

BetterHealth Progress Report

Fiscal Year 2015



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

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Mission & Vision for the BetterHealth Employee Wellness Program

Mission – *To reduce chronic conditions associated with tobacco use, lack of physical activity, and nutrition.*

Vision – *Employees and family members avoid tobacco, eat nutritiously, engage in adequate levels of physical activity, achieve and maintain a healthy weight, blood pressure, blood cholesterol, and blood glucose, and experience improved mental health.*

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Table of Contents

Better Health Mission & Vision..... 2

Fiscal Year 2015 Promotional Material..... 4

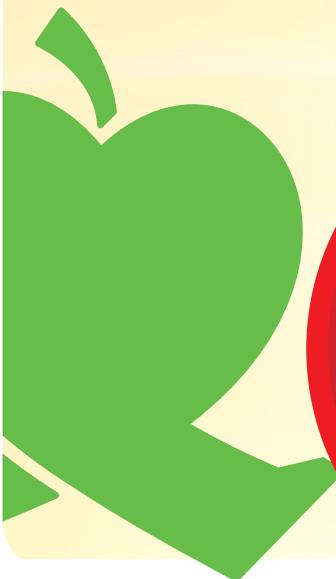
Overview and Executive
Summary of Progress 5

Appreciation to
BetterHealth Wellness Committee
and New Community Partners..... 7

Fiscal Year 2015 Key Achievements..... 9

Fiscal Year 2015 Results..... 11-14

Recommendations for Fiscal Year 2016 15



Promotional Material Fiscal Year 2015

Quit For Life® Program
Help support our goal of 100 enrolled by June 30, 2016.

10 ENROLLED
25 ENROLLED
50 ENROLLED
75 ENROLLED
100 ENROLLED

1.866.QUIT.4.LIFE (1.866.784.8454)
www.quitnow.net
For Employees, Spouses and Domestic Partners

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BetterHealth Better You
Say, 'I Can!'
Eat Your Veggies
Listen to Your Body
Stay Positive
KEEP MOVING
Take the Stairs
Watch Portion Sizes
Bring Healthy Food to Potlucks
•Laugh Often•
Make Time for Physical Activity
Try to Quit Smoking
Be a Healthy Role Model
Rest if You Must, but Don't You Quit!

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES
Lisa Oates
Health and Wellness Program Coordinator
Insurance and Employee Support
505-980-2021 TTY 711

Keep It Steady!
Join This 6-Week Online Challenge and Gain Tools to Help You Maintain a Healthy Weight.

The Keep It Steady Challenge motivates you to perform a series of healthy behaviors that have been shown to aid in maintaining a healthy weight. Each activity you perform helps you get closer to reaching your challenge goal. And... you can earn bonus points for each week you maintain or lose weight!

REGISTER TODAY!
Enrolling takes just a few clicks! Follow these steps:

1. Navigate to My Wellness Worksite at: mywellstate.com/tw/health/albuquerque
2. Read and approve the Terms of Service agreement.
3. Complete your profile and when prompted, use your organization's password: **COA2015**
4. Once you've set up your profile and formed or joined your team, you are ready to go! The challenge runs February 16 to March 23.
5. Need assistance? Click on the "Help" link and select "Contact Us" to contact the Wellness Worksite Support Team. We're here to help!

For Detailed Information on Keep It Steady!
GO TO:
<http://vimeo.com/user36582690/coa>
Password:
COA2015

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2015 Employee Health & Benefits Fair
A Journey for the Five Senses

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Blood Pressure Learning Academy

Thursday, June 18
11:00 am - 1:00 pm
Council Chambers, basement City Hall
(Parking in Civic Plaza will be Validated)
Open to employees and family members
FREE blood pressure checks before and after the event!

Join Dietitian and real food advocate **Jennie McCarty** for a fun cooking demonstration. Jennie is passionate about teaching people how to eat real, healthy foods in a manner that is scientifically proven to prevent disease and increase health.

Come ready to learn, engage and eat lunch together.
2 hours approved leave for City of Albuquerque employees with supervisors' prior approval. Limited enrollment. Please register by **June 10**.
<https://www.sturvy.com/ce/com/3/CA/R2/BP>

No-Cost Event VALUED AT \$190!

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The Solutions Group

Getting Fit Has Never Been So Much Fun!

THE ORIGINAL MONUMENTAL NEW MEXICO DASH

A web-based exercise challenge that takes you on a fast-paced journey to New Mexico's famed monuments!

MAKE EVERY DAY WORLD NO TOBACCO DAY

The Quit For Life® Program is proven to help you quit. Expert Quit Coaches will support you in following a personalized Quitting Plan. You'll have one-on-one coaching over the phone and online whenever you need it.

Quit For Life® Program

Employees, spouses, and domestic partners are eligible.

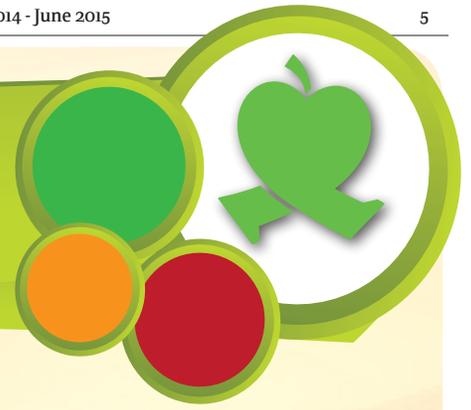
Personal Health Assessment

Get a \$25 **WHOLE FOODS MARKET** Gift Card

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BetterHealth Worksite Program

Overview and Executive Summary of Progress



June 30, 2015 marks the completion of year three for the BetterHealth 5-Year Strategic Plan. All wellness activities conducted in fiscal year 2015 align with four goals outlined in the BetterHealth 5-Year Strategic Plan:

1. Prevent, detect, and reduce modifiable risk factors for diabetes, heart disease, stroke, cancer, lower respiratory diseases, and arthritis
2. Create a healthy worksite culture
3. Build wide support and collaboration
4. Evaluate and improve initiatives

Increasing physical activity, improving nutrition, and avoiding tobacco remain top priorities in order to achieve the ultimate program aim of impacting healthcare costs and productivity. Providing onsite health screenings with immediate feedback from health professionals could be considered the fourth priority because early detection of conditions such as prediabetes or prehypertension may lead employees to improve their weight, diet, physical activity and smoking patterns enough to reverse the conditions. Early detection of other conditions, such as breast cancer or colon polyps, can improve the likelihood of successful treatments.

While improving individual health patterns is paramount, improving the work environment is also important to support an employee's desire to live healthier. Establishing a culture of health demonstrates our organizations' long-term commitment to employee health and wellbeing. Labeling and improving stairwell aesthetics, adopting guidelines for healthy food in offices, and making space for nursing employees to pump breast milk for their babies are examples of recent year projects.

The BetterHealth Wellness Committee worked diligently in fiscal year 2015 to collaborate with new community partners and departments, integrate initiatives, and use employee feedback to improve programs. With tremendous support from Mayor Richard Berry, Chief Administrative Officer Robert Perry, and other senior leaders, managers, and supervisors, new wellness programs were introduced. As set forth in the 5-Year Strategic Plan, the new initiatives engaged more employees and family members than previous years. Evaluation results show participants who fully embraced campaigns improved health measures and achieved greater awareness about their patterns of eating, physical activity, and tobacco use.

In order to continue engaging more employees and their families in wellness activities, new fitness and nutrition interventions will be introduced in fiscal year 2016, and an employee wellness champion program will be considered.

“I feel much better now that I have been exercising at least 5 days a week.”

(Monumental Dash)

“By attending this class it’s helping me to change my life style and the book is helping me try new healthy foods.”

(Blood Pressure Learning Academy)

“I lost 10lbs!! Gained some healthy new habits!!”

(Keep It Steady)

“Best fair I’ve been to.”

(2014 Health & Benefits Fair)

“My gym membership is a great benefit! I use the gym all the time.”

(Sports and Wellness)

“The cost of health is less than the cost of disease.”

(Zero Trends – Health as a Serious Economic Strategy. Dee W. Edington, PhD, Health Management Research Center, University of Michigan, 2009.)

BetterHealth Wellness Committee



The **BetterHealth Wellness Committee** is comprised of representatives from the City of Albuquerque and 16 government entities participating in the City's medical, dental, and vision plans. Other wellness committee members include representatives from organizations selected by the City of Albuquerque to conduct health and wellness initiatives.

Special thanks to wellness committee members for their energy, dedication and significant contributions toward meaningful wellness initiatives. Much appreciation also goes to three new community partner representatives who have contributed ideas for new evidence-based activities and significant resources to adopt them.

Albuquerque Bernalillo County Water Utility Authority		Shane Schumann, Erica Jaramillo
Albuquerque Housing Authority		Anita Sanchez-Triviso
City of Albuquerque APD Police Academy		John D (JD) Maes
City of Albuquerque BetterHealth Program		Lisa Gatan, Shannon Brady
City of Albuquerque Chief Administrative Office		Leslie Muñoz
City of Albuquerque Employee Assistance Program		Julia Bain
City of Albuquerque Employee Health Services		Dave Pulliam
City of Albuquerque Insurance and Benefits Division		Mark Saiz
City of Albuquerque Risk Management Division		Peter Ennen
City of Albuquerque Safety Program		Alton Adams
City of Belen		Lucy Baca, Pamela Toledo
Delta Dental of New Mexico		Jesús Galván, Rich Bolstad
Middle Rio Grande Conservancy District		Lonnie Ben, Mary D'Ornellas
Nuvita		Sarita Parra Loehr
Presbyterian Health Plan		Amy Lujan
Presbyterian Healthy Solutions Disease Management Program		Crystal Spain
Presbyterian Healthcare Systems, The Solutions Group		Liz Chavez, Sharon Griffin, Adriana Lopez
Sandoval County		Patricia Miller, Sarah Garcia-Moehn
ShiFit Wellness		Lydia Caba, Joni Pompeo
Southern Sandoval County Arroyo Flood Control Authority		Catherine Conran
Town of Bernalillo		Yolanda Smith-Mora
Town of Cochiti Lake		Jeri Chenelle, Dolly Kauley
Town of Edgewood		Estefanie Muller
Town of Mountainair		Kathy Anglin
Village of Bosque Farms		Debra Kelly
Village of Corrales		Jennifer Hise
Village of Cuba		Vandora Casados
Village of Los Ranchos de Albuquerque		Stephanie Dominguez
Village of San Ysidro		Christina Lucero
Village of Tijeras		Diane Klaus

New Community Partners

- **Dorine Conley**, Health Systems Manager, State-Based, American Cancer Society, Great West Division
- **Jennie Lee**, New Mexico Tobacco Cessation Specialist, NM Department of Health, Tobacco Use Prevention and Control Program
- **Dana Millen-Schultz**, Program Manager, New Mexico Department of Health, Colorectal Cancer Program

“Individuals with high levels of well-being are more productive at work and are more likely to contribute to their communities.”

(National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, Well-being Concepts, Accessed 7/17/15: <http://www.cdc.gov/hrqol/wellbeing.htm#five>)



“I was able to lose around 15 pounds just from walking, it’s amazing!”

(Monumental Dash)



What employees have to say about the **Mobile Health Center:**

“First time here. Called in the morning and had an appointment the same day. A+!”

“Makes it easy to keep track of my diabetes.”

Fiscal Year 2015

Key Achievements

Health and well-being outcomes

- **Weight loss and weight management** (Keep It Steady; Change is Possible; Nuvita; Monumental Dash)
- **Improved blood glucose and cholesterol** (Nuvita)
- **Smoking cessation** (BreatheBetter; Quit for Life)
- **Improved diet** (Keep It Steady; Change is Possible; Nuvita; Blood Pressure Academy)

Seven new health programs offered to sustain and improve worker health. All programs engaged spouses or domestic partners.

- Nuvita Fitness League
- Keep It Steady – Healthy Weight Challenge
- New Mexico Monumental Dash – included 52 children age 12 and over
- Fitness program with New Mexico Sports and Wellness
- Blood Pressure Learning Academy
- Colorectal Cancer Screening Assessments
- Quit for Life tobacco cessation program

Significant increase in participation compared to Fiscal Year 2014

- Personal health assessments (**increase by 48%**)
- Nutrition, physical activity, and healthy weight programs (**increase by 27%**)
- Onsite mammograms (**increase by 23%**)

Steady participation compared to Fiscal Year 2013

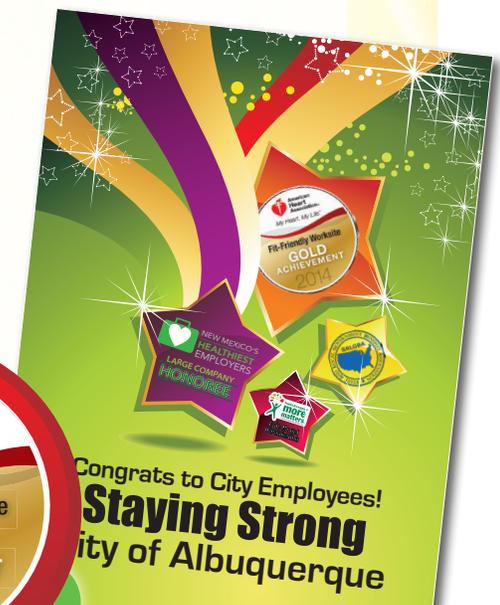
- Visits to Mobile Health Center
- Health screenings including blood pressure, lipids, glucose, and A1C

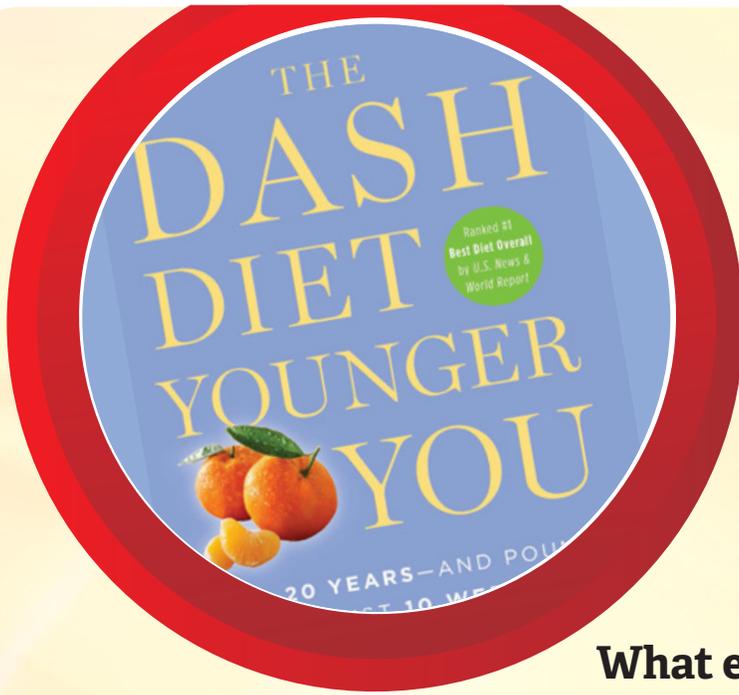
Culture of Health projects take the work environment into account

- Mother's Lactation Room in City Hall utilized
- More health education newsletters and posters distributed to work locations

Healthy Employer Awards

- Honoree Award in the Large Company Category for New Mexico's Healthiest Employer by Albuquerque Business First
4th Consecutive Year
- Gold Fit-Friendly Worksite Award by American Heart Association
3rd Consecutive Year



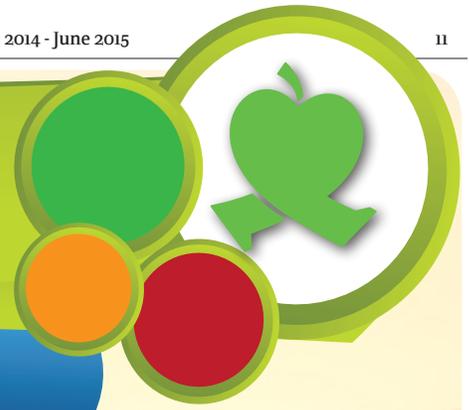


What employees have to say about the **Blood Pressure Learning Academy**:

“I had not heard about the DASH diet, was diagnosed as prehypertensive last year and my doctor didn’t provide much guidance about how to manage the condition with or without medications. This was good information!”

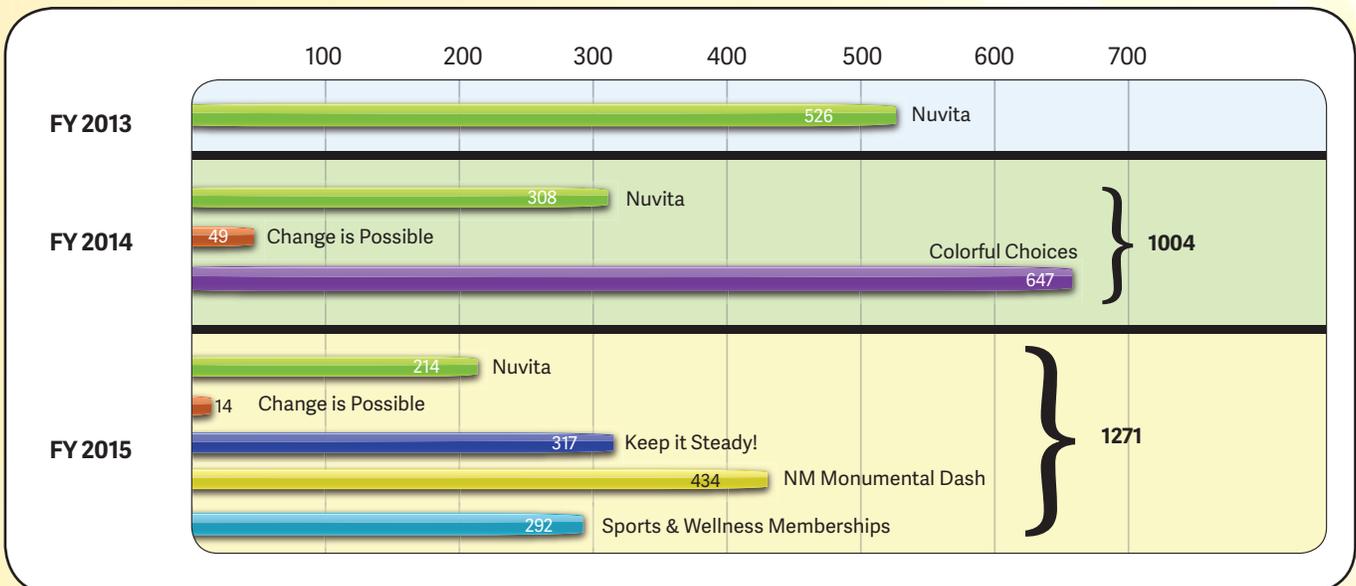
BetterHealth Wellness Results

Fiscal Year 2015

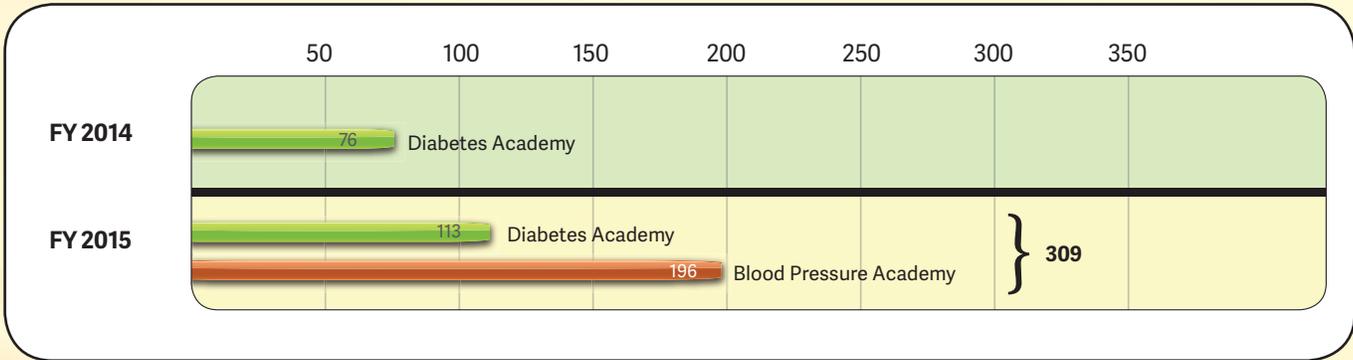


Seven new wellness initiatives were conducted in fiscal year 2015. The following graphs highlight program participation in fiscal year 2015 and previous fiscal years where applicable. It is important to note here that 16 government entities are eligible for a number of wellness campaigns listed below, and their participation is included in the results. Bernalillo County, however, separated from the City of Albuquerque medical benefits plan in fiscal year 2015. Participation differences reflected in the graphs may be due, in part, to this change. The City of Albuquerque allowed Bernalillo County to continue using the Presbyterian Mobile Health Center, and Bernalillo County visits are included in the results.

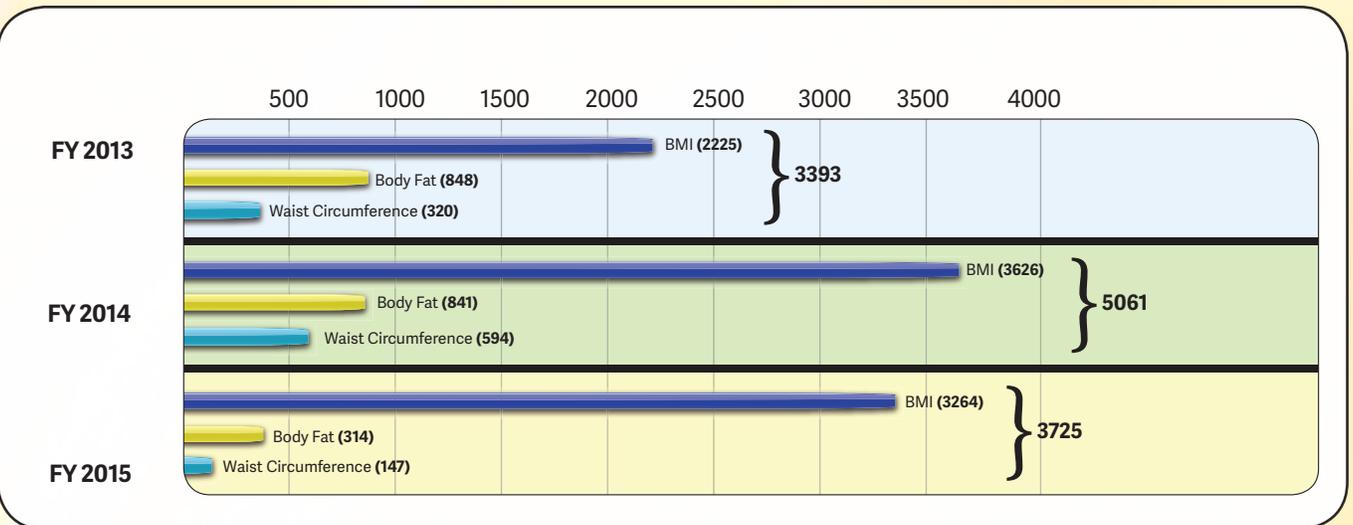
Enrollment in Multi-Week Nutrition, Physical Activity, and Healthy Weight Programs



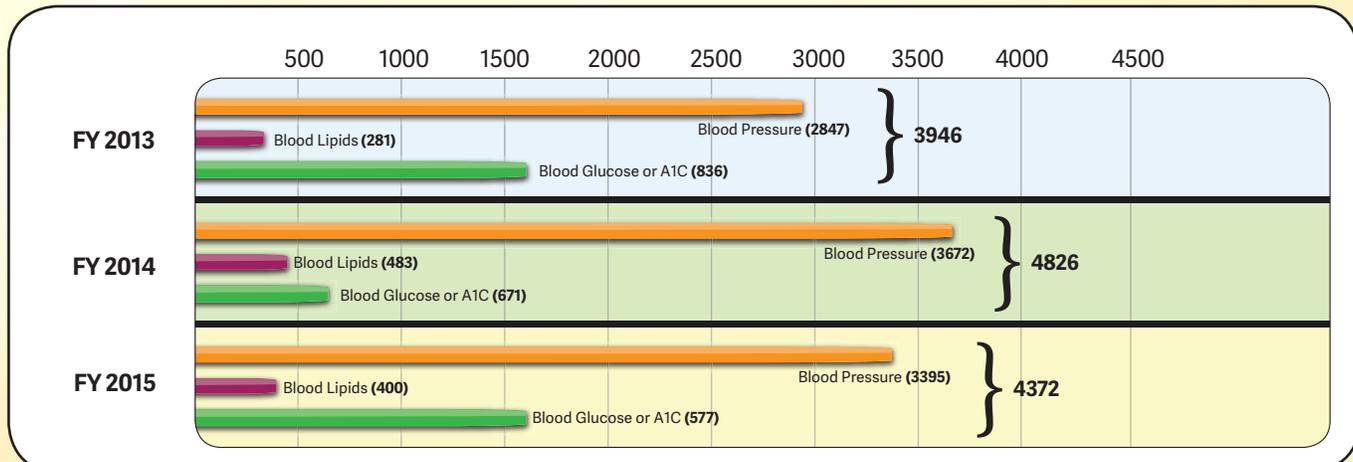
Employees and Family Members Enrolled in Health Academies



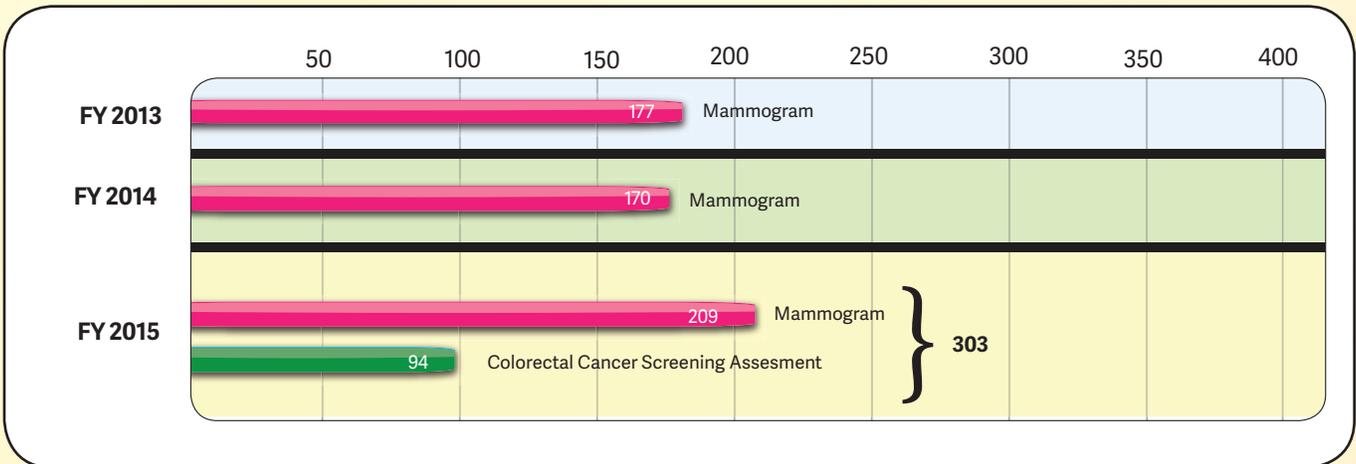
On-site Body Composition Screenings with Feedback for Employees and Family Members



On-site Health Screenings with Feedback (includes all screening events, program screenings, and Mobile Health Center)



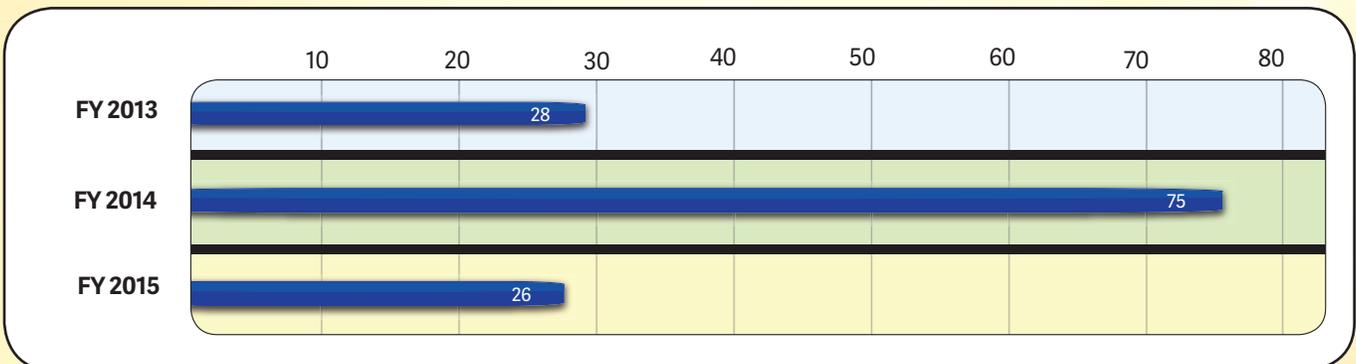
On-site Cancer Screenings with Feedback for Employees and Family Members



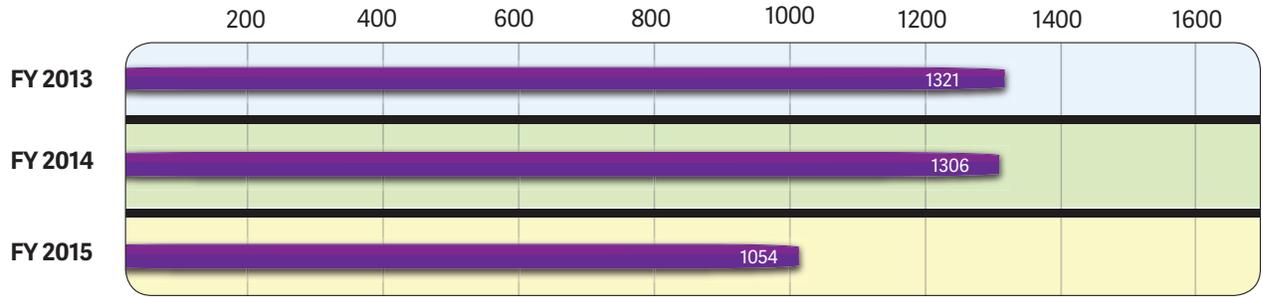
Personal Health Assessments Completed by Employees, Spouses, Domestic Partners



Employees, Spouses, Domestic Partners Enrolled in Tobacco Cessation Program



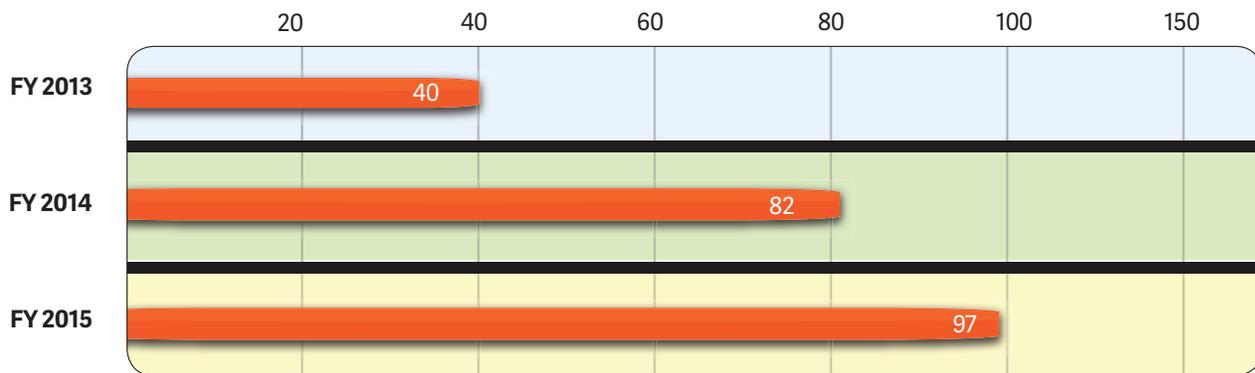
Employees and Family Member Attendance at Annual Health & Benefits Fairs



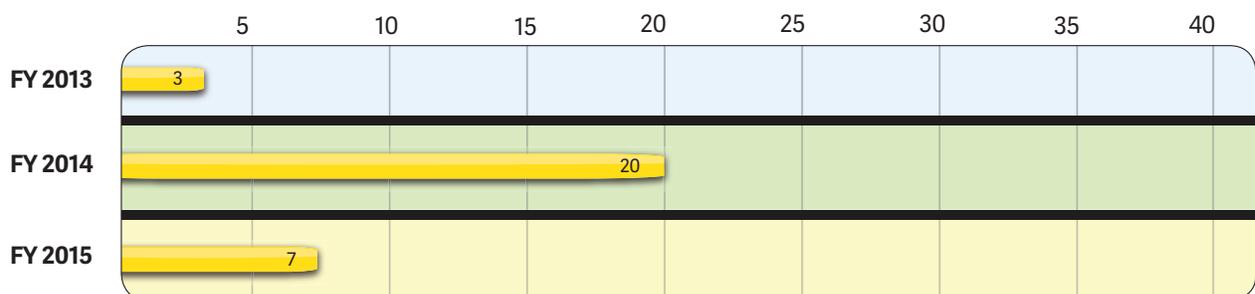
Mobile Health Center Visits by Enrolled Employees and Family Members



Employees Trained with Wellness for Supervisors Module



Employees and Family Members Completed Healthy Solutions Disease Management Program



Recommendations for Fiscal Year 2016

- Continue selecting new wellness campaigns and incentives to maintain employee interest and engage more employees and family members.
- Adopt a method to involve wellness champions from various work locations. City of Albuquerque employees currently report to work at 168 work locations. This presents a challenge in reaching all employees with wellness activities and promotional materials.
- In order to apply next year for the American Heart Association Fit-Friendly Worksite award, all applicants must have in place a comprehensive tobacco policy that includes e-cigarettes and smokeless tobacco products. A revised smoking policy for City of Albuquerque employees is currently under review. Adopting the revised policy will enhance the culture of health and demonstrate the City of Albuquerque's commitment to employee health and wellness.

What we can tell from the data?

- The BetterHealth 5-Year Strategic Plan has served as a successful roadmap to guide our organizations' efforts to engage more employees and their families in workplace wellness initiatives.
- We have started integrating wellness into our organizational cultures.



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Insurance and Benefits Division
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