



# Executive Overview Santa Rosa County Schools

October 4, 2011 – November 18, 2011



## Personal Health Assessment

The Personal Health Assessment (PHA) has been administered for Santa Rosa County School District for five years with participation and wellness scores as follows:

School Year	Bio-metric Screening Participants	PHA Completions	Percent of Employees Completing PHA	Overall Wellness Score*
2007/2008	71	43	61%	73
2008/2009	210	86	41%	72
2009/2010	1,336	644	48%	74
2010/2011	1,339	763	57%	75
2011/2012	2,020	1,768	72%	74

*\*A score below 80 indicates an elevated likelihood that individuals will develop certain medical conditions.*



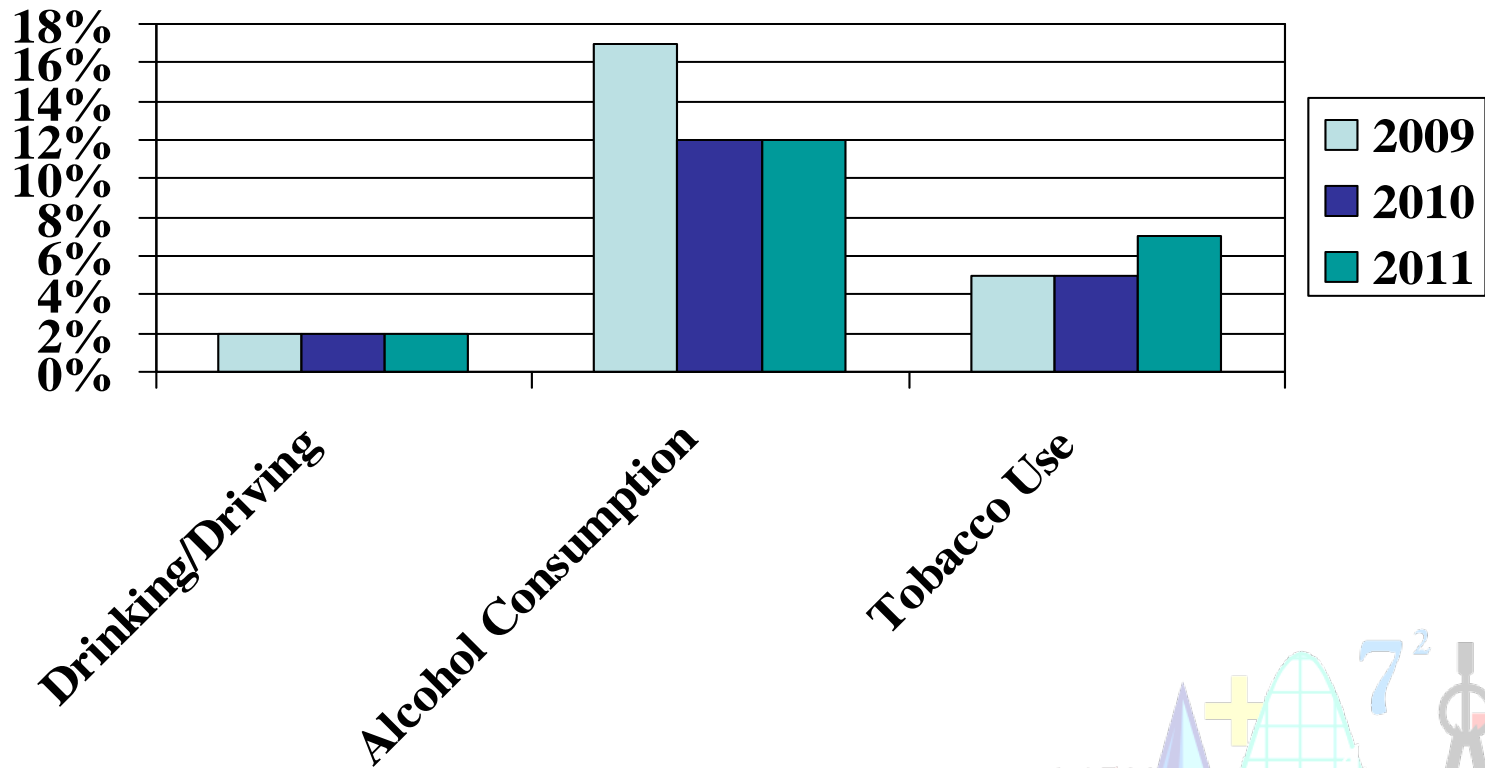
# Top Four At-Risk Areas



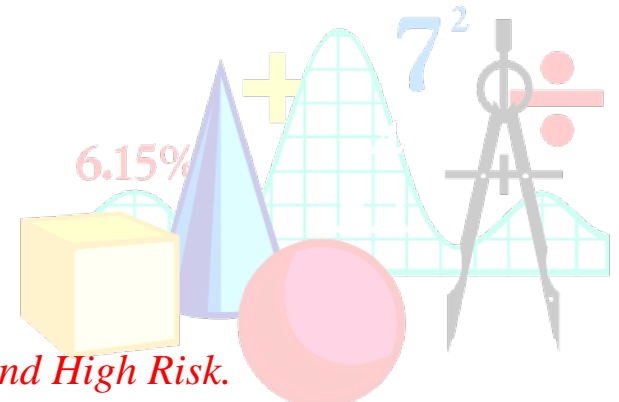
Risk Area	Number of Employees At-Risk*	Percentage of Employees At-Risk*	Total Responses
Nutrition	1,576	89.1%	1,768
Diabetes	1,388	78.5%	1,768
Weight	1,125	63.6%	1,768
Exercise	1,083	61.3%	1,768

*At-Risk includes employees in the “high risk” or “borderline” categories*

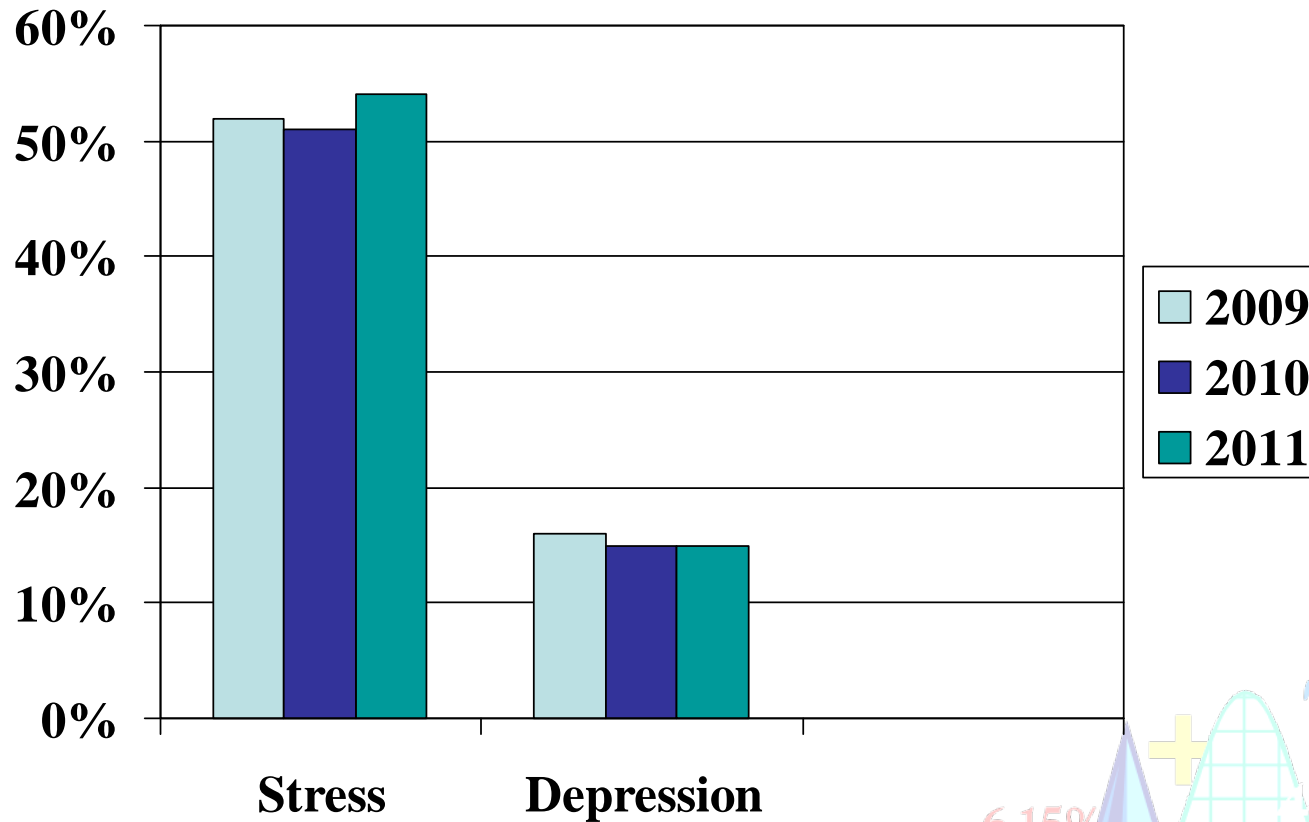
# Healthy Lifestyles – At Risk



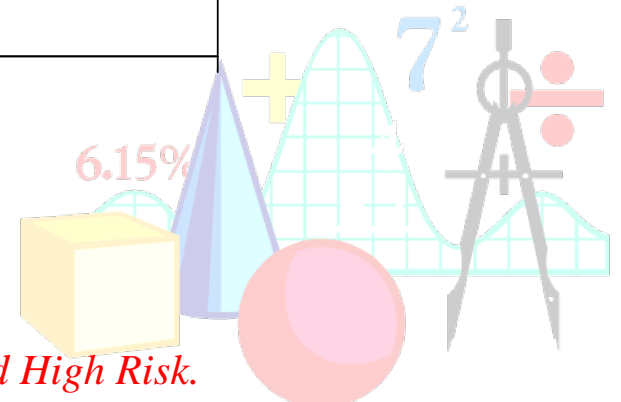
*Percentage "At Risk" includes Borderline and High Risk.*



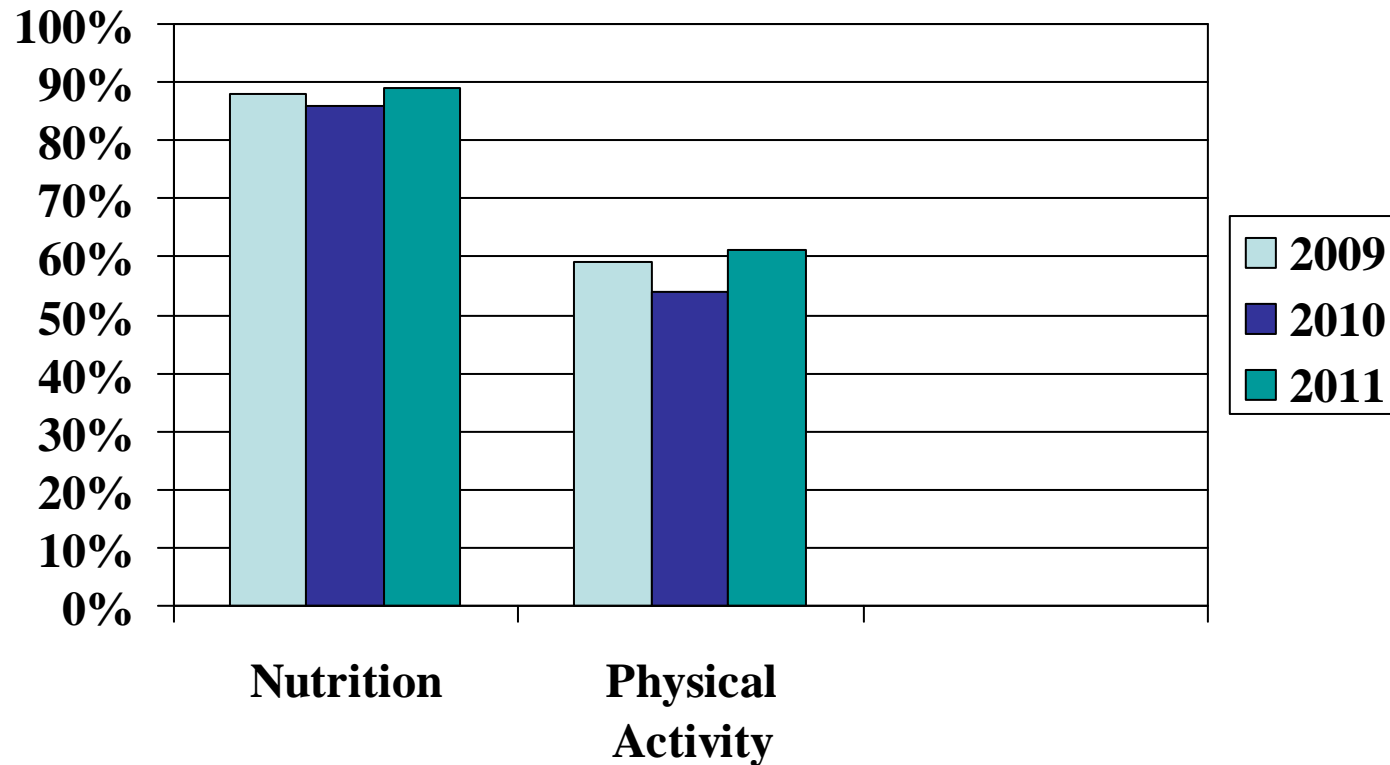
# Mental Wellness – At Risk



*Percentage "At Risk" includes Borderline and High Risk.*

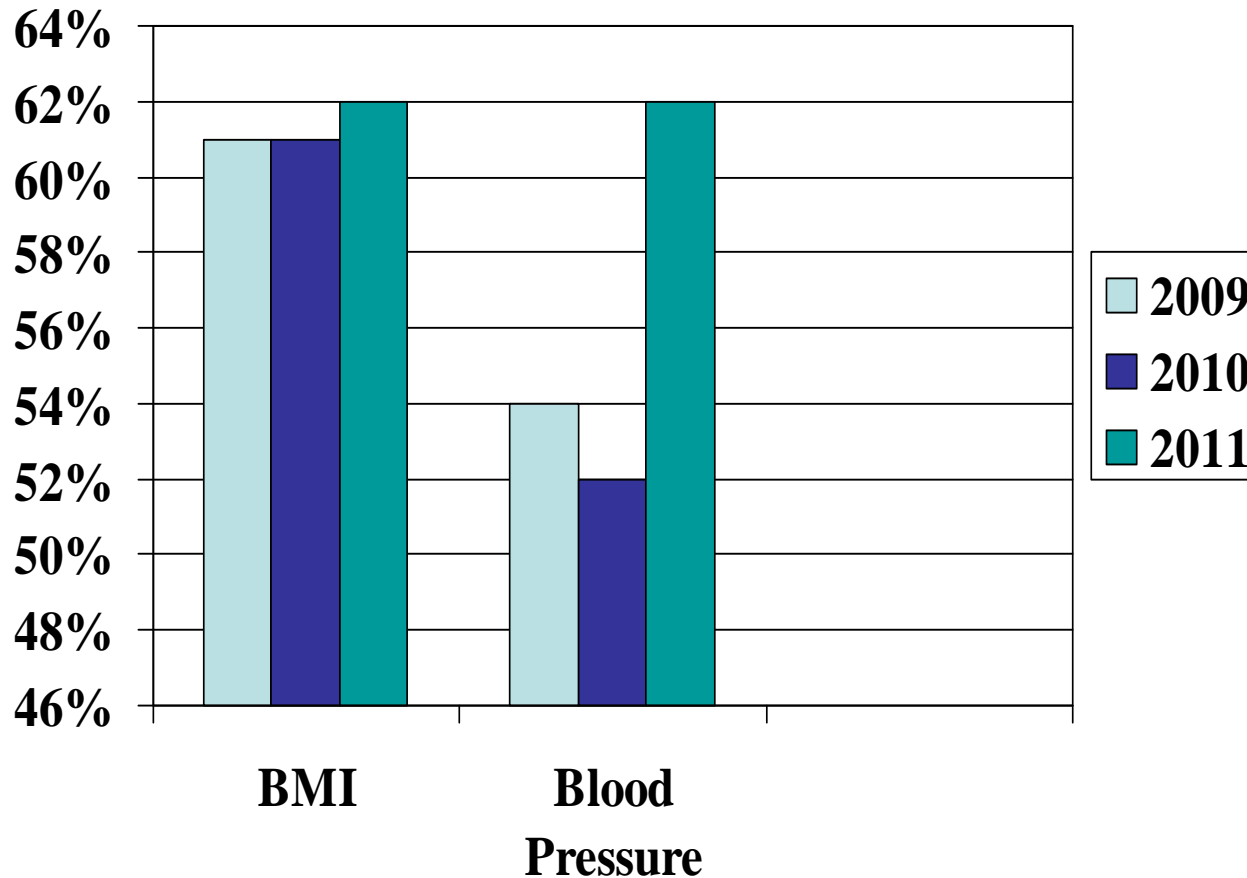


# Nutrition & Physical Activity – At Risk



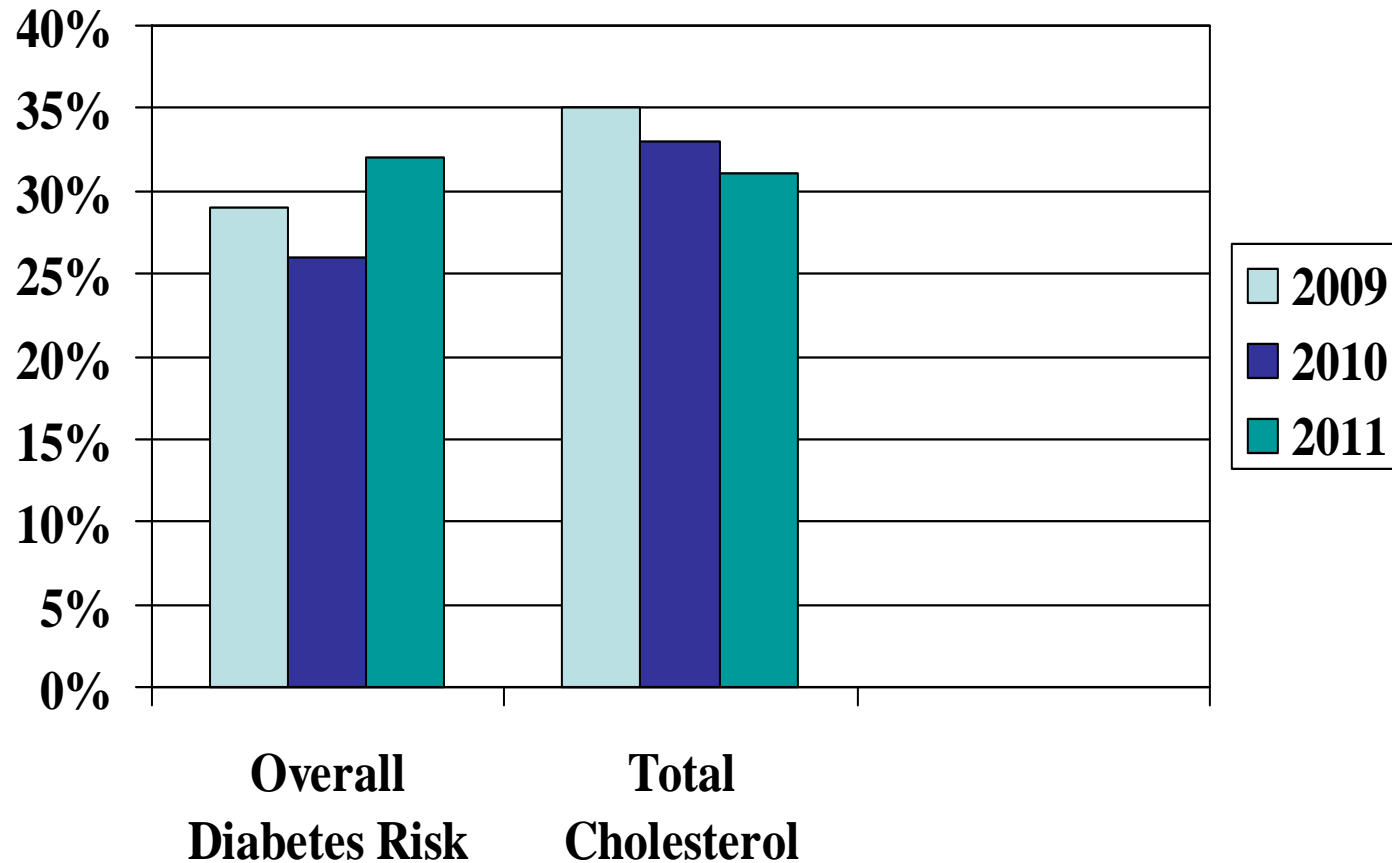
*Percentage "At Risk" includes Borderline and High Risk.*

# BMI and Blood Pressure – At Risk



*Percentage "At Risk" includes Borderline and High Risk.*

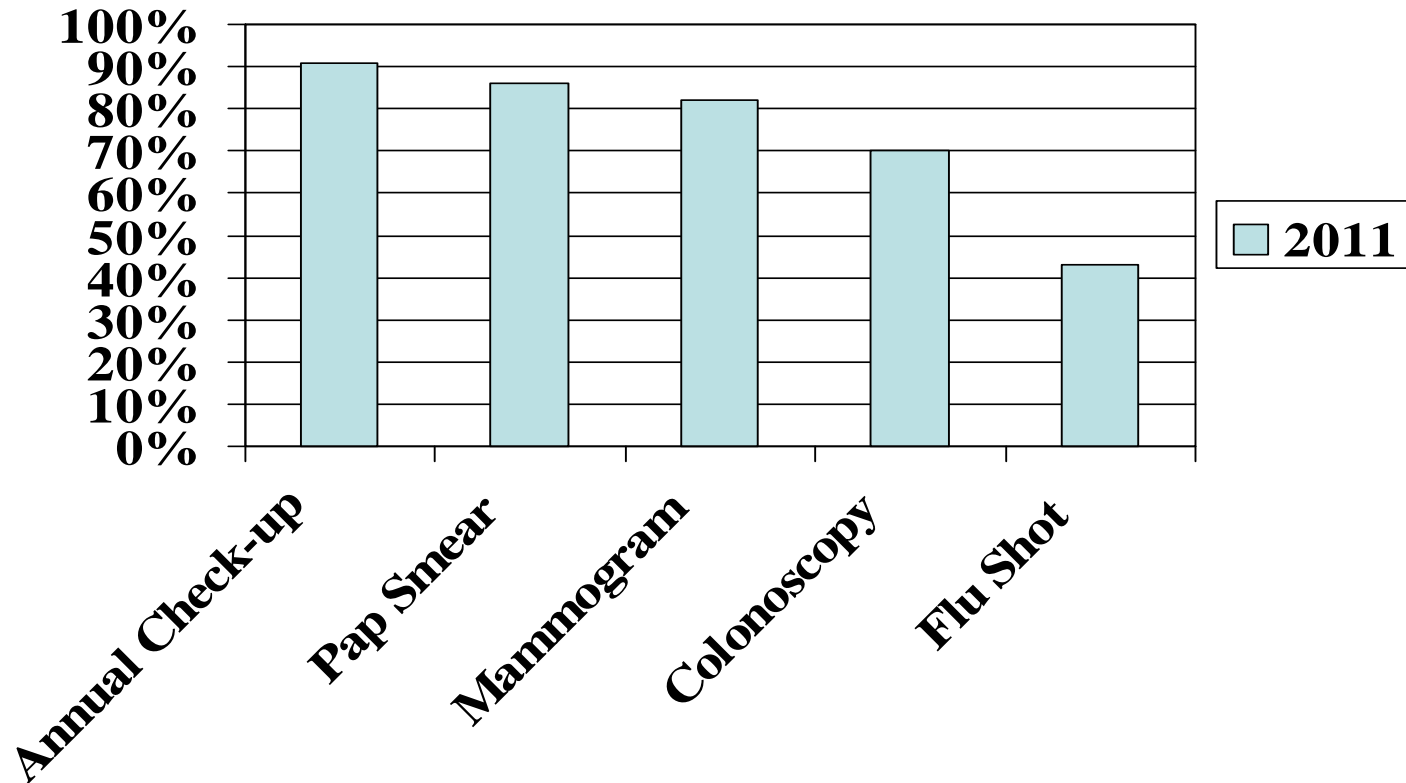
# Diabetes and Cholesterol – At Risk



*Overall Diabetes risk includes elevated blood sugar, weight and activity level*



# Preventive Health Screenings



*Preventive Services covered 100% by our health insurance*



# Critical Values



There were **37 critical values** identified during the 2011 screenings:

## **Blood Pressure – 31**

- 15 became aware during screening
- 16 were aware of issue prior to screening

## **Blood Glucose – 6**

- 2 became aware during screening
- 4 were aware of issue prior to screening

### Follow up Steps:

- Immediate counseling by an on-site BCBS nurse
- Follow up letter sent to members urging them to follow up with a doctor
- Follow up phone call to members offering health coaching by BCBS Next Steps nurse educator

Year	Critical Values Identified
2011	37
2010	19
2009	11



# Data Comparison



	Virgin Health Mile Members	Employees Completing BCBS PHA
<b>Physical Activity:</b>		
Highly Active/Active – Ideal	78%	39%
Low Active/Inactive – Borderline/At Risk	22%	61%
<b>Blood Pressure:</b>		
Ideal	64%	38%
Pre-Hypertension	26%	51%
Hypertension 1 and 2	10%	11%
<b>Body Mass Index:</b>		
Underweight	1%	1%
Ideal	39%	36%
Overweight	31%	32%
Obese	30%	30%



# Risk Reduction Plan

- Annual Bio-metric Screenings
- Annual Personal Health Assessment
- Virgin Health Miles Program
- On-line learning programs on topics such as: weight management, nutrition, exercise, heart disease, diabetes, etc.
- On-line Lifestyle Improvement Programs on topics such as: exercise, nutrition, weight management, smoking cessation, emotional health, etc.
- On-site walking programs
- On-site or area weight loss programs
- On-site wellness educational workshops
- Monthly BCBS Better You From Blue Health and Wellness Newsletter
- Promotion of BCBS Programs and Resources
  - Health Dialog
  - Next Steps
  - Web MD



Thank you !