

Healthy Columbus Wellness Team Meeting

November 5, 2015

11:15am-3:30pm, Grange Audobon Center
505 W. Whittier St. Columbus, OH 43215.

“Like” us on Facebook before the end of today’s meeting and get a prize.

Facebook.com/HealthyColumbusEmployeeWellness

Lunch and Introductions

Healthy Columbus Oral Reports/Presentations:

The Healthy Columbus oral updates reflected specific questions/requests that ambassadors asked us to discuss in the retreat survey that was sent out in October.

- Worksite Wellness and ROI, Jen Morel- see report attached to the end of these minutes.
Please do not share this information with your colleagues- the will be part of a larger project. They were provided to ambassadors as a courtesy per their request.
- Fitness Questions Answered and Front Street Fitness, Pat Shick- see Right Start filer attached to these minutes. If you have specific questions about fitness, please give Pat a call anytime- he’s here to help you reach the fitness goals you’ve set for yourself, from beginner to advanced ability levels.
- Healthy Holidays Challenge, 2016 Live Healthy 10 Week Challenge and Intramural Wrap Up, Brandon
Healthy Holidays Challenge
 - The challenge will run November 30th – Dec 27th.
 - It focuses on exercise, water consumption, and getting healthy amounts of sleep. Participants will log their progress in these “goal areas” on their online portal and earn points for healthy habits
 - There are several prize tiers, giving participants more chances to win
 - Bonus weekly competitions include the holiday music challenge, healthy recipe challenge, and holiday decoration challenge
 - Registration begins November 16th. This is an individual challenge and you can sign up at www.livehealthycolumbus.org with the group ID LHColumbus.
- 10 Week Wellness Challenge
 - The 2016 Live Healthy 10 week team wellness challenge will introduce a prize catalog for all participants.
 - The catalog has over 5,000 items and allows participants to earn points to be redeemed for the (tax-free) prizes that motivate them the most.

- The credits earned from this challenge can be rolled over to other 2016 Healthy Columbus challenges (possibly a summer challenge, see me smile and healthy holidays), increasing your opportunity to earn more prizes.
- More details will be announced in January

Healthy Eating Presentation & Dessert Taste Test, Ashley Harris, RD, LD, Fresh Food Fresh Perspective
See presentation and healthy eating handouts/recipes attached to the minutes

CPR Anytime Guidelines and AED training, Lauren Nye, Occupational Safety and Health Program
Lauren showed the group how to use the AED kits that are now in every city building. She also encouraged folks to take the free CPR/AED training that is offered several times a year at Citywide Training. Participants become certified in adult/child CPR, AED, and first aid by the American Red Cross at no cost. The Citywide Training Catalog can be found at:
<http://columbus.gov/citywidetraining/>

Mindfulness/Stress Relief Presentation and Experience: Cynthia Clingan, PCC, Mind Body Spirit Academy

Program Updates

- **YTRAAK Challenge (pilot ended in August)**
 - 193 city employees participated in the YTRAAK Challenge this summer
 - As a whole, City employees logged 7960 miles and 298,978 minutes of activity
- **Heart Walk Results**
 - Approximately 100 registered walkers raised over \$8,000 in 2015 (doubled our fundraising for 2015!!)
 - Used farm stands as fundraisers
 - Will start planning promotion/fundraisers for next year shortly and tie it in with heart month (February). More details will be forthcoming.
- **Health Screening/Flu Shot Clinics**
 - Held approximately 30 on-site flu shot clinics and the Kroger Post Card Program will continue for 2015.
 - Post card is for adults and dependents (18+) on the City's health plan
 - Children should be taken to their doctor for a flu shot and it will be covered at 100%. *Many doctor's offices are reporting they are out of the flu mist for the season.*
 - Held 35 health screening events in 2015 and served approximately 1,700 employees. We are scheduling clinics for 2016 before mid- December. If your location did not host a clinic and would like to (or if you have suggestions to change the day of the week/time for the clinic at your location), please contact Jen ASAP.
- **See Me Smile Challenge**
 - 114 participants registered for the challenge; approximately 90 employees were engaged in the program.

- 51 participants logged 25 points or more for the month long challenge
- 1800 total vision and dental points were recorded by participants

- **Making Strides Against Breast Cancer Walk Results**
 - 75 team members registered
 - \$1,880 raised towards breast cancer research and support services
 - #5 ranked team at the Columbus event of 166 teams.

- **Intramural Results**
 - 12 city of columbus teams participated
 - 204 employees + spouses registered to play
 - 6 weeks (including playoffs)
 - A North and South division champion were crowned with team Risky Business winning the playoff championship

- **Better Together Pilot-** Better Together is an 8 week individual nutrition and fitness coaching program that was piloted this year with employees who had high biometric screening results or are graduates of the Diabetes Prevention Program. The program consists of 8 sessions that are taught by a Registered Dietitian or an Exercise Physiologist. The program is highly tailored to an individual's fitness and nutrition needs/goals. Preliminary pre and post data show that participants lost an average of 8.5lbs over the course of the program. We are working on gathering more detailed testimonials- one participant's A1C number dropped by . 2 points and another's cholesterol levels improved so much that their physician decided not to put them on medications, as he initially intended to do. Healthy Columbus will be modifying this program to make more readily available in 2016.

- **Farm Stands-** 30 Farm Stands were offered at 9 locations between July and October. Local produce was provided by New Century Farms in Circleville, OH and Azoti. The produce was discounted by 50% off of the retail price (subsidized by Healthy Columbus). The program was very successful and will continue in 2016.

- **Front Street Fitness Stats:**
 - Total members: -----**703 – (200 new members in 2015!!)**
 - # Visits (May 2014 – Present):------**13,586**
 - Average visits per member:------**18.1**
 - Right Start appointments (February 15 - present):------**309**
 - Total group class participants (February 15-present): ----**907**
 - # people signed up but have not used FSF: -----**117**

2016 Programming Highlights

- Focus on Disease Management
 - Increased Nutrition Programming
 - Back Health
 - Stress Management/Mindfulness
 - Mobile Mammography
 - Diabetes Prevention Program

- Health Screenings/Flu Shots
- Continue Physical Activity Programs
 - 10 Week Wellness Challenge
 - Community Walks/events
- Continue Tobacco Cessation Program
- Health and Benefits Fair (May 11th)
- Fitness Classes
- Intramural leagues
- FSF programming
- 5K (May 7th)

2016 Meetings 2:30-3:30 @ Citywide Training:

April 14th

July 13th

September 14th

December 14th (Ambassador Retreat)

Brandon will be available to answer questions/comments between December 16th and March 16th. Please contact him at btkimbro@columbus.gov or 645-3892.

Workplace wellness programs benefit both employees & employers alike!

Employees are the city's greatest asset

Increases morale, employee health, productivity, and recruitment/retention efforts

Reduces health care costs, accidents on the job, absenteeism

Potential for substantial cost savings for the city

RETURN ON INVESTMENT FOR WORKSITE WELLNESS PROGRAMS

Average of \$3.50-to-1 savings-to-cost ratio in reduced absenteeism and health care costs¹

27% reduction in sick leave

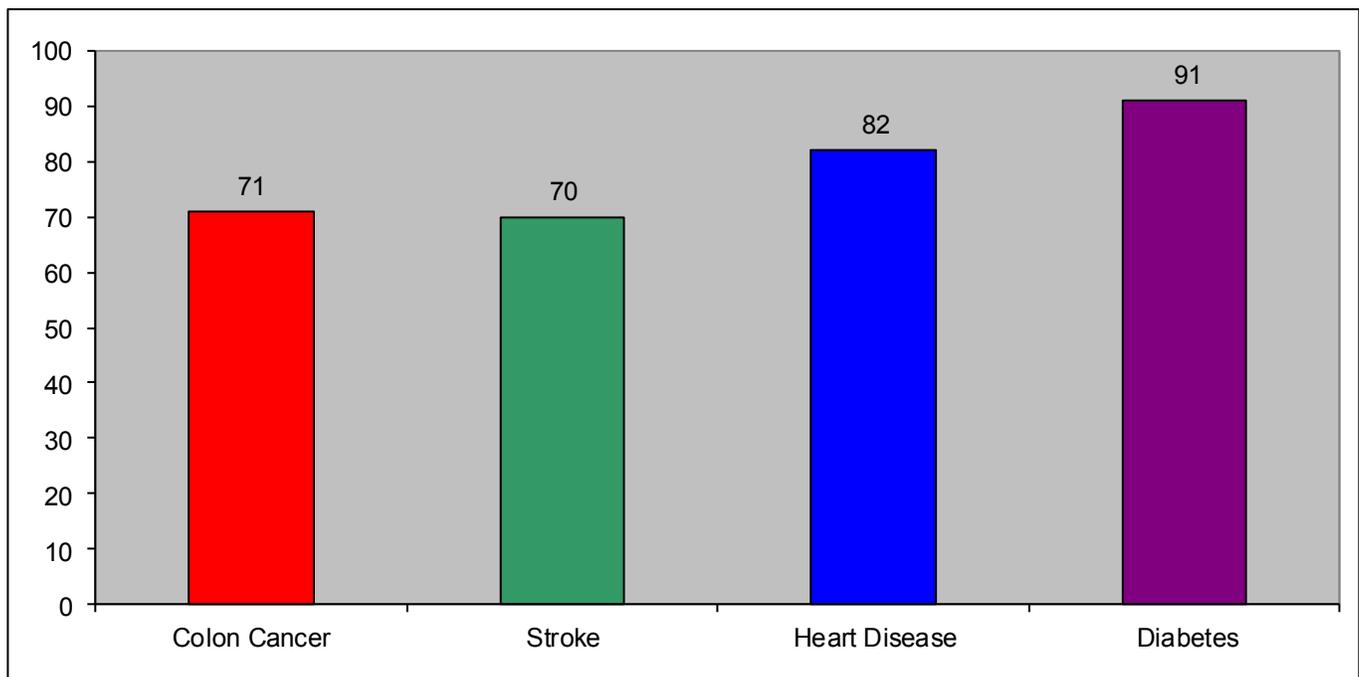
26% reduction in health care costs

32% reduction in worker's compensation & disability claims

Please note that these statistics are national stats and expected when best practice and "incentive" programs are offered. The City is headed in this direction but not quite there yet.

1) Aldana, Steven. "Financial Impact of Health Promotion Programs: A Comprehensive Review of the Literature." *American Journal of Health Promotion* 15.5 (2011): 296-320.

Percent of Chronic Diseases that are Avoidable



Fries JF, Koop CE, Soklov J, Beadle CE, and Wright D. Beyond health promotion: Reducing need and demand for medical care. *Health Affairs* 1998;17(2):70-84.

Snapshot of the City's Medical Expenses

City of Columbus Top Medical Expenditures

Plan covers approx. 22,000 lives



- When pre-diabetic employees become diabetic, the cost to the health plan rises by approximately \$8,400.
- Tobacco users cost health plans an average of 6,000/year more than non users

Solutions to reduce costs:

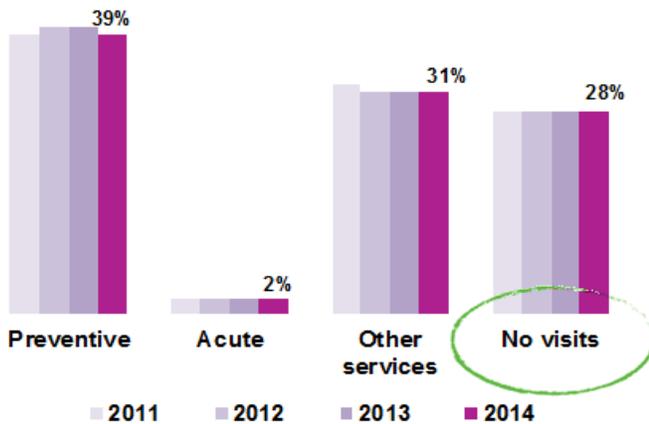
- Healthy lifestyle programs (nutrition, physical activity, tobacco cessation, stress, etc.)
- Disease management programs- (health coaching)
- Preventive care (annual check ups, screenings, etc.)
- Health care consumerism

Utilization of Preventive Care/Services

Wellness Exam- 43%
 Cholesterol Screening- 44%
 Breast Cancer Screening- 46%
 Cervical Cancer Screening- 36%
 Colon Cancer Screening- 18%

ORAL HEALTH TRENDS

Shows your members' use of preventive, extensive, other services and no visits for each 12-month reporting period.



No visits during the past two years

Data shows that 28 percent of your members had no visits in 2014. Of those, 17 percent (3,341 members) had no visits in two years.



The True cost of Going to the Doctor
 City's ER utilization is approximately 40% higher than it's peer groups.