

“Like” us on Facebook before the end of today’s meeting and get a prize.
[Facebook.com/HealthyColumbusEmployeeWellness](https://www.facebook.com/HealthyColumbusEmployeeWellness)

REPORTS (see page 2)

- Draft 2015 annual report- sent electronically with minutes- attached
- Front Street Fitness Participation
- 2016 10 Week Wellness Challenge
- Cap City

UPCOMING EVENTS

- **Healthy Columbus 5K/Employee Walk or Run**
May 7th, 9:30am Wolfe Park. Walk or Run a 5K or 1 mile course. Free for employees, family friendly, no pets please. All employees will get a finisher’s medal and poncho (since we’ve gotten rained out for the past 2 years). There will be post race refreshments, a free farm market with cooking demo, chair massages and a DJ. Register by May 4th at www.surveymonkey.com/r/2016-5K
- **Spring Health and Benefit Fair**
Screenings are provided on a first come, first served basis. The vendor brings 20% more supplies than they needed the previous year. IF for some chance they run out of supplies again, there are over 30 opportunities for employees to get screened in 2016. See attached 2016 health screening flier (the flier does not publicize several “private” screenings for specific groups of employees)

We need volunteers to help staff the Healthy Columbus Table. If you work downtown, the times are coordinated with the shuttle schedule.

9:00-10:30
10:30-12
12:00-1:30

- **Intramural Softball Program**
Back by popular demand, Healthy Columbus is sponsoring a 12-week slow-pitch co-ed softball league that is open to all City of Columbus employees and adult dependents on the City’s health plan. City teams will face off against other city teams every Friday evening between June 3rd and August 26th. Game times range from 6:30 and 9:30pm.

All team members will receive a free team t-shirt. If someone wants to play but doesn't have a team, they can register as an individual to be placed on a team later on. Register online at www.surveymonkey.com/r/SummerSoftball. See attached flier for more details.

- **Heart Walk Aug. 27th**

- Jen is starting to put together the 2016 Heart Walk Team. The event starts at 9:30 from the Columbus Commons and is a 1 or 3 mile family friendly walk through downtown.
- She asks that all Wellness Ambassadors consider becoming a team captain.
- Rather than a kickoff breakfast we will hold kick off events for each department, possibly in conjunction with a bike smoothie fundraiser.
- The 2016 t-shirt design is pictured here. T-shirts will be a \$15 donation to the heart walk team. The money raised will go directly to the City's heart walk team and not used to cover the cost of the t-shirt.
- Stay tuned for more information.
- Please fill out a Why I Walk/Life is Why Sign (attached) and hang at your desk/cubicle for others to see. The sign has been added to the Wellness Ambassador Resources page for you to share with colleagues.



- **2016 Health Screenings & Flu Shot Clinics**

See attached schedule. If we have missed a location or if the time doesn't work for a group of employees, please let Jen know so we can set up a screening when those missed can participate.

- **Ohio Health Mobile Mammography Shuttle.**

The Ohio Health Mammography Shuttle will pick you up at work, take you to Grant, perform your mammography, feed you lunch and bring you back to work- all in an hour (11:50am-1:00pm). Register by calling 566-9045

- May 11th- City Hall Campus
- June 8th- Municipal Courts

NEW BUSINESS

- **2016 Mobile Farm Stands**

- Ongoing stands- unfortunately the stands are now operated by a different organization and are cost-prohibitive to offer on a regular basis this summer.
- 5K/health fair- a free farm market and cooking demo will be at each of these events

- **Disease Management Webinars-** 30 minutes, 12-12:30
 May 25th- Cancer
 June 22nd - Diabetes
 July 27th Food Allergy
 August- Heart Disease
 September- Hypertension

REPORTS

Front Street Fitness Stats:

Total members: 756 *(41 new in 2016)*

Visits (July 2015- March 2016): 8,832 *(90% last year's totals with 3 months to go)*

Average visits per member: 14.5

Right Start appointments (July 2015-March 2016): 221 *(6% above last year at this time)*

Total group class participants (July 2015-March 2016): 1164 *(52% above last year's totals)*

people signed up but have not used FSF: 117 *(85% saturation rate)*

Cap City Participation- 60 employees and family members/friends are running or walking the Cap City 1/2 marathon, ¼ marathon, or 5K as part of the Healthy Columbus team.

Live Healthy 10 Week Wellness Challenge Participation- 315 people lost 2028 pounds* and 522 logged 1,675,334 minutes of physical activity. 338 participants averaged at least 150 minutes of activity each week and 229 people logged at each 300 minutes of activity each week.

*5 people looking to increase their muscular strength gained 12 pounds while completing 12,882 minutes of activity!

Increased Facebook likes- 36% increase in the number of likes from 2014 to 2015.

2016 Meetings (2:30-3:30, Citywide Training)

July 20

September 14

Ambassador Retreat (details and time TBD): December 14

2015 Healthy Columbus Annual Report



Prepared by
City of Columbus Department of Human Resources

2015 Healthy Columbus Executive Summary

The Healthy Columbus program continues to provide employees with opportunities to improve their health through physical activity, tobacco cessation, healthy eating and disease management programs. The employee [fitness center was utilized over 11,000 times by 460 people \(a 40% increase in visits over 2014\)](#). In addition, 387 employees participated in 23 weekly group fitness classes. The City saw a 30% increase in the number of employees and family members who participated as part of the Healthy Columbus teams for the Capital Half City Marathon events, Bike Columbus, the Heart Walk, or Making Strides Against Breast Cancer walk. [Registrations for the annual employee 5K/1mile walk/run increased by 33% and employees lost 2,000 pounds during the annual 10 week wellness challenge](#). Partnerships with CoGo Bike Share, the Department of Recreation and Parks continued and a free bike fleet was available to employees.

One-on-one health coaching programs also proved successful in 2015. [The tobacco cessation program has saved the City over \\$454,613](#) since its inception in 2011, and boasts a 57% quit rate (17% above the industry average). [353 employees participated in the Right Start Fitness Coaching program](#), and an 8 week individual nutrition and fitness coaching program was piloted this year. Participants lost an average of 8.5 pounds over the course of the pilot and several saw reductions in their glucose, cholesterol and blood pressure levels. Some participants were able to avoid medication therapy for their condition because of the lifestyle changes that they made during the program.

Other nutrition education events offered in 2015 included 6 healthy cooking classes for 54 employees, making [local produce available for purchase during 30 farm stands at 9 City locations](#), and providing education seminars and healthy eating resources to the City's refuse and street maintenance workers.

Over 1,800 employees participated in 34 Biometric health screenings in 2015. The increased screenings have resulted in increased incidences of high blood pressure, body mass index and diabetes risk, and increased referrals for employees to manage their condition under the care of a primary care physician. The screenings also resulted in 104 employees enrolling in [the Diabetes Prevention Program, resulting in an estimated savings to the City of \\$31,845 in 2015](#).

The free flu shot program for employees and family members was also continued; 2,384 employees and dependents were vaccinated, [saving the City an estimated \\$111,690 in direct and indirect costs related to influenza](#).

Healthy Columbus also continued to partner with the City's Occupational Safety and Health Program on a variety of initiatives, including training employees to administer hands-only CPR and utilize the AED machines in the event of a cardiac emergency.

In 2015 the Healthy Columbus program was the recipient of the Columbus Business First "Healthiest Employers of Central Ohio-Large Business" award, and the American Heart Association's Fit Friendly Company Gold Award.

More information about the employee health and wellness program can be found at www.columbus.gov/healthy_columbus or by calling 645-0988.

Healthy Columbus Infrastructure

1. 80 Wellness Ambassadors represent all departments, labor groups and 35 divisions meet quarterly.
2. Quarterly newsletter articles were submitted to for the HR Connections and Department of Public Utilities newsletters.
3. The Healthy Columbus Website and Facebook page were updated regularly.

Get Active

1. 387 employees participated in 23 weekly on-site group fitness classes.
2. 466 employees participated in the annual Live Healthy Columbus 10 Week Physical Activity Challenge. 89 Teams lost 1995 pounds and logged 20,228 hours of activity. There was a 20% increase in the number of employees who rated their health as good or excellent between the beginning and end of the challenge.
3. 423 employees and family members participated in the Capital City 5K, Quarter or Half Marathon, Bike Columbus, the Heart Walk, and the Making Strides against Breast Cancer Walk.
4. In partnership with the Department of Recreation and Parks, 204 City employees and dependents from 7 City departments participated in the first intramural slow-pitch softball league. 12 teams competed against each other during the 7 week season. The softball league will continue in 2016 and a volleyball league will be piloted.
5. 460 people utilized the employee fitness center over 11,000 times in 2015, a 40% increase over 2014.
 - a. 353 employees participated in the Right Start individual fitness coaching program.
6. Registrations for the annual Healthy Columbus 5k/1mile walk/run increased by 30%; the event was held on June 20th at Wolfe Park.



Softball players shaking hands after a game.

Eat Well

1. 6 Healthy Start to Home Cooking classes was offered at 2 locations, reaching 54 employees.
2. 30 farm stands were held at 9 locations and offered fresh, local produce at a 50% discount for employees.

Tobacco Cessation²

1. The Quit for Life tobacco cessation program boasted a 57% quit rate (17% above the industry average). Since 2011, the City has saved an estimated \$464,613 in direct and indirect expenses related to tobacco use.

Training/Education

1. 28 new supervisors were trained during the Healthy Columbus portion of the Frontline for Supervision classes (17% increase from 2012).
2. 409 new employees were trained about the Healthy Columbus program and attended the Smart Choices program during the New Employee Orientation.
3. Approximately 55 employees participated in the Estate Planning Seminar, offered by Consumer Life during 4 on-site seminars.
4. 500 Public Service street maintenance and refuse employees participated in seminars about healthy eating, first aid, and bystander CPR.

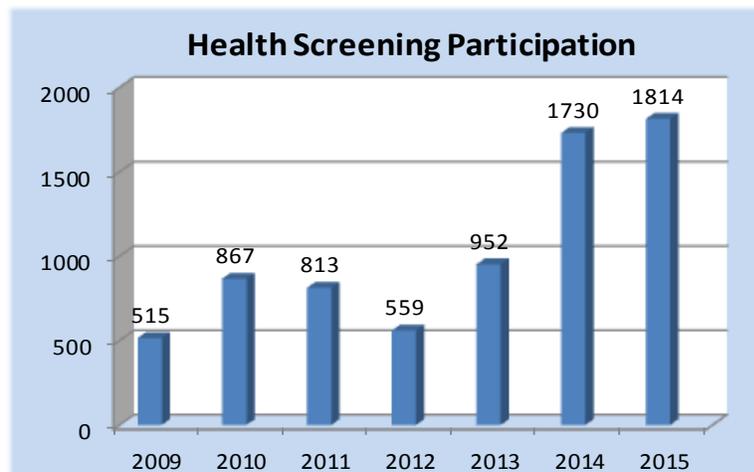
Program Recognition

Healthy Columbus received the following awards in 2015:

1. Columbus Business First Healthiest Employers of Central Ohio Award- Large Businesses
2. American Heart Association Fit Friendly Healthy Worksite Award– Gold Recognition

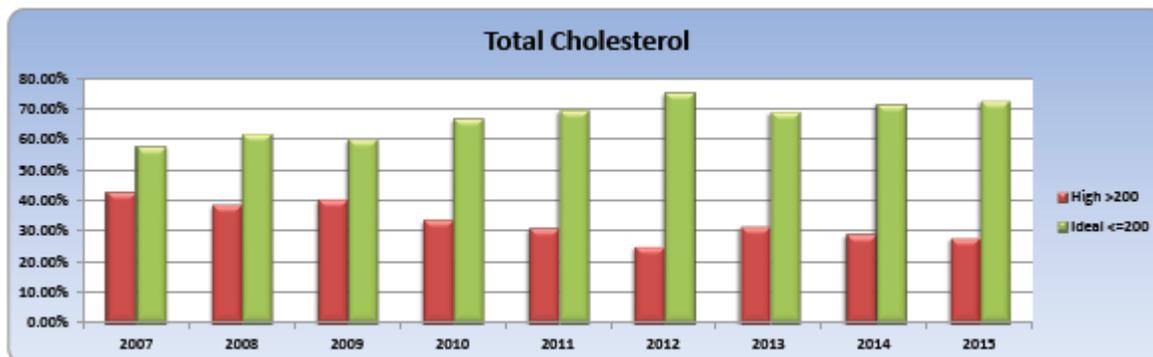
Health Fairs & Biometric Health Screening Events

1. Approximately 400 employees attended the Spring Health & Benefits Fair, held in May at the Franklin Park Indoor Adventure Center. Over 100 vendors were present, including representatives from approximately 45 health and wellness organizations.
2. 34 Biometric health screening events were held in 2015. Over 1,800 employees received a \$20 Kroger gift card for getting their blood pressure, cholesterol, body mass index and glucose/A1C checked.



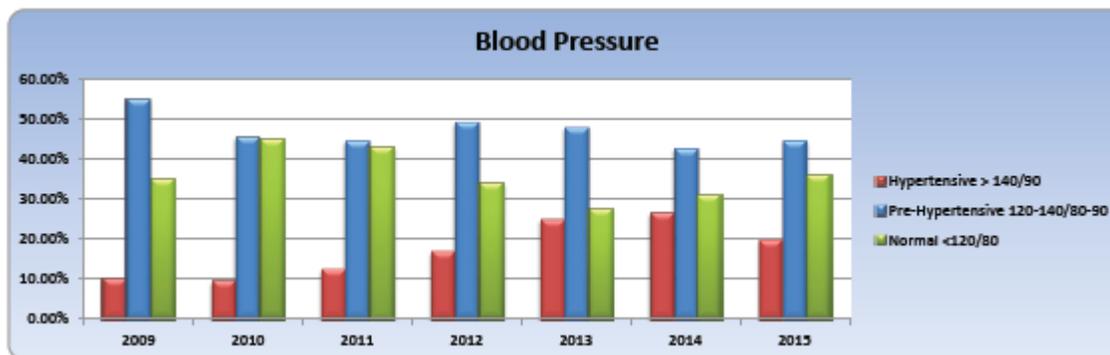
Cholesterol

The percent of employees with ideal cholesterol levels has increased by approximately 15% since 2007.



Blood Pressure

The percentage of employees with blood pressure screenings in the normal range has increased 8.5% since 2013, but remains consistent with 2009 levels.



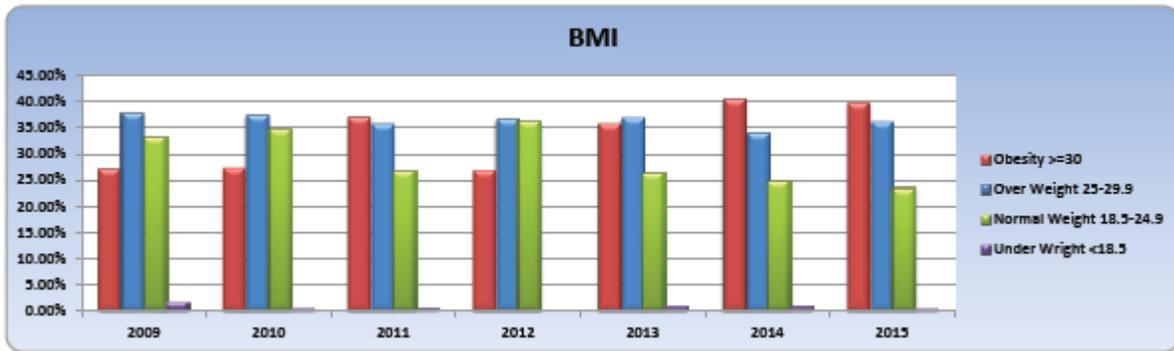
Hemoglobin A1C (Diabetes)

The percent of employees with normal Hemoglobin A1C levels has decreased since 2012. Individuals with elevated levels were referred to the Diabetes Prevention Program.



Body Mass Index (BMI)

Since 2009, the percentage of employees with a normal BMI has decreased by approximately 10%, while the percentage of employees who are obese has increased by 13%.



Diabetes Prevention Program²

- Between 2011-2015, 253 participants met completion criteria for the Diabetes Prevention Program, yielding a projected **estimated savings of \$244,145²** in direct and indirect costs.

Flu Shot Program³

- 2,384 flu shots for employees and family members were provided during 34 clinics at City offices or at Kroger, yielding an **estimated savings of \$111,690³** in direct and indirect costs for the 2015-2016 flu season.

Tobacco Cessation⁴

- The Quit For Life Program experienced a 57% quit rate (17% above the industry average)
- Tobacco cessation programming has **saved the City an estimated \$454,613** in direct and indirect costs since 2011.

Projected Savings for Investment in Health and Disease Management Programs:

Program	Quantity	Projected Savings
Member enrollment in UnitedHealthcare Disease Management Programs (2013) ⁵	490	\$462,162
Member calls to 24 hour Nurseline (2012—Sept. 2013) ⁵	900	\$247,500
Members quitting tobacco (2011-2015) ⁴	55	\$454,613
Flu Shots administered via on-site clinics & at Kroger ³	2,384	\$111,690
Members completing Diabetes Prevention Program (2011-2015) ²	220	\$244,145
	TOTAL:	\$1,520,110

1. Healthstrides Biometric Health Screening data 2009-2015.
 2. UnitedHealthcare Diabetes Control and Prevention Alliance data 2011-2015.
 3. UnitedHealthcare, Health Assessment Risk Factors and potential savings data.
 4. Alere/Optum Health Return on Investment Analysis, City of Columbus 2015.
 5. 2013 UnitedHealthcare performance plan data.