











COUNCIL HEALTH AND WELLNESS

	2014	2015	2016	HEALTH TREND	DO NOTHING	B.O.B.
PHYSICAL ACTIVITY  LOW PHYSICAL ACTIVITY Less than 150 min moderate physical activity or 75 min vigorous each week	28.6%	32.7%	31.3%	—	+7%	29.2%
NUTRITION  LOW FRUIT/VEGETABLES Less than 5 servings of fruits & vegetables each day	86.1%	86.6%	84.8%	+	+7%	78.4%
WEIGHT MANAGEMENT  OVERWEIGHT/OBESE BMI at or over 25	76.3%	78.7%	78.5%	—	+7%	66.9%
STRESS MANAGEMENT  UNHEALTHY STRESS High stress level and/or poor stress management	9.2%	10.4%	10.9%	—	+7%	10.1%
SLEEP  POOR SLEEP Less than 7 hours or more than 9 hours of sleep each night	42.4%	40.8%	41.6%	+	+7%	32.4%
PREVENTIVE SCREENING*  LATE SCREENING Breast Cervical Colorectal	35.4% 35.0% 31.2%	35.4% 35.0% 31.9%	32.9% 34.2% 32%	+ - -	+7%	29.5% 30.1% 35.7%
	2013	2014	2015			
TOBACCO  Tobacco use	9.9%	11.3%	10.7%	—	+7%	7.3%
ALCOHOL  More than 7 (14) drinks per week for women (men)	5.0%	4.8%	4.6%	+	+7%	4.1%
WORK CULTURE/ENGAGEMENT  Health assessments complete	32% 1150	46% 1698	48% 1790	+		32.5%
DISEASE MANAGEMENT  Mod-High risk-Diabetes/Heart Disease Diagnosed-Diabetes/Heart Disease	67.5% 11.5%	67.9% 11.9%	67.8% 12.3%	—	+7%	58.2%

All measures from employee health assessment.

*Taken from claims data.

2014-2016 TREND.
YELLOW DENOTES
A <1% CHANGE.

TALKING POINTS

- The health assessment is a critical wellness component providing the Council and participants an accurate representation of health status, modifiable health risk, and risk for future disease.
- The health assessment uses scientifically validated questions and medically approved algorithms to identify those with modifiable health risks and increased risk for disease. It accurately predicts the likelihood of being diagnosed with diabetes or heart disease within 2.5 years — before disease indicators appear in claims or the participant knows they are at risk.
- After completing the online health assessment, participants receive results and are encouraged to establish goals to create a personalized health improvement action plan.
- The health assessment provides the Council an aggregate view of the overall health of our population. When combined with targeted health improvement programs, it realizes long-term financial savings and provides actionable results to clients and participants.
- If the Council were to “do nothing” in terms of health improvement and wellness, the population’s health would decline 7% each year.
- The HealthPartners B.O.B. (book of business) column indicates a comparison to HealthPartners clients.

LET'S TAKE CHARGE OF OUR HEALTH!

move more, eat better, stress less

