

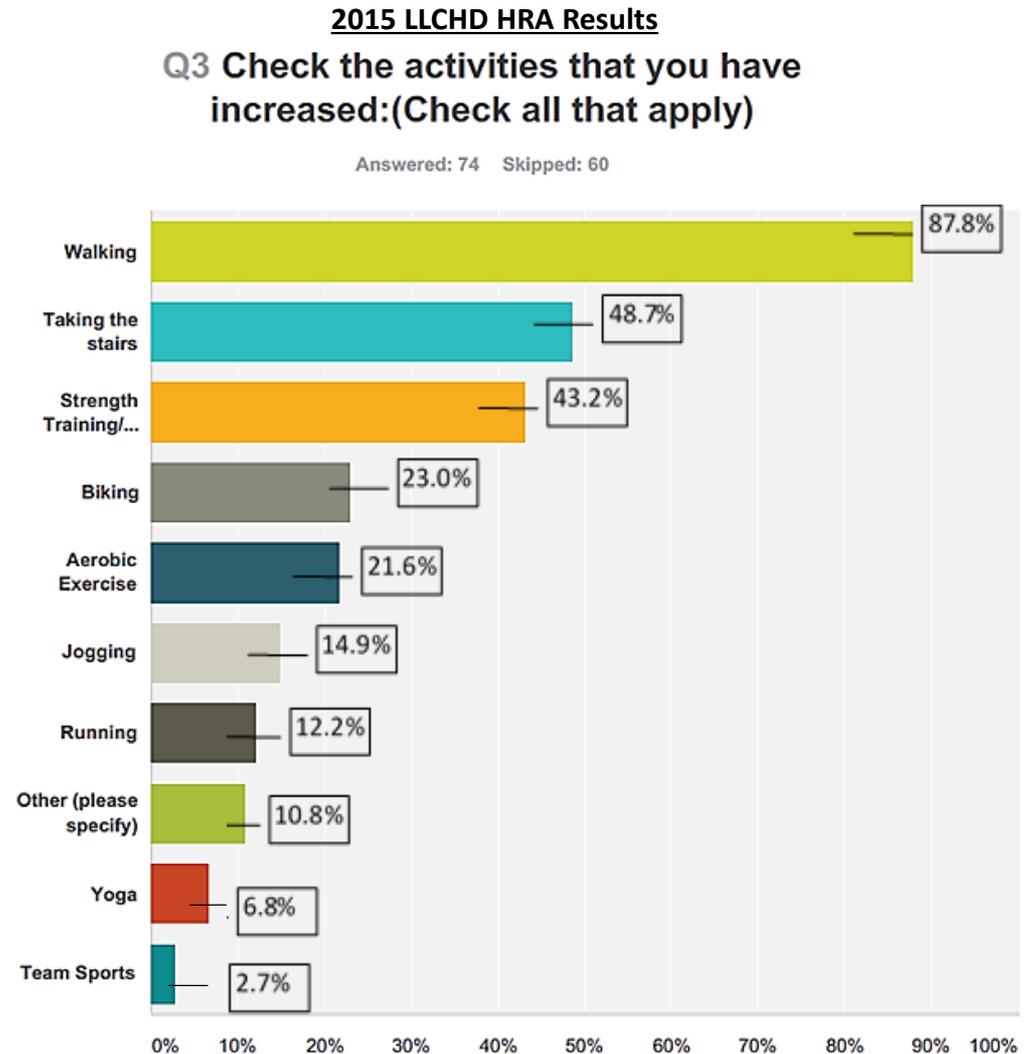
# City & County Wellness Program Update

Board of Health Meeting  
Tuesday, September 8, 2015

Keerun Kamble  
City County Wellness Coordinator

# LLCHD Wellness Activities

- 85% of employees completed the 2015 Health Risk Appraisal (134 out of 158)
- Results shared with LLCHD Internal Wellness committee and will be shared at September All-Staff meeting

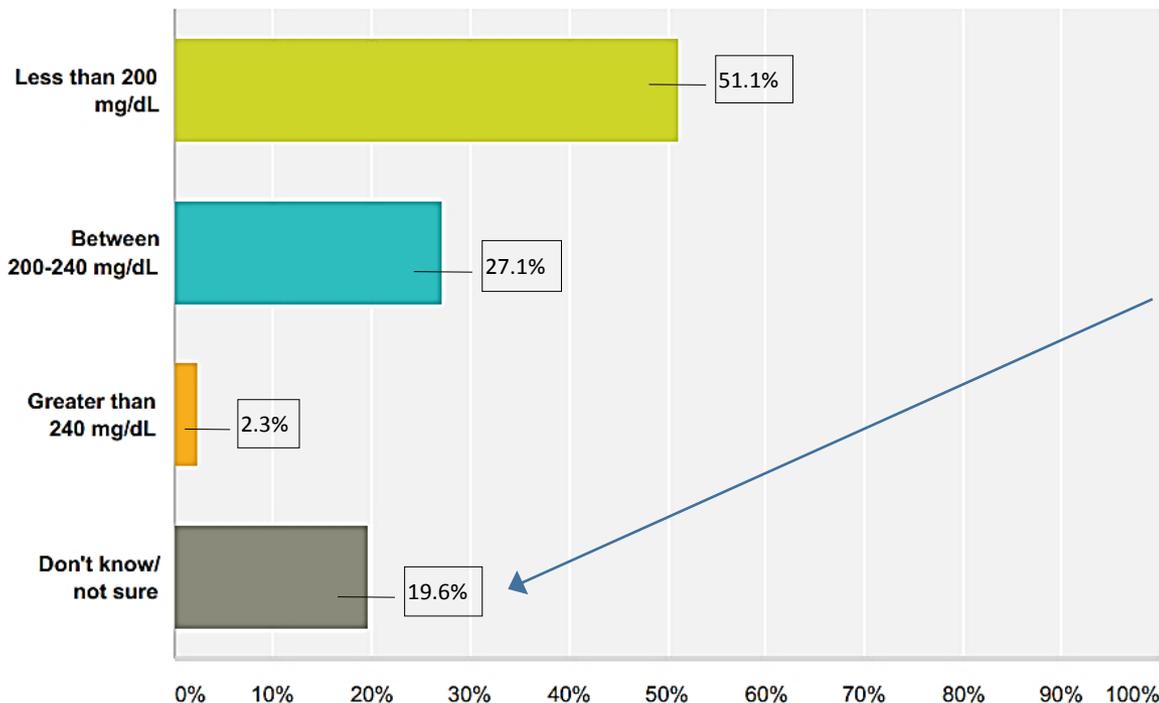


# LLCHD Wellness Activities

## 2015 LLCHD HRA Results

**Q14 Thinking back to when your total cholesterol was last checked by a doctor, nurse or other health professional, what was your total cholesterol?**

Answered: 133 Skipped: 1



For Upcoming Planning-  
Provide Cholesterol  
Awareness information since  
19.6% (26 people) are unsure  
about their numbers

# LLCHD Wellness Activities

## 2015 LLCHD HRA Results

**Q18 Check the box to indicate your level of agreement with the following statements.**

Answered: 134 Skipped: 0

	<b>Strongly Disagree</b>	<b>Somewhat Disagree</b>	<b>Neither Agree or Disagree</b>	<b>Somewhat Agree</b>	<b>Strongly Agree</b>
My Company (City of Lincoln) encourages employees to live healthy lives.	4.48% 6	4.48% 6	9.70% 13	40.30% 54	41.04% 55
My City Department encourages employees to live healthy lives.	3.73% 5	3.73% 5	12.69% 17	32.84% 44	47.01% 63
My Supervisor supports my participation in worksite wellness activities.	6.02% 8	3.01% 4	24.81% 33	24.81% 33	41.35% 55
My Co-workers encourage me to live a healthy life.	5.22% 7	6.72% 9	32.09% 43	27.61% 37	28.36% 38

# City and County Wellness Activities

- Overview of Process
  - Wellness committees for City and County
  - Administer the HRA separately for City Employees and Lancaster County Employees
  - Meet with each department director and the wellness representative to review HRA results and tailor the department-specific wellness plan
  - Wellness Committee members represent their respective Department/Agency and have direct input with wellness activity planning and implementation

# City and County Wellness Activities

- Comparison of 2014 HRA results:

	City of Lincoln Percentage	Lancaster County Percentage
<b>Nutrition</b>		
Respondents consume the recommended amount of fruits and vegetables	13.1%	9.3%
<b>Weight Management</b>		
Respondents are <b>obese and overweight</b> based on Body Mass Index	60.8%	69.7%
Respondents are at a <b>healthy weight</b> based on Body Mass Index	38.1%	29.2%

# City and County Wellness Activities

- Comparison of 2014 HRA results:

	City of Lincoln Percentage	Lancaster County Percentage
<b>Physical Activity</b>		
Respondents engage in the recommended amount of physical activity	73.1%	71.4%
<b>Stress Management</b>		
Respondents are dissatisfied with their life (includes home and work)	7.9% n= 31 people	11.3% n= 20 people

# City and County Wellness Activities

- Comparison of 2014 HRA results:

	City of Lincoln Percentage	Lancaster County Percentage
<b>Flu Vaccination</b>		
Respondents had a seasonal flu vaccination within the past year	73.0%	66.3%
<b>Tobacco Use</b>		
Respondents are current cigarette smokers	7.2% n= 28 people	10.7% n= 18 people

- For 2015 HRA Results- Great Participation with City Employees- hope to see the same with County Employees

# City and County Wellness Activities

- 2015 City County Employee Wellness Fair
  - Around 300 people attended the fair held on Wednesday, February 25<sup>th</sup>, at the City County Building on all three floors.

*Based on the sign-in sheets:*

- Total- 283 from County, City, Family, and Public
- County- 108 from 19 departments
- City- 164 from 14 departments
- Family/ Public- 11



# City and County Wellness Activities

- Information was provided about nutrition, physical activity, tobacco cessation, and stress management.
- **58 vendors** were from community businesses and agencies such as bicycle shops, grocery stores, chiropractic offices, Lincoln-Lancaster County Health Department, Parks & Rec, massage providers, food co-ops and many more!



# City and County Wellness Activities

- **97%** of attendees who filled out an evaluation said they learned new valuable health information and that they would use this information in many ways such as **“improve my overall health,” “find a new gym,” “eat locally grown veggies,”** and **“improve work outs.”**

