JOPLIN CITY COUNCIL

INFORMAL MEETING AGENDA
MONDAY, DECEMBER 17, 2018
5TH FLOOR INFORMAL COUNCIL ROOM

1. Update on Employee Wellness Program
2. Discussion on Creating an Arts District Downtown
3. Any other business

Notice posted at 12:00 pm. on this 13th day of December 2018. (RSMo 610.020)

WOW
Working on Wellness

HEALTH NUTS WELLNESS PROGRAM

Historical Information

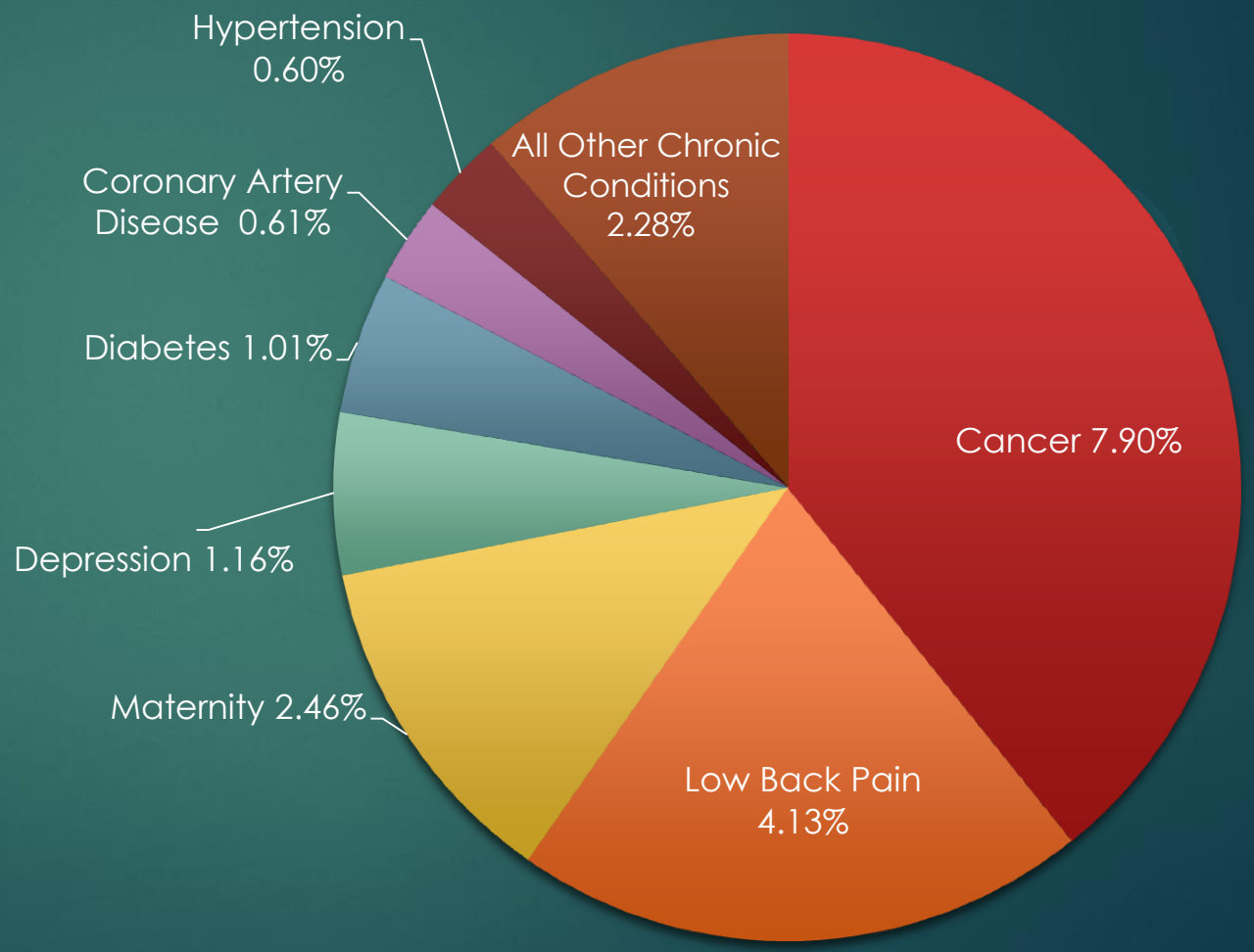
- City changed to self-insured on January 1, 2011
- Formed an employee-based committee branded the Joplin Health Nuts
- Conducted various employee surveys designed to:
  - Know your numbers
  - Have a primary care physician
  - Understand the Employee Assistance Program

Historical Information

- Conducted an annual “Lose Some Win Some” weight-loss program
- Established the exercise facility for city employees
- Began developing over-arching Wellness Program
- In 2017, Dan Pekarek joined the Health Nuts as the co-chair
- Health conditions documented for our employees mirror community health issues
- Our new wellness program will mirror some community-wide initiatives

Leading Cost Factors from Anthem

2011-2017 Average Chronic Conditions Claims
(Percentage of Medical Claims Paid)

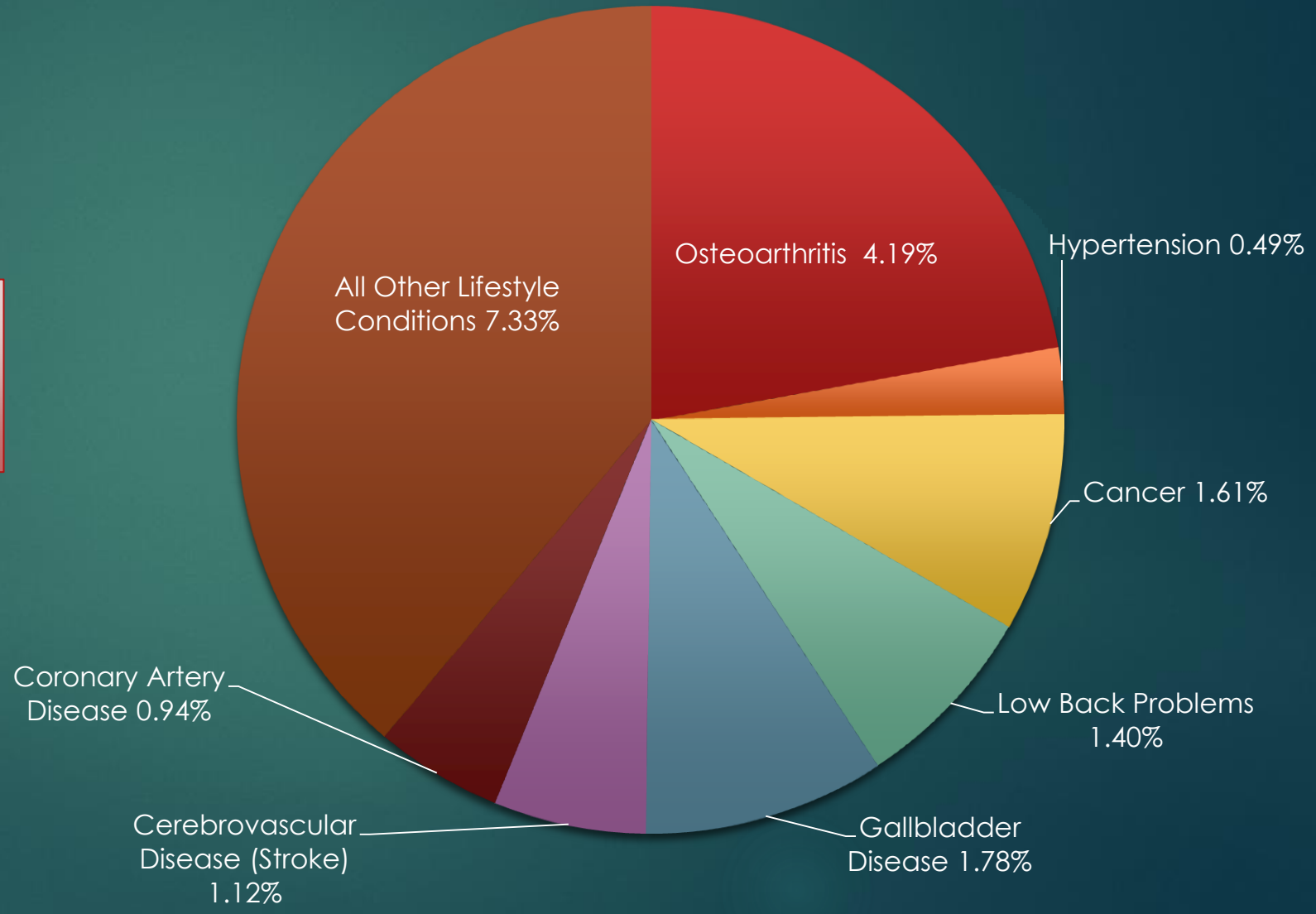


Leading Cost Factors from Anthem

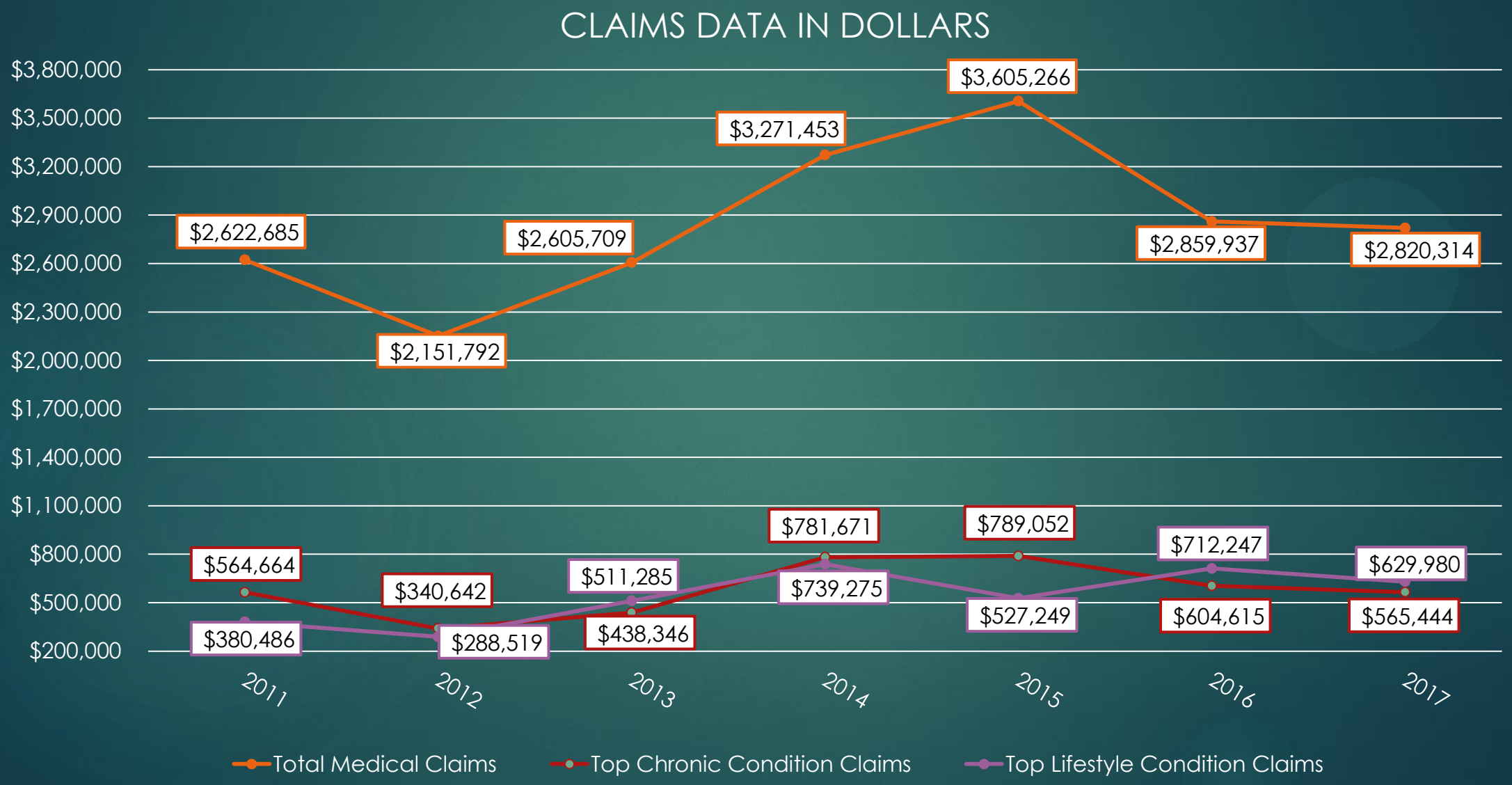
City of Joplin Top Lifestyle Conditions and Risk Factors 2011-2017 Data	
Lifestyle Condition	**Associated Risk Factors**
Osteoarthritis	Obesity; Lack of physical exercise
Hypertension	Obesity; Lack of physical activity; Alcohol Use; Poor Nutrition Practice; Stress/Anxiety/Depression
Cancer	Obesity; Lack of physical activity; Tobacco Use; Alcohol Use; Poor Nutrition Practice
Low Back Problems	Obesity; Lack of physical exercise
Gallbladder Disease	Obesity; Poor nutrition practice
Cerebrovascular Disease (Stroke)	Obesity; Lack of physical activity; Tobacco use; Poor nutrition practice
Coronary Artery Disease	Obesity; Lack of physical activity; Tobacco Use; Alcohol use; Poor nutrition practice; stress/anxiety/depression

Leading Cost Factors from Anthem

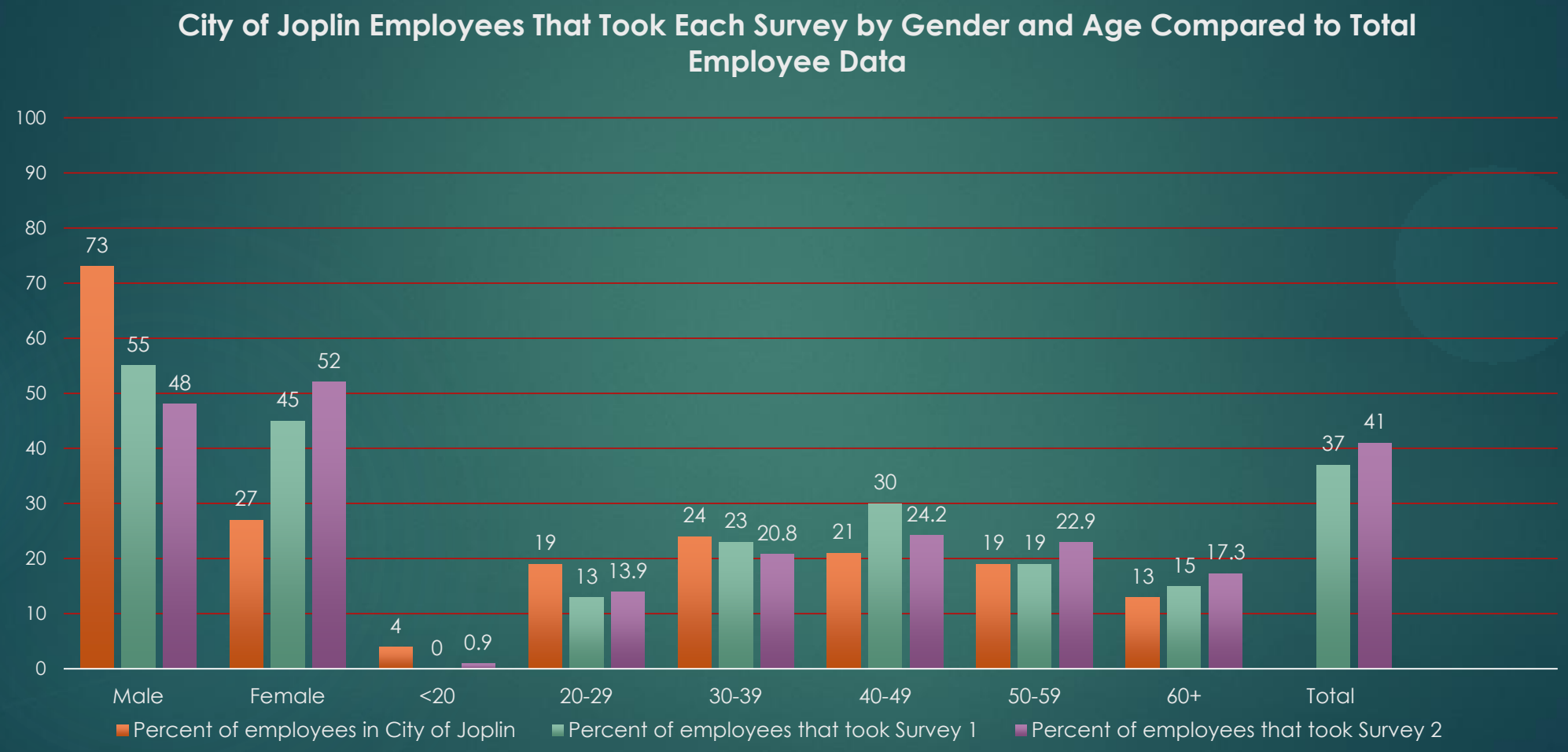
2011-2017 Average
Lifestyles Claims
(Percentage of Medical Claims Paid)



Leading Cost Factors from Anthem



2018 Survey Information



2018 Survey Information

- Physical Activity Level
- Fruit and Vegetable Intake
- Reading Food Labels
- Blood Pressure
- Sleep
- Diabetes
- Seeing a PCP
- Tobacco Use
- Seeing a Dentist
- Behavioral Health
- Employee Assistance Program

CDC ScoreCard

Section:	Total Possible Points	Average	Pre-program Score
Organizational Supports	33	24	15
Tobacco Control	19	13	7
Nutrition	21	11	2
Lactation Support	15	7	5
Physical Activity	24	15	16
Weight Management	12	8	2
Stress Management	14	11	1
Depression	18	7	6
High Blood Pressure	17	10	5
High Cholesterol	15	9	5
Diabetes	15	9	2
Signs and Symptoms of Heart Attack and Stroke	4	2	0
Emergency Response to Heart Attack and Stroke	17	11	12
Occupational Health and Safety	22	15	19
Vaccine-Preventable Disease	18	15	18
Total	264	129 (average)	115

A comparison of the ScoreCard based on the total points possible on the card, the average collected through controlled studies, and the City of Joplin score before new wellness program implementation.

WOW
Working on Wellness

THE NEW WELLNESS PROGRAM FOR THE CITY OF JOPLIN

Monthly Themes

January: Portion Control

February: Cardiovascular Health

March: Sleep

April: Benefits of Walking

May: Mental Health

June: Oral Health

July: See Your Primary Care Physician

August: Importance of Drinking Water

September: Fruit & Vegetable Consumption

October: Cancer Awareness

November: Diabetes Awareness

December: Tobacco Awareness



Guidelines of Program

- Participants will sign up every month by emailing Jillian or communicating to Jillian through their Health Nuts Rep. Sign-ups will occur the first 3 business days of the month.
- Those who sign up will receive a tracking form to track points throughout the month. There will be two challenges every month that participants can complete to earn points either daily or monthly.
- At the end of the month, participants will send their forms back to Jillian.
- After points are calculated, a winner will be selected.

Guidelines of Program

- Participants will begin each month with zero points.
- At the end of the year, all of the month totals will be calculated together for each participant.
- The top 3 participants will win prizes for gold, silver, and bronze and will be recognized at the employee banquet.
- Each participant will receive a prize for participating in the program!

2019
WORKING ON WELLNESS
Health Nuts Challenge
WOW

WORKING ON WELLNESS

MONTHLY NEWSLETTER: JANUARY



PORTION CONTROL

This Month's Challenges:

1 point per day= read the food label to know the proper "serving size" before eating at least one meal or snack a day.

1 point per day= when eating at least one meal a day, eat the proper "serving size"

Ever get really confused about how much you can eat of a certain food item? Or find yourself eating an entire bag of chips alone, but not actually feeling full? That's because there is a great difference between portion size and serving size.

Portion Size vs. Serving Size

According to the National Institutes of Health, here are some definitions to better explain the difference:

"Portion is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen. A portion is 100 percent under our control. Many foods that come as a single portion actually contain multiple servings.

Serving Size is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size the manufacturer suggests on the package. Once we understand the difference, it's easier to determine how much to serve."



Click here for the full recipe!

Understanding Food Labels



Understanding how to read food labels can help you determine serving size and the amount of calories you're consuming when you eat. This can aid in your quest for portion control. Here are five tips when looking at food labels:

1. Start with the serving information at the top.
2. Next, check total calories per serving and container.
3. Limit certain nutrients.
4. Get enough of the beneficial nutrients.
5. Understand % daily value.

For more information on food labels, visit the American Heart Association website.

Anthem Wellness Fund

- We received $5,000 to spend for our wellness program! We anticipate the same amount for the next two years.
- We were able to purchase more weights for the City Fitness Facility, prizes for the monthly competitions, and participation prizes for the program.

CDC ScoreCard

Section:	Total Possible Points	Average	Pre-program score	Projected score after implementation
Organizational Supports	33	24	15	19
Tobacco Control	19	13	7	12
Nutrition	21	11	2	4
Lactation Support	15	7	5	5
Physical Activity	24	15	16	18
Weight Management	12	8	2	3
Stress Management	14	11	1	1
Depression	18	7	6	10
High Blood Pressure	17	10	5	6
High Cholesterol	15	9	5	6
Diabetes	15	9	2	6
Signs and Symptoms of Heart Attack and Stroke	4	2	0	3
Emergency Response to Heart Attack and Stroke	17	11	12	12
Occupational Health and Safety	22	15	19	19
Vaccine-Preventable Disease	18	15	18	18
Total	264	129 (average)	115	142

A comparison of the ScoreCard based on the total points possible on the card, the average collected through controlled studies, the City of Joplin score before new wellness program implementation, and the projected score after the program has been implemented for the first year.

The Future of the Program is Bright!

- We anticipate lots of room for growth for this program!
- Additional challenges could be added as the program matures,
- Different themes can be selected for the months,
- Presentations, seminars, and lunch ‘n learns can be added,
- Additional annual surveys distributed to measure success of program,
- City will be developing a wellness scorecard to show the impact to our insurance program.

Questions?