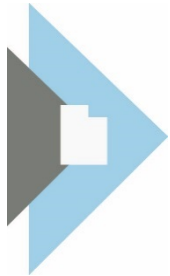




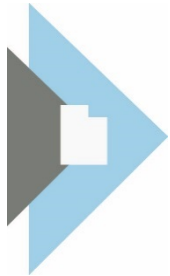
UHIP-O

Reducing Obesity and Obesity-Related Chronic Conditions Workgroup



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



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***

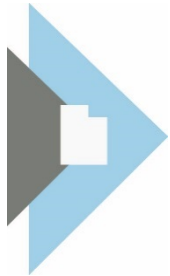
Denominator can be # of worksites that completed the assessment during a certain time period.
Data on 60 worksites will be collected to determine needs for moving from good to better to best.
Numerator can be the # of worksites that scored a best practice for each performance measure.



Performance Measure 3

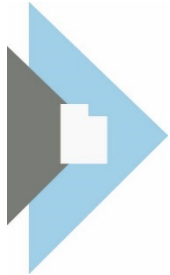
- % of worksites that have a Best Practice Score on UHIP-O Assessment of Environmental Support and/or Promotion for Diabetes Prevention
 - % of worksites with scores between 1 to 2
 - **GOOD**
 - % of worksites with scores between 3 to 4
 - **BETTER**
 - % of worksites with scores between 5 to 7
 - **BEST**
 - % 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.



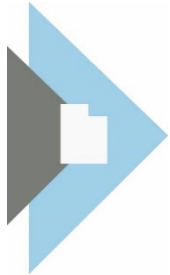
Strategy 1

- 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



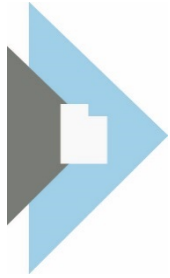
Strategy 2

- 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



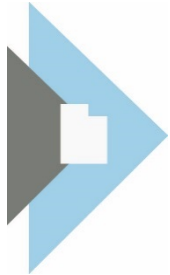
Strategy 3

- 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



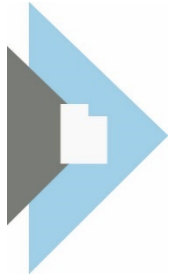
UHIP-O Assessment

- 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)



2017 Healthy Worksite Award

- Awarded to Utah Department of Health – Cannon Building
- Used online assessment tool to determine level of recognition
- Scoring based on best practices and strategies in:
 - organizational wellbeing
 - *physical wellbeing*
 - emotional wellbeing
 - social wellbeing
 - financial wellbeing
 - community wellbeing



Comparison Scores

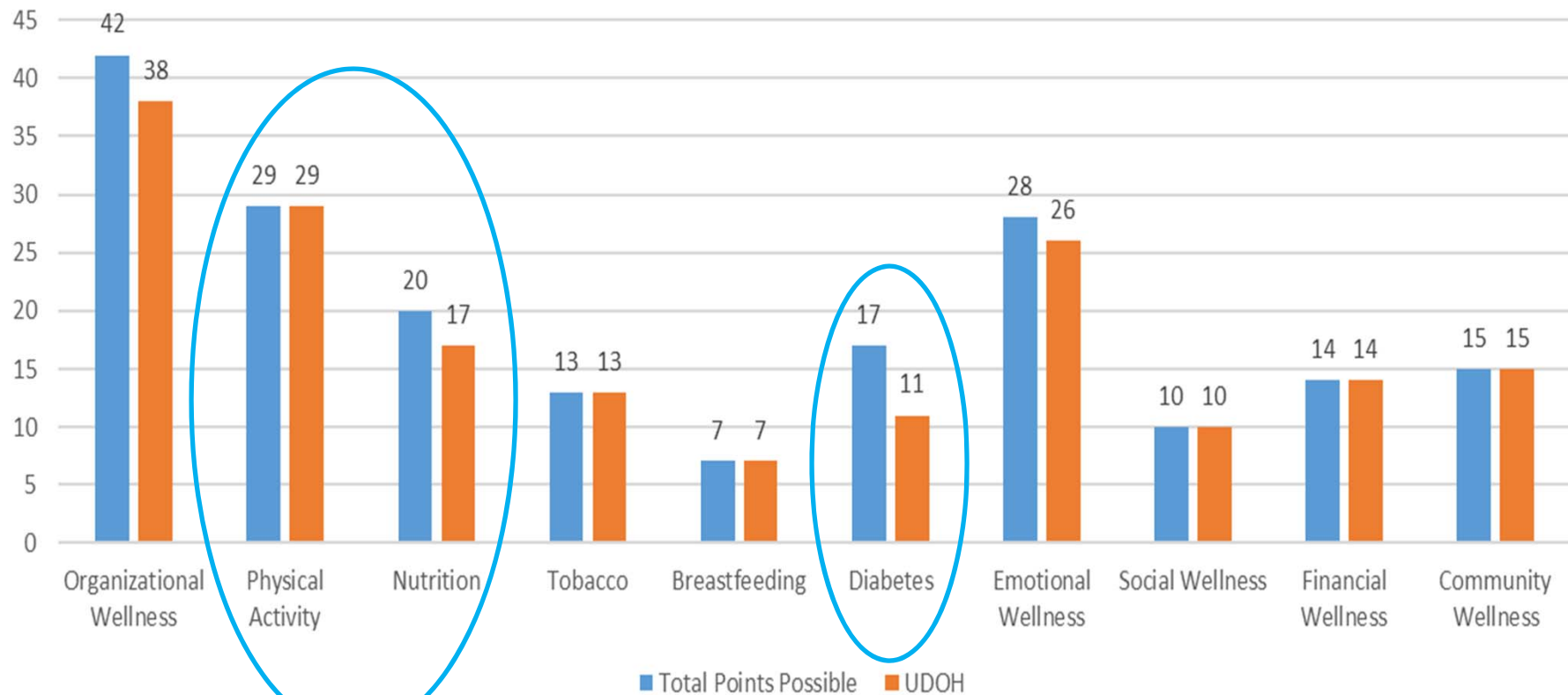
Table 1. Individual Worksite Scores & Comparison Groups

UDOH				Comparison Groups	
	Total Points Possible	Actual Points	Overall Percentage	Similar Size Worksites	All Worksites
Organizational Wellness	42	38	90%	37.4	36
Physical Wellness					
Physical Activity	29	29	100%	22.3	22.8
Nutrition	20	17	85%	10.9	11
Tobacco	13	13	100%	10.5	10.1
Breastfeeding	7	7	100%	6.6	6.2
Diabetes	17	11	65%	7.4	8.6
Emotional Wellness	28	26	93%	20.2	22.1
Social Wellness	10	10	100%	8.8	8.8
Financial Wellness	14	14	100%	13	13.3
Community Wellness	15	15	100%	10.3	11.2
Total Scores	195	180	92%	147	150



Point Comparison

Figure 2. Total Points Possible vs. Actual Points



Challenges/Barriers

- Getting employers to complete assessment
- Coordinating efforts between partners
- Identifying champions and mentors
- Ensuring follow-up with worksites





Needs

- Access to contact information (preferably electronic) for employers statewide
- Identifying what efforts are currently happening with worksites

