



**Welcome to
 Small Changes, Big Impact:
 Worksite Wellness Forum**
 March 28, 2017

Angie Bailey
 SIH, Community Benefits Manager





**Transforming Southern Illinois into a region that
 supports and enhances healthy living since 2008**


HSIDN REPRESENTS THE SOUTHERNMOST FIFTEEN COUNTIES OF ILLINOIS

**ALEXANDER, FRANKLIN, GALLATIN,
 HARDIN, JACKSON, JOHNSON, MASSAC,
 PERRY, POPE, PULASKI, RANDOLPH, UNION,
 SALINE, WHITE, WILLIAMSON**


15

Making the Healthy Choice the Easy Choice


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FOCUS OF PROGRAMMING




Increased
Physical Activity




Improved
Nutrition



Smoke Free
Public Places



Chronic Disease
Prevention & Management



HEALTHY PEOPLE
 HEALTHY COMMUNITIES
 HEALTHY WORKPLACES
 HEALTHY FAMILIES
 HEALTHY INDUSTRY
 HEALTHY ENVIRONMENT

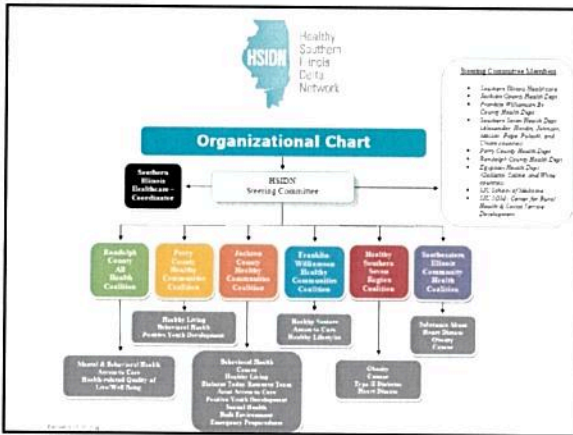
Healthy Southern Illinois Delta Network

SIU School of Medicine - Center for Rural Health and Social Service Development



The HSIDN's goal...

- To serve as a catalyst for improving health and quality of life in southern Illinois by...
- Building infrastructure for making changes—county coalition and regional network
- Engaging policy makers and partners
- Improving health equity through a policy, systems, and environmental approach





History of Worksite Wellness Initiatives by HSIDN

- First forum was held in 2010.
- Received Community Health Transformation grant in 8.15.12 from Illinois Department of Public Health.
- Grant lasted approximately 1.5+ years.
- Goal: Create sustainable improvements so that healthy communities can continue with efforts when funding is no longer available
 - Healthy Eating & Active Living
 - Smoke-free Living & Public Places
 - Healthy Schools & Worksites





Working together to Create Policy, Systems and Environmental Changes:

- BUILT ENVIRONMENT
- HEALTH CARE
- FAITH COMMUNITIES
- SCHOOLS
- SMOKE FREE ENVIRONMENTS
- WORKSITE WELLNESS





Where to Begin?



Worksite Changes in our Region

- Healthy eating policy at potlucks
- Discounted gym memberships
- Smoke and tobacco-free worksite policies
- On-site gym equipment
- Walking programs/paths
- Coordinated sports competitions
- Wellness messaging and calendars
- Health program kick-off events
- Match programming with health insurance programming to receive worksite-wide and individual employee incentives
- Additions from table discussions??





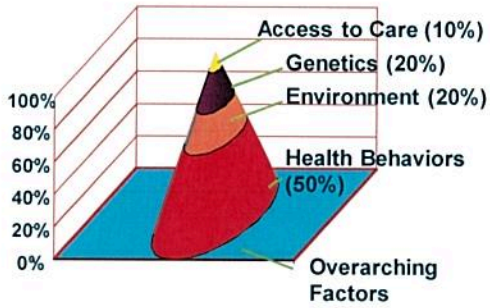
Keynote

Heart Health for You and Your Employees

Dr. VB Panchamuki, Cardiologist at Prairie Cardiovascular and a member of the American Association of Physicians of Indian Origin



What Determines Health?



TRANSITION 1:20 – 1:30 pm
BREAKOUTS 1:30 – 3:45 pm

- Workplace Ergonomics
- Walk Your Way to Wellness
- Toning and Stretching in the Workplace
- Enjoying a Mindful Work Lunch

3:45 pm Back in this room for AHA info and conclusion, evaluations and door prizes (Must be present to win.)

Group Leaders by Color - Find your group!



American Heart Association | American Stroke Association
life is why

Workplace Health Solutions

Continuous Quality Improvement for Workplace Health

2016 Nielsen Survey

The Employee/Employer Health Connection

Employers can:

- Other programs that would help employees meet their health goals
- Consider generational differences in program offerings & communications
- Communicate leadership participation

Lead The Participation

85% of those who know their CEO participate in employee health programs as opposed to only 56% who say their CEO does not participate. They are also more likely to report positive outcomes of participating in the programs.

Health Program Interaction Across Generations

Health Goals Vary by Generation

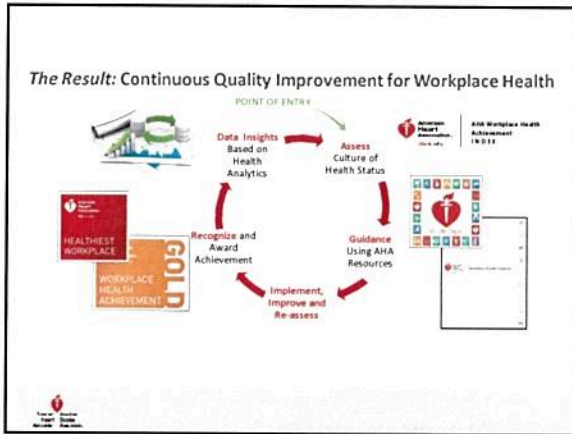
- Men and Women are more likely to be on the radar of Millennials
- Weight loss and being more physically active are more likely to be the focus of the older generation.

Health Goals By Generation

Generation	Weight Loss	Being More Physically Active	Stress Management	Smoking Cessation	Alcohol Moderation
Millennials	Low	High	High	Low	Low
Generation X	Low	High	High	Low	Low
Generation Y	Low	High	High	Low	Low
Generation Z	Low	High	High	Low	Low
Boomers	High	Low	Low	High	High
Silents	High	Low	Low	High	High

Why do I need the AHA's Workplace Health Solutions?

- Heart Diseases are the leading stroke conditions in the U.S.
- Only 6.9% of all worksites in the U.S. offer a comprehensive health promotion program.
- Maximize Potential: 90% of employers do not have sufficient data to calculate or measure ROI.
- Is your program design based on best practices? For greatest impact, workplace health programs must be engaging, comprehensive, evidence-based and heart-focused.
- 77% of employers view lack of employee engagement as largest obstacle to a successful workplace health program.



Fit Friendly: 2004 – 2016
"An Application for Recognition"

- 49 process questions on the following topics:
 - Physical Activity
 - Nutrition
 - Tobacco
 - Culture/Policy
- Summary of responses and focus areas reported back to user
- Opportunity for Platinum and Gold recognition
- Opportunity for Workplace Innovation and Community Innovation awards

FINAL DEADLINE:
November 1, 2016

Workplace Health Achievement Index
"A Continuous Quality Improvement Solution"


- 55 process questions completed online organized around seven best practice categories. Questions inclusive of the original Fit Friendly Worksite topics.
 - Leadership
 - Policies and Environment
 - Communications
 - Programs
 - Engagement
 - Partnerships
 - Reporting Outcomes
- 3 performance questions
- Free My Life Check Basic, or Licensed My Life Check Premium digital employee health engagement tool to generate employee heart health aggregate scores
- User dashboards reports for new data-driven insights
- Opportunity for Gold, Silver and Bronze recognitions
- Opportunity for Healthiest Workplace Awards by employer size and industry type

Launched!
February 1, 2016

Yearly Deadline:
March 31st

Performance Measures

- Life's Simple 7
 - Smoking Status
 - Diet
 - Physical Activity
 - Body mass index (BMI)
 - Blood pressure
 - Cholesterol
 - Blood Glucose



Live Better with Life's Simple 7
Life's Simple 7 (LS7) includes smoking status, diet, physical activity, body mass index (BMI), blood pressure, cholesterol and blood glucose. Research shows that people who maintain optimal levels for just three to four of these measures cut their risk of heart-related death by more than half.

The Tour Starts Here

heart.org/workplacehealth



Resource Library

Employer Resources For Success
Expert Evidence-Based Resources To Help You Understand What Works in Workplace Health



Workplace Health Playbook



www.heart.org/playbook

- Leadership
- Policy & Environment
- Communications
- Programs
- Engagement
- Partnerships
- Evaluation & Reporting Outcomes



Call to Action

- Register for the Workplace Health Achievement Index at <http://www.heart.org/workplacehealth>
- Decide if you will use your own HRA and health metrics data or use the My Life Check assessment tool
 - If you use the MLC assessment tool, use the MLC Rollout Guide and communications toolkit to develop a strategy to maximize participation.
 - If you use your own data, you will be provided instructions on how to upload your data file.
- Complete the Index and submit performance metrics by March 31st each year!

Questions? Want more information?

- Contact Leah Barr at leahbahr@heart.org





Conclusion

Michelle McLernon,
Jackson County Health Department

Phyllis Wood, Egyptian Health Department

Evaluations and Prize Drawings
(Must be present to win.)



FOR MORE INFORMATION:
Healthy Southern Illinois Delta Network
www.hsidn.org



Healthy Southern Illinois Digital Network

Resources page on hsidn.org

- TOOLS TO CREATE A HEALTHIER COMMUNITY
- WORKSITE WELLNESS RESOURCES AND TOOLKITS

WORKSITE WELLNESS FORUM TOOLKITS

- Healthy Southern Illinois, Community Coalitions
- Healthy Southern Illinois Region Coalitions
- Jackson County Healthy Communities Coalition
- Franklin County Health Coalitions

None of us can do it alone!

Southern Illinois Healthcare | Public Health | Madison County | BI-COUNTY | SIU MEDICINE
