

JourneyWell Health Assessment Highlights*
State of Minnesota Employees, 2009

Health Assessment (HA) Completion Rate

	<u>2008</u>	<u>2009</u>
• Number of eligible individuals:	49,745	50,098
• Number of HA completers:	33,956	34,512
• HA completion rate:	68.3%	68.9%

- Enhancement: HA and website accessible to visually impaired employees including AHA landing page
- HA assesses behaviors that can be changed and willingness of individuals to make a change

Readiness to Change Behavior

Generally, readiness to change behavior is high among employees who responded to the health assessment

Culture of Health

Efforts to build a “*culture of health*” are likely to be well-received by employees who are apparently ready to change behaviors

Health Potential

An individual improves his or her health potential by improving even one health factor

- increase physical activity
- reach a healthy weight
- become smoke-free
- eat five fruits and vegetables each day
- get optimal sleep or
- reduce risky drinking behavior

Aggregate Health Risk Factors

Summary is based on HA responses. Number of responders who took HA both years (2008 and 2009) is 29,005

	<u>2008</u>	<u>2009</u>
Overweight or obese	66.4%	67.1%
Tobacco use	9.9%	9.4%
Below Surgeon General’s guideline for Physical activity	29.1%	28.6%
Unhealthy food choices	50.4%	48.3%
Unhealthy stress	5.6%	5.2%
Frequent back pain	38.3%	37.6%
High-risk alcohol use	1.7%	1.5%

Note: All information is received and presented in the aggregate. No individual data is reported.
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Workplace Wellness

Call to action for 2010 - there is opportunity to encourage enrollment in JourneyWell programs and agency wellness activities. Throughout the year communications (posters, flyers, tips and articles) will be provide to assist you with the arm of your program that includes JourneyWell.

Custom Module Asks:

Would you participate in worksite wellness programs that include classes and other opportunities to be healthy at work?

<u>2008</u>	<u>2009</u>
61.7% yes (20,964 of 33,956 responders)	62.0% yes (21,395 of 34,512 responders)

What time of day would you most likely participate in a worksite wellness activity?

There is good receptivity for worksite wellness programs - especially around the noon hour for about 30 minutes.

	<u>2008</u>	<u>2009</u>
Noon	31.0%	31.9%
Early morning	22.5%	22.4%
Late afternoon	16.5%	16.1%
Mid-morning	11.8%	11.7%
Early afternoon	11.2%	10.8%
Early evening	7.1%	7.2%

The custom module also asks about interest in specific worksite wellness activities. For 2008 and 2009, over 50% of the responders indicated interest in these activities:

- Aerobic classes
- Chair massage*
- Confidential on-site health screening
- Fitness/wellness competitions
- Healthy lunch groups
- Medical self-care trainings
- Nutrition classes*
- Relaxation classes*
- Stretch breaks*
- Walking clubs*
- Weight training classes
- Yoga classes

*Over 70% of the responders indicated interest in these activities.

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JourneyWell

Wellness Program Participants

- Open Enrollment 2008 – 2,174
- Open Enrollment 2009 - 2,347
- Beginning of November 2009 and end of Dec 2009 - 3,081
- Nov 2008 to Sept 2009 - ~3,900

Top Four wellness programs (based on enrollments in 2008 and 2009)

- 10,000 Steps
- Healthy Lifestyles, Healthy Weight
- Weight eProgram
- Stress eProgram

Additional phone-based programs available during 2010

- Balancing Stress for Healthy Living
- Get Moving, Get Fit
- Healthy Eating, Health Life
- Back to Health
- Partners in Quitting
- Solutions for High Blood Pressure
- Solutions for High Cholesterol
- Health Choices, Healthy Baby

For 2010, enhancements to JourneyWell's Coaching Model

- Open access to all programs
- For phone-based, full year of phone appointments *after*
 - Enrolled in program
 - Engaged in at least 3 phone appointments

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Prepared by MMB Health Risk Management for the Agency Wellness Champions
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