higher Power or Inner Spirit</td>
<td>a Higher Power or Inner Spirit</td>
<td>a Higher Power or Inner Spirit</td>
</tr>
<tr>
<td>Higher Power or Inner Spirit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**The World Health Organization defines Wellness as “the optimal state of health of individuals and groups, involving not only the realization of the fullest potential of an individual physically, psychologically, socially, spiritually and economically, but one’s role expectations in the family, community, place of worship, workplace and other settings.”**
We cannot begin improving the quality of our lives without honestly assessing our current health status and envisioning the level of wellness we desire in our lives. After reading the LWA™ SCORING GUIDE, use this LWA™ SCORING SHEET to calculate your WELLNESS SCORE in each of the W.H.O. defined areas based on a scale from 5 (highest) to 1 (lowest). It is better to underscore than over score when it comes to rating your wellness to better assess future changes. You may use ½ points if you have extreme difficulty in choosing between 2 numbers.

No one is a 25! We are all a work in progress. Do not compare your score against others. You are only competing against yourself. By reassessing your score periodically and by Living WELL Aware™, you will see improvements in your score and greater levels of health and happiness.

What is Your Wellness Category?

5 – 9: Health Alert; Make Wellness Your Priority
If you have found yourself in this category, your time is now! Seek a healthcare provider, spiritual director, financial advisor, or others to assist you in getting your life on an improved path to wellness. Dump the negative and start thinking positive. Start focusing on Living WELL Aware™.

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” Thomas A. Edison

10 – 14: Move Forward and Keep Making Improvements
You can do this! It is essential that you continue making strides in your journey. Envision daily the person you desire to be and set goals to make it happen. Seek and secure support! Surround yourself with individuals who inspire you and challenge you to be a better person.

“We may encounter many defeats, but we must not be defeated.” Maya Angelou

15 – 19: Strive for More, Never Stop Challenging Yourself
Great! If you scored in this category, you are making health a priority. Strive to reach further by focusing on areas you may be neglecting and challenge yourself to step out of your routine to make your wellness journey even greater!

“I attribute my success to this: I never gave or took any excuse.” Florence Nightingale

20 +: Becoming the Best Version of Yourself!
Congratulations! Wellness is a life priority for you. Help others improve their health and happiness as you continue to strive for excellence. Onward!

“Failure will never overtake me if my determination to succeed is strong enough.” Og Mandino
Texas Board of Nursing Scope of Practice Decision-Making Model

IS THIS ACTIVITY OR INTERVENTION IN MY

SCOPE OF PRACTICE?

| QUESTION 1 | YES |
| Is the activity or intervention prohibited by the NPA; Board rules, guidelines or position statements; or any law, rule or regulation from any agency? |

| QUESTION 2 | NO |
| Is the activity or intervention authorized by a valid order? |

| QUESTION 3 | NO |
| Is the activity or intervention consistent with current policies and procedures in your employing organization or facility? |

| QUESTION 4 | NO |
| Is performing the activity or intervention consistent with either current: |
| • Evidence-based practice findings and/or guidelines or |
| • Scope of practice/position statements from national nursing organizations? |

| QUESTION 5 | NO |
| Is there documented evidence of your current competence (education, knowledge, skills, abilities, experience and judgments) to perform the activity or intervention safely and effectively, in accordance with the accepted nursing “standard of care”? |

| QUESTION 6 | NO |
| Would a reasonable and prudent nurse perform the activity or intervention in a similar circumstance? |

| QUESTION 7 | NO |
| Are you prepared to assume accountability for the provision of safe care and the outcome of the care rendered? |

| QUESTION 8 | NO |
| If you are a Licensed Vocational Nurse, will adequate supervision be available? (Skip if you are a Registered Nurse) |

You may proceed with performance of the activity or intervention in accordance with prevailing standards of safe nursing care.

To learn more, visit hhs.texas.gov/qmp and bon.texas.gov
Texas Board of Nursing Scope of Practice Decision-Making Model
Is this activity or intervention in my scope of practice?

**QUESTION 1:**
Is the activity or intervention prohibited by the NPA; Board rules, guidelines or position statements; or any law, rule or regulation from any agency? (Texas Nursing Practice Act Section 301.002 (2) and (5), and Texas Board of Nursing Rules 217.11, 217.12, 224 and 225)
- If YES, Stop.
- If NO, continue to Question 2.

**QUESTION 2**
Is the activity or intervention authorized by a valid order?
- If NO Stop.
- If YES, continue to Question 3.

**QUESTION 3**
Is the activity or intervention consistent with current policies and procedures in your employing organization or facility?
- If NO Stop.
- If YES, continue to Question 4.

**QUESTION 4**
Is performing the activity or intervention consistent with either current:
Evidence-based practice findings and/or guidelines or
Scope of practice/position statements from national nursing organizations?
- If NO Stop.
- If YES, continue to Question 5.

**QUESTION 5**
Is there documented evidence of your current competence (education, knowledge, skills, abilities, experience and judgments) to perform the activity or intervention safely and effectively, in accordance with the accepted nursing “standard of care”?
- If NO Stop.
- If YES, continue to Question 6.

**QUESTION 6**
Would a reasonable and prudent nurse perform the activity or intervention in a similar circumstance?
- If NO Stop.
- If YES, continue to Question 7.

**QUESTION 7**
Are you prepared to assume accountability for the provision of safe care and the outcome of the care rendered?
- If NO Stop.
- If YES, continue to Question 8.

**QUESTION 8**
If you are a Licensed Vocational Nurse, will adequate supervision be available? (Skip if you are a Registered Nurse)
You may proceed with performance of the activity or intervention in accordance with prevailing standards of safe nursing care.

This decision-making flowchart was developed by Texas Board of Nursing staff to assist nurses in making good professional judgments about nursing tasks or procedures.

Texas Health and Human Services
Board of Nursing - Texas
To learn more, visit [hhs.texas.gov/qmp](http://hhs.texas.gov/qmp) and [bon.texas.gov](http://bon.texas.gov)