



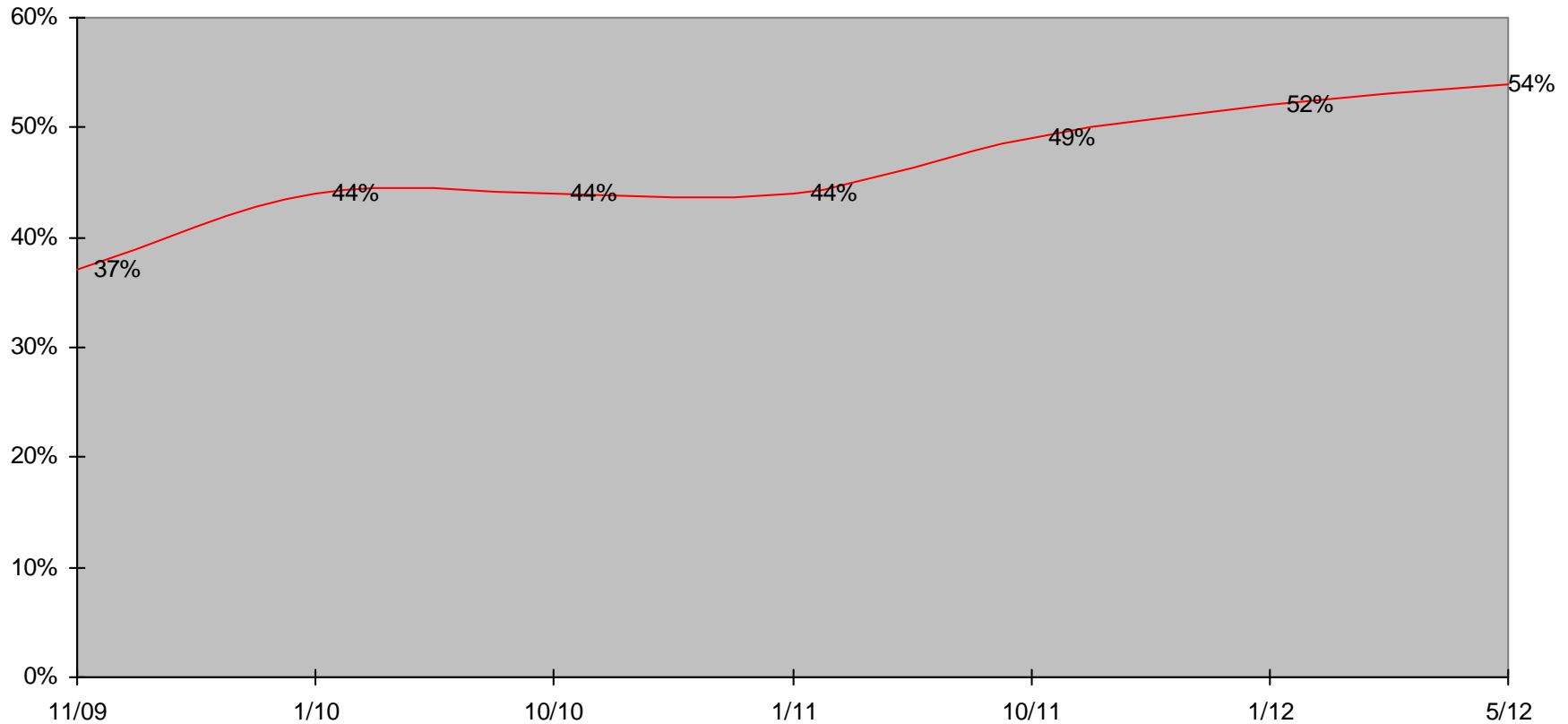
**2012 WELLNESS PROGRAM REVIEW  
SANTA ROSA COUNTY SCHOOL DISTRICT**

# Wellness Initiatives

- Virgin Health Miles Program
- Site Physical Activity Programs
- Site Wellness Educational Programs
- BCBS On-Line Wellness Educational Presentations
- BCBS Bio-metric Screenings
- BCBS Personal Health Assessments

# Virgin Health Miles Participation since Inception

May 2012 - 1394 Employees



**1/1/11 – 1/1/12**

**Total Member Steps Taken – 2.5 BILLION**

**Total Life Zone Visits – 130,083**

**Total Health Zone Sessions – 5,121**

# 2011 PHYSICAL ACTIVITY SHIFT

**Sample Population:** Active members enrolled in HealthMiles who have a minimum tenure of 90 days in the program prior to end date of the selected date range.

|                      | 1/15/2010  | 1/15/2011  | 1/15/2012  |
|----------------------|------------|------------|------------|
| <b>Highly Active</b> | <b>6%</b>  | <b>11%</b> | <b>51%</b> |
| <b>Active</b>        | <b>31%</b> | <b>49%</b> | <b>27%</b> |
| <b>Low Active</b>    | <b>54%</b> | <b>36%</b> | <b>13%</b> |
| <b>Inactive</b>      | <b>9%</b>  | <b>4%</b>  | <b>9%</b>  |

Positive shift from 37% to 78% highly active/active

Positive shift from 63% to 22% low active/inactive

- **Highly Active:** 5+ days/week on average of accumulating 12,500+ steps
- **Active:** 5+ days/week on average of accumulating at least 7,000 steps but < 12,500 steps
- **Low Active:** 2 -4 days/week on average of accumulating at least 7,000 steps
- **Inactive:** 0-1 day/week on average of accumulating at least 7,000 steps

# 2011 BIOMETRIC SHIFT - BLOOD PRESSURE

**Sample Population:** Active members enrolled with a minimum of six months participation in the program, at least two validated HealthZone Measurements and at least 90 days between measurements.

|                         | <i>1<sup>st</sup> Measurement</i> | <i>2<sup>nd</sup> Measurement</i> |
|-------------------------|-----------------------------------|-----------------------------------|
| <i>Ideal</i>            | <i>55%</i>                        | <i>64%</i>                        |
| <i>Pre-Hypertension</i> | <i>29%</i>                        | <i>26%</i>                        |
| <i>Hypertension 1</i>   | <i>12%</i>                        | <i>8%</i>                         |
| <i>Hypertension 2</i>   | <i>5%</i>                         | <i>2%</i>                         |

*Positive shifts from Hypertension 1 & 2 to Pre-Hypertension and Ideal*

*Blood Pressure Categories:*

*Ideal* <120 and <80

*Pre-Hyper* 120-139 or 80-89

*Hyper 1* 140-159 or 90-99

*Hyper 2* >160 or >100

# 2011 BIOMETRIC SHIFT – BODY MASS INDEX (BMI)

**Sample Population:** Active members enrolled with a minimum of six months participation in the program, at least two validated HealthZone Measurements and at least 90 days between measurements.

|                    | 1 <sup>st</sup> Measurement | 2 <sup>nd</sup> Measurement |
|--------------------|-----------------------------|-----------------------------|
| <b>Underweight</b> | <b>1%</b>                   | <b>1%</b>                   |
| <b>Ideal</b>       | <b>37%</b>                  | <b>39%</b>                  |
| <b>Overweight</b>  | <b>31%</b>                  | <b>31%</b>                  |
| <b>Obesity 1</b>   | <b>20%</b>                  | <b>18%</b>                  |
| <b>Obesity 2</b>   | <b>7%</b>                   | <b>7%</b>                   |
| <b>Obesity 3</b>   | <b>5%</b>                   | <b>5%</b>                   |

*Ideal = 18.5 – 24.9 BMI*

*Overweight = 25 – 29.9 BMI*

*Obesity (Class 1) = 30 – 34.9 BMI*

*Obesity (Class 2) = 35 – 39.9 BMI*

*Extreme Obesity (Class 3) =  $\geq$  40 BMI*



## Rewards:

- Rewards Cash Earned: \$257,320
  - ***Rewards earned 10/2009 to 1/1/12 - \$466,600***
- Average Cash Earned: \$252
- Total HealthMiles Earned: 24,590,570



## Levels Achieved:

- Level 1 22% (22% last year)
- Level 2 (\$50.00) 10% (12% last year)
- Level 3 (\$100.00) 20% (29% last year)
- Level 4 (\$150.00) 26% (25% last year)
- Level 5 (\$200.00) 22% (12% last year)



*This year 48% achieved Level 4 and 5 compared to 37% last year*

# PHYSICAL ACTIVITY AND WELLNESS PROGRAMS

- **Physical Activities**
  - 643 Participants
  - Activities included walking/running, Zumba, P90 X workout videos, dancing, Yoga, biking, bowling, volleyball, dodge ball, table tennis, aerobics, and kickboxing
- **Wellness Programs**
  - 175 Participants
  - Programs included Nutrition, Weight Management, Weight Watchers, Breast Cancer Awareness, Mammograms, and Lowering Cholesterol
- **BCBS On-Line Wellness Presentations (Brain Sharks)**
  - 14 presentations available on a variety of health topics including heart health, cancer, nutrition, cholesterol, blood pressure, diabetes, weight, etc.
  - 1,742 completed by employees
- **BCBS On-Line Lifestyle Improvement Programs**
  - 6 programs available on several health topics including exercise, nutrition, weight management, smoking cessation, emotional health, etc.
  - 14 completed



# WELLNESS COORDINATOR 2011-2012



- Avalon Middle – Jeannie Runyon\*
- BAC – Cindy Lawson
- Bagdad Elementary – Jennifer Mayhair\*
- Bennett Russell Elem.- Donna Zuhlke
- Berryhill Elementary – Kay Moore\*
- Canal Street – Susan McCole\*
- Central – Tamara Roberts
- Chumuckla Elementary – Jennifer Bailey
- Dixon Intermediate – Terri Teschel\*
- Dixon Primary – Tanya Martin\*
- East Milton Elem. – Brenda Dwiggin\*
- Firehouse Admin. – Jennifer Northrop\*
- Gulf Breeze Elementary – Pat Davidson\*
- Gulf Breeze High – Ken Armitage\*
- Gulf Breeze Middle – Catherine Sharp
- Hobbs Middle – Chuck Willis\*
- Holley Navarre Inter. – David Chaves\*
- Holley Navarre Middle – Steve Williams\*
- Holley Navarre Primary – Mari Leitner\*
- Jackson Pre-K – Tonya Shepherd\*
- Jay Elementary – Jacob Jordan\*
- Jay High – Tabatha Godwin\*
- King Middle – Ed Jordan\*
- Locklin Tech/SR High – Christy Bean\*
- Milton High – Jennifer Ueberroth\*
- Navarre High – Ian Turoff
- Oriole Beach Elementary – Karen Wise\*
- Pace High – Valerie Wright\*
- Pea Ridge Elementary – Sandra Maughon\*
- Rhodes Elementary – Kelly Dempsey\*
- Sims Middle – Pam Hill
- West Navarre Interm. – Dawn Gullickson
- West Navarre Primary – Jessica Howie\*
- Woodlawn Beach Middle – Lynn Nawoschik

\* Also served in 2010/2011

# BCBS Executive Overview