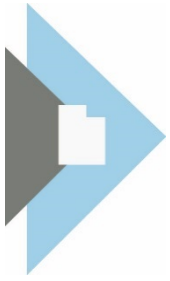


UHIP-O

Reducing Obesity and Obesity-Related Chronic Conditions Workgroup

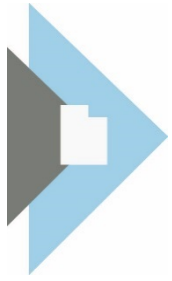


Co-Chairs: Pam Goodrich and Rebecca Fronberg

- Amy Stevenson
- Brenda Ralls
- Carrie Bennett
- Dustin Jones
- Locke Ettinger
- Malaena Toohey
- Sarah Hodson
- Tim Butler
- Liz Joy
- Heidi Goedhart
- Ed Napia
- Jesse Bush
- Stephen Foxley
- Various Interns
- Brian Bennion*
- Jordan Mathis*
- Heather Borski*
- Scott Zigich*

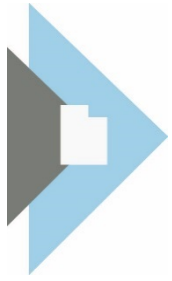
Utah Health Improvement Plan – A Healthier Tomorrow, Together

*UHIP Steering Committee Member



Background

- In just 15 years, the age-adjusted proportion of obese Utah adults increased from **15.8% in 1997** to **26.3% in 2014**
- In the U.S. there has been more than a 300% increase during the past 38 years in the number of obese children aged 2 to 19 years
 - 5.2% in 1971 – 74
 - 16.9% in 2011 – 12
- An increase has also been observed in Utah between **1994** and **2010** with the number of overweight third grade boys and girls increasing by **97%** and **40%** respectively



Current Efforts

- The EPICCC Program at the Utah Department of Health works with all local health departments in childcare settings, schools, worksites and communities to make the healthy choice the easy choice.



Other Agencies

- Get Healthy Utah

- Active living
- Healthy eating
- Mental wellness
- Collaboration



- Action For Healthy Kids
- American Heart Association
- United Way

Disparities Gap Constant

- Adult Obesity
 - Age Groups: 35-49, 50-64
 - Ethnicity: Hispanic
 - Income: \$0-24K, 25-49K
 - Education: HS Grad/GED
- Adolescent Obesity
 - Gender: Male
 - Race: Black/African American
 - Ethnicity: Hispanic
 - LHD: Salt Lake





Disparities Gap Increased

- Adult Obesity
 - Race
 - American Indian/Alaska Native
 - Pacific Islander/Hawaiian Native
 - LHD: TriCounty, Weber-Morgan
- Adolescent Obesity
 - Race
 - American Indian/Alaska Native
 - Pacific Islander/Hawaiian Native





ASTHO

Association of State and Territorial Health Officials

Summary of Task Force Recommendations and Findings

*Recommended interventions based on strong evidence**

Intervention	Number of Studies that Qualified for Review	Selected Results	Community Guide Resources
Worksite programs to control overweight and obesity	47	Outcome measures: body mass index (BMI), weight, and percent body fat Participating employees lost an average of 2.8 pounds (9 studies) and reduced average BMI by 0.5 (6 studies)	www.thecommunityguide.org/obesity/workprograms.html

*The categories of “strong” and “sufficient” evidence reflect the Task Force’s degree of confidence that an intervention has beneficial effects. They do not directly relate to the expected magnitude of benefits. The categorization is based on several factors, such as: study design, number of studies, and consistency of the effect across studies.

Focus on Worksites

- Target audience: working age adults
- Address multiple issues related to obesity and related chronic conditions
 - Physical activity
 - Nutrition
 - Diabetes Prevention



Overarching Goal

- Facilitate a culture of wellness within worksites in the state of Utah





Performance Measure 1

- % of worksites that have a Best Practice Score on UHIP-O Assessment of Environmental Support and/or Promotion of Physical Activity
 - % of worksites with scores between 2 to 4
 - **GOOD**
 - % of worksites with scores between 5 to 8
 - **BETTER**
 - % of worksites with scores between 9 to 11
 - **BEST**
 - % of worksites with scores improved 30% or more from prior year's scores
 - ***WORKSITE ELEVATED***

Denominator can be # of worksites that completed the assessment during a certain time period.
Data on 60 worksites will be collected to determine needs for moving from good to better to best.
Numerator can be the # of worksites that scored a best practice for each performance measure.



Performance Measure 2

- % of worksites that have a Best Practice Score on UHIP-O Assessment of Environmental Support and/or Promotion for Employee Nutrition
 - % of worksites with scores between 2 to 5
 - **GOOD**
 - % of worksites with scores between 6 to 11
 - **BETTER**
 - % of worksites with scores between 12 to 16
 - **BEST**
 - % of worksites with scores improved 30% or more from prior year's scores
 - ***WORKSITE ELEVATED***

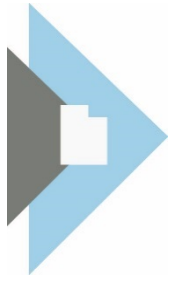
Denominator can be # of worksites that completed the assessment during a certain time period.
Data on 60 worksites will be collected to determine needs for moving from good to better to best.
Numerator can be the # of worksites that scored a best practice for each performance measure.



Performance Measure 3

- % of worksites that have a Best Practice Score on UHIP-O Assessment of Environmental Support and/or Promotion for Diabetes Prevention
 - % of worksites with scores between 1 to 2
 - **GOOD**
 - % of worksites with scores between 3 to 4
 - **BETTER**
 - % of worksites with scores between 5 to 7
 - **BEST**
 - % of worksites with scores improved 30% or more from prior year's scores
 - ***WORKSITE ELEVATED***

Denominator can be # of worksites that completed the assessment during a certain time period.
Data on 60 worksites will be collected to determine needs for moving from good to better to best.
Numerator can be the # of worksites that scored a best practice for each performance measure.



Strategy 1

- Using a standardized assessment tool, collect data on worksites that need assistance with moving from good to better to best and creating a culture of wellness within their organization
 - Develop assessment tool
 - Distribute link to employers
 - Develop introduction message
 - Compile results of assessment
 - Refer employers to resources
 - Notify agencies to reach out to employers

Barriers to Success

- Obtaining business email addresses was much more challenging than expected
 - Concerns about privacy
 - Not collected or shared by state agencies according to statute
 - Insurance providers concerned about perception of government involvement






Progress to Date

- Assessment tool was developed and put into Qualtrics survey software
- Link with a persuasive email introduction has been distributed to employers
 - Society for Human Resource Management (SHRM) email blast
 - Newsletter article for Workforce Services
 - Individual email addresses obtained from various City Business License Divisions
- 47 Businesses have completed the survey
 - 15 Have requested resources from UHIP-O

Employer Advisor

HEALTHIER EMPLOYEES ARE HAPPIER EMPLOYEES



A Healthier Tomorrow, Together

Large employers in Utah have big budgets that enable them to offer comprehensive wellness plans to their employees. Small to mid-sized businesses may not have those same resources.

If you are a small or mid-sized business owner in Utah, you can take the first step in improving the health and well-being of your employees by assessing your worksite through this quick and confidential survey. It takes less than 10 minutes and helps you to see where gaps are and find appropriate resources.

The Utah Health Improvement Plan (UHIP) addresses the priority issues regarding the health of the state's population. UHIP assists businesses in helping their employees make the healthy choice the easy choice. This reduces employees' risk of acquiring chronic health conditions and helps those already diagnosed to manage them appropriately.

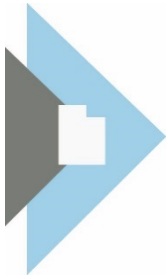
When you take this short survey, you'll be connected with free UHIP resources that meet the needs of Utah's small to mid-sized businesses.

Go to <http://bit.ly/2ngL5mO> to access the survey. Your time is appreciated!



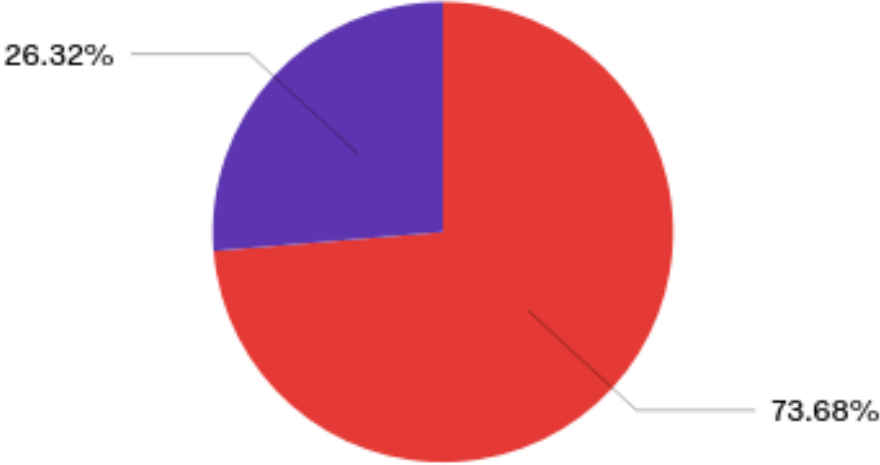
UHIP-O Assessment

- Basic Demographics
- Wellness/health promotion program?
- Wellness Council?
- Assessment of worksite wellness resources
- Check all that apply and other (fill in the blank)
 - Prediabetes
 - Physical Activity
 - Nutrition
- Option to complete more comprehensive assessment (i.e. CDC Scorecard, HERO)

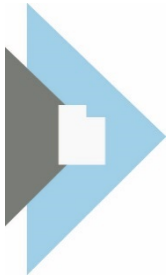


Results of Assessment to Date

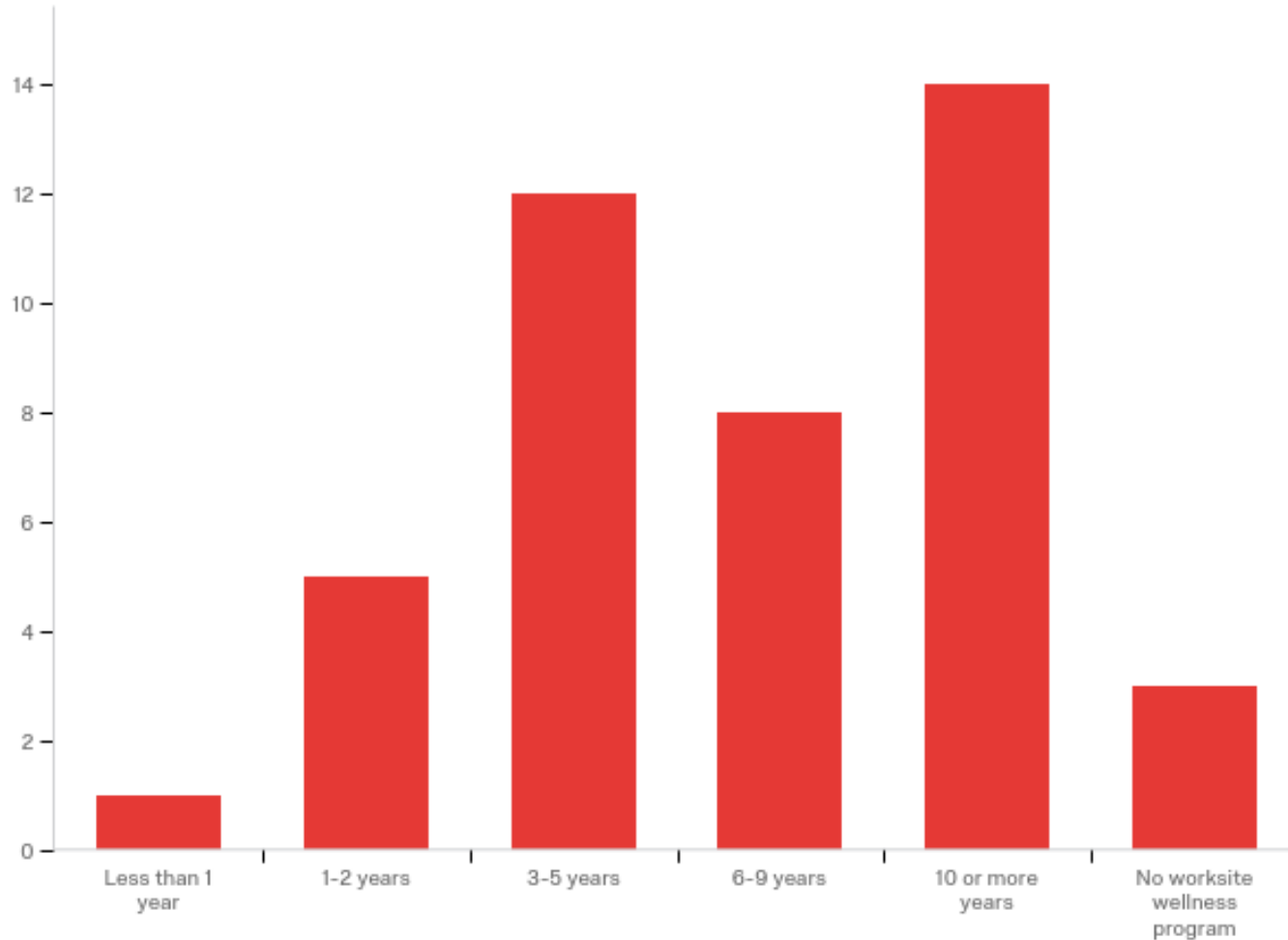
Current Wellness Program

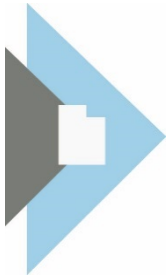


Yes No

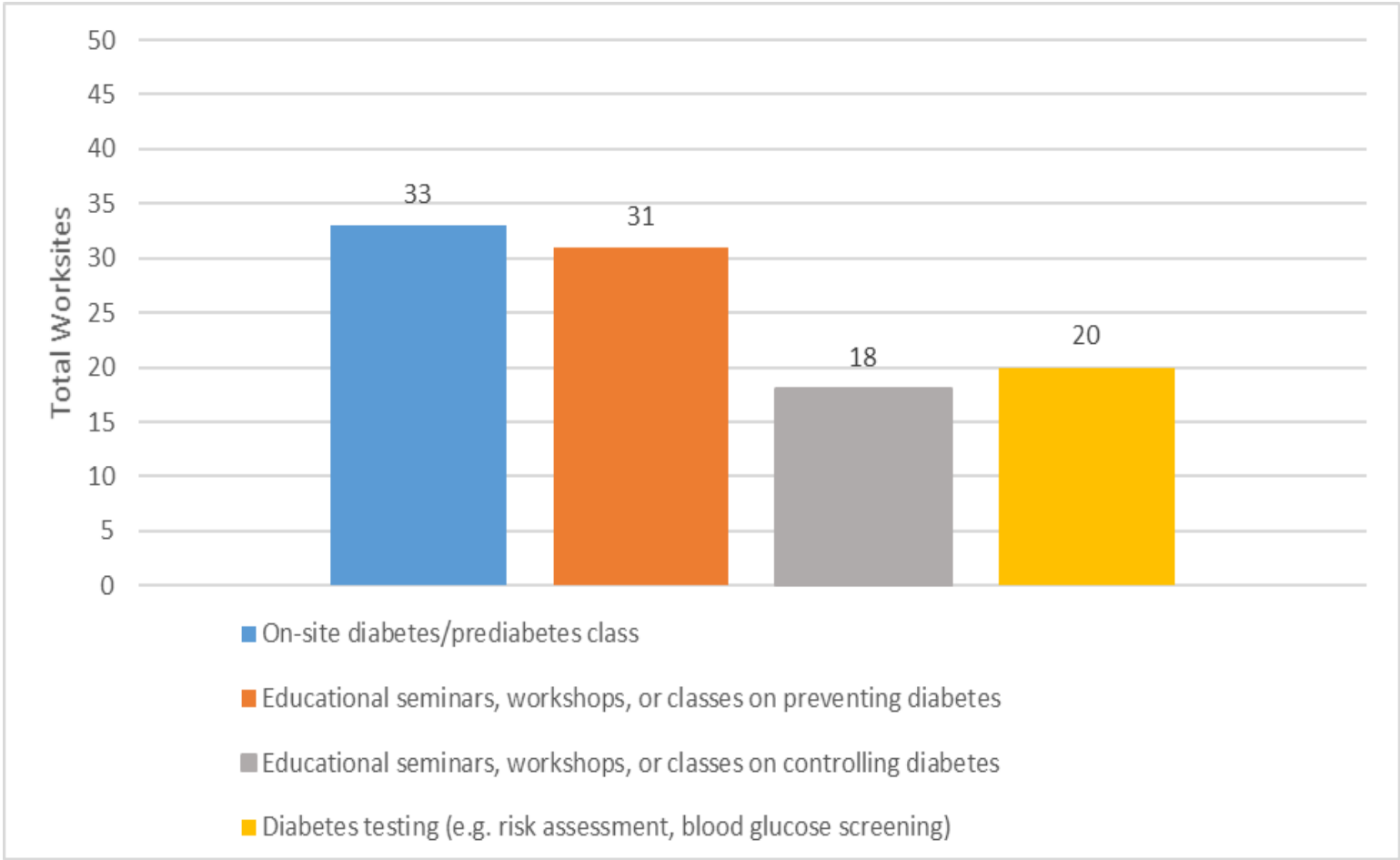


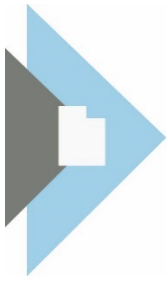
Years of Wellness Program





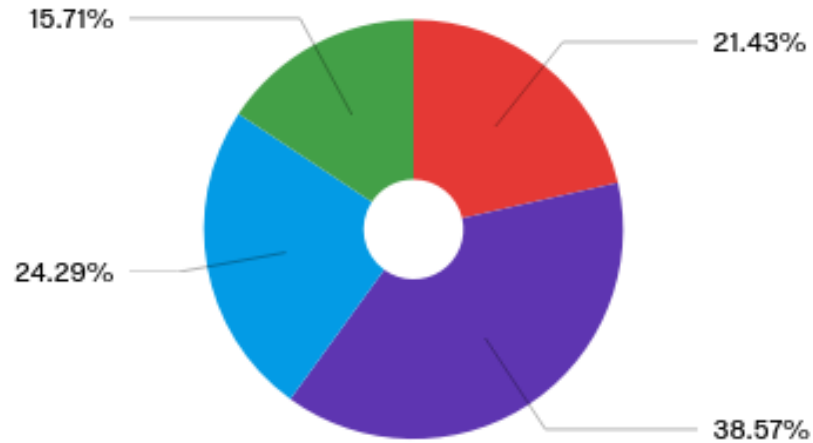
Diabetes Prevention





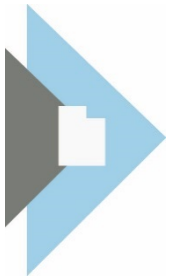
Physical Activity Policies

Physical Activity Policies

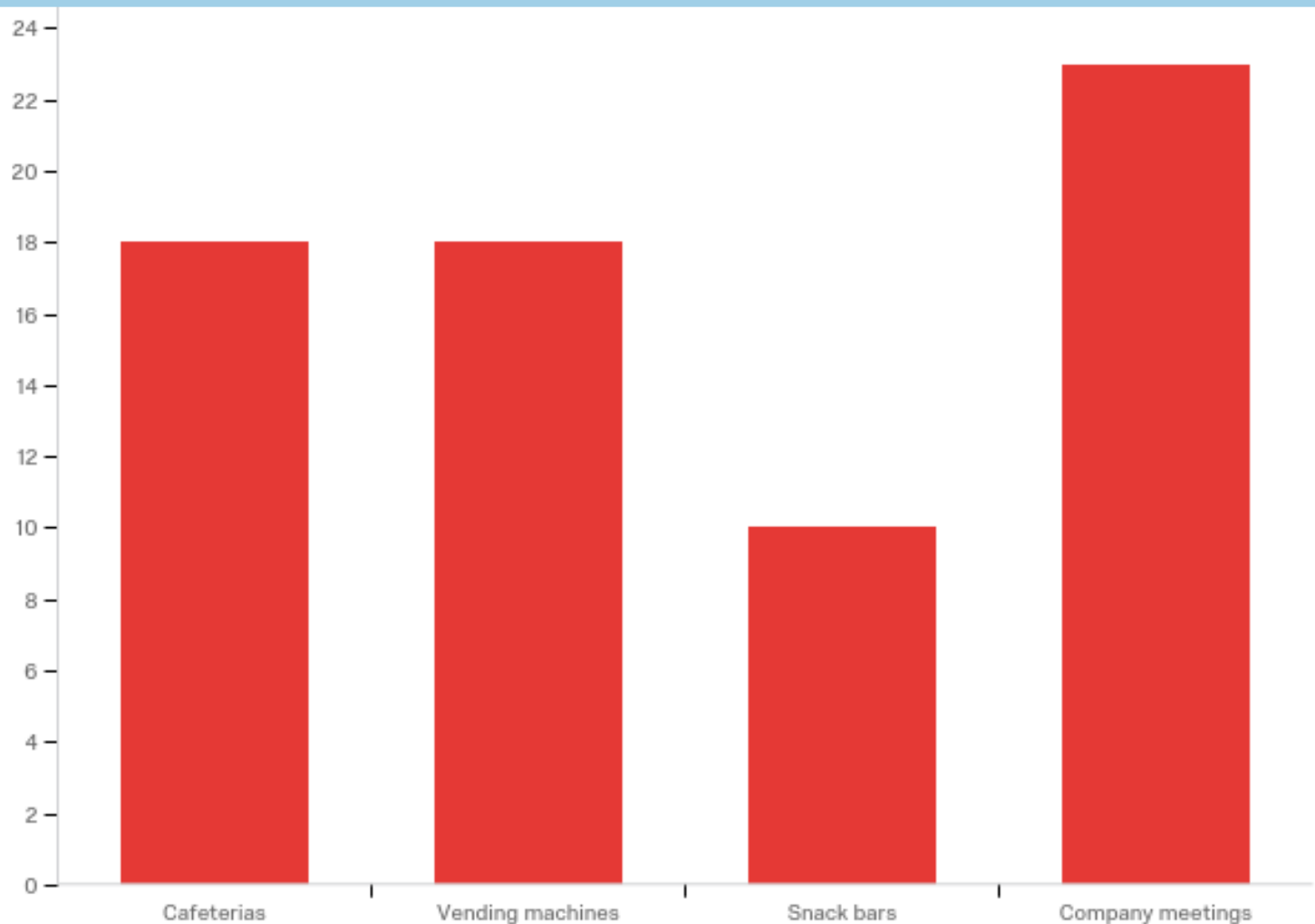


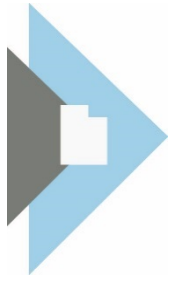
■ Exercise release time policy ■ Fitness facility or space onsite

■ Increases opportunities for physical activity (not exercise release time) ■ Other (please specify)



Nutrition Policies





Strategy 2

- Provide wellness resources to employers
 - Identify and compile resources and post to choosehealth.Utah.gov
 - Disseminate resources to employers
 - Support the adoption of policies by providing examples of good, better, best options
 - Develop business case for employers



Progress to Date

- Workgroup members compiled all available resources for website
 - Posted to <http://choosehealth.utah.gov/worksites.php>
- Workgroup members assigned to follow-up with worksites in their areas
 - Local health departments
 - Insurance providers
 - Community/non-profit groups
 - State health department representatives



Next Steps

- Data will be analyzed from individual employers to provide personalized contact experience when offering wellness resources
 - Supplemental
 - Choosehealth website
 - Comprehensive



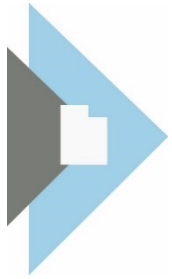


Comprehensive Resources



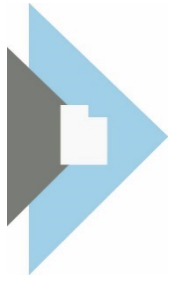
- A comprehensive employer training program developed by CDC and NACDD with the goal of:
 - Increasing the number of science-based worksite health programs, policies, and practices in place at worksites
 - Increasing the access and opportunities for employees to participate in them
 - Promoting peer-to-peer community-based employer cooperation and mentoring





Work@Health®

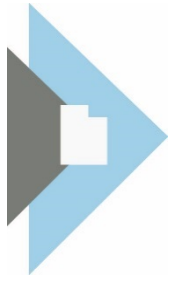
- Consists of eight training modules
 - Making the business case
 - Assessing your worksite
 - Building leadership support
 - Developing policy, benefit, and environmental supports
 - Designing effective communications
 - Evaluating your program
 - Planning and designing your program
 - Implementing and sustaining your program



Next Steps

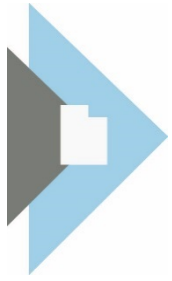
- EPICC staff will complete training in Work@Health® curriculum
 - 10 employers will be trained by June 30, 2018
- EPICC staff will take steps to become “train-the-trainers” so that other UHIP-O workgroup members can also be trained





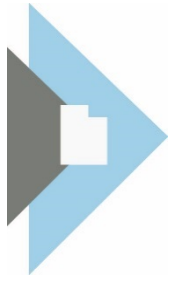
Strategy 3

- Increase the capacity of worksites to improve wellness scores by providing mentors, champions, and educational opportunities
 - Identify wellness champions
 - Expand applications to Healthy Worksite Award
 - Collect success stories and disseminate via website and other media channels
 - Sponsor and promote learning webinars and wellness networking events
 - Develop a mentor model



Progress to Date

- Utah Worksite Wellness Council has identified champions to serve as mentors
- Applications for the Health Worksite Award have increased from 52 in 2017 to 60 in 2018
- Quarterly wellness networking events are promoted in appropriate areas
- EPICC staff is working to develop a mentor model



Next Steps

- Continue to collect business email addresses from cities
- Continue to send out survey link to business email addresses
- Follow up with businesses that request resources
- Offer comprehensive or supplemental resources depending upon need