



2008 Midterm Report and Goals for 2008

The Gordian health Solution Group Summary Report is used to help track the CORE Wellness progress. The report compares progress from 2005 through 2007 compared to 2008. In addition feedback from employees is very important.

Highlights:

- More people are in the Low Risk area (8% improvement)
- Blood pressure has decreased
- Cholesterol levels are down (the good cholesterol has really improved)
- More people are exercising
- Weight has stayed the same
- More women are having annual mammograms

Below are the 2008 goals and the progress at midterm.

Goal 1: Increase the percent of employees and health plan members in regular physical fitness activity.

- 130 people participated in *Beat Your Boss*: 8 week exercise program
- 44 people used the health Club reimbursement program
- 214 people participated in the Health Risk Appraisal (HRA) including cholesterol screen and follow up. People set exercise goals for 2008.
- 31% of people are exercising more per week, 53% stayed the same and 16% are exercising less

Goal 2: Assist individuals with smoking cessation.

- Designed a smoking cessation program and implement
- 34 Individual letters sent out to people that indicated they want to quit
- Advertised program with posters at Wastewater/Water, Garages, Police Department, the Annex
- 11 people have completed the smoking cessation program and quit

Goal 3: Assist individuals with weight management and avoid weight gain.

- 42 people attended Preventing Diabetes and Reading Food Labels
- 212 participated in HRA and follow up. People set nutrition goals
- 10 individual coaching participants (high risk individuals)

Goal 4: Assist individuals to better manage cholesterol levels.

- 8% have improved their cholesterol and moved from high to normal range (below 200mg)
- 15% have improved their LDL (bad cholesterol)
- 42% are more healthy based on the good cholesterol (HDL) and 17% are less healthy
- 50 people attended Cardiac Health by Dr. Willard
- 212 participated in HRA, referrals were made to doctors and County/City Health Center
- Follow up calls to high risk individuals

Goal 5: Assist individuals to better manage blood pressure levels.

- 12% have improved their blood pressure and moved from prehypertensive/high to normal
- See the above
- Individual follow up (track and record blood pressure)

Goal 6: Reduce health care costs and absenteeism.

- Approximately 120 people have participated in Medical Self Care/ Using Health Care Wisely Program.
- 120 received a self care book
- 20 people attended Stress in the Workplace by Dr. Manne
- 7 people attended Women's Health and Prevention
- Promoted County City Health Center in follow up sessions
- Healthcare tips from United Health Benefits and posted on CORI
- Monthly Wellness Committee/ Advisory meeting
- Submitted recommendations for prevention screens for health insurance
- Submitted recommendations for Wellness Incentives for union negotiations

Goal 7: Research interest and review health claims data for retirees in order to reduce health care costs.

Wellness Committee: Julie Anastasio, HR, Dan DeMatthew, Police, Jeff Fidler, DPW, Keith Haas, Water/Wastewater, Sue Henry, Parks, Darcy Mohr, Library, Jay Wuerker, Fire and Debbie Herz-Mazius, Wellness Coordinator.

Goals are based on data from:

- Gordian Health Solution Group Summary Report
- Paid medical claims from Bowers
- Prevention Screen Report from Bowers

