



# City & County Health Risk Appraisal Result Highlights

Board of Health Meeting  
Tuesday, August 9, 2016

Keerun Huppert  
City County Wellness Coordinator

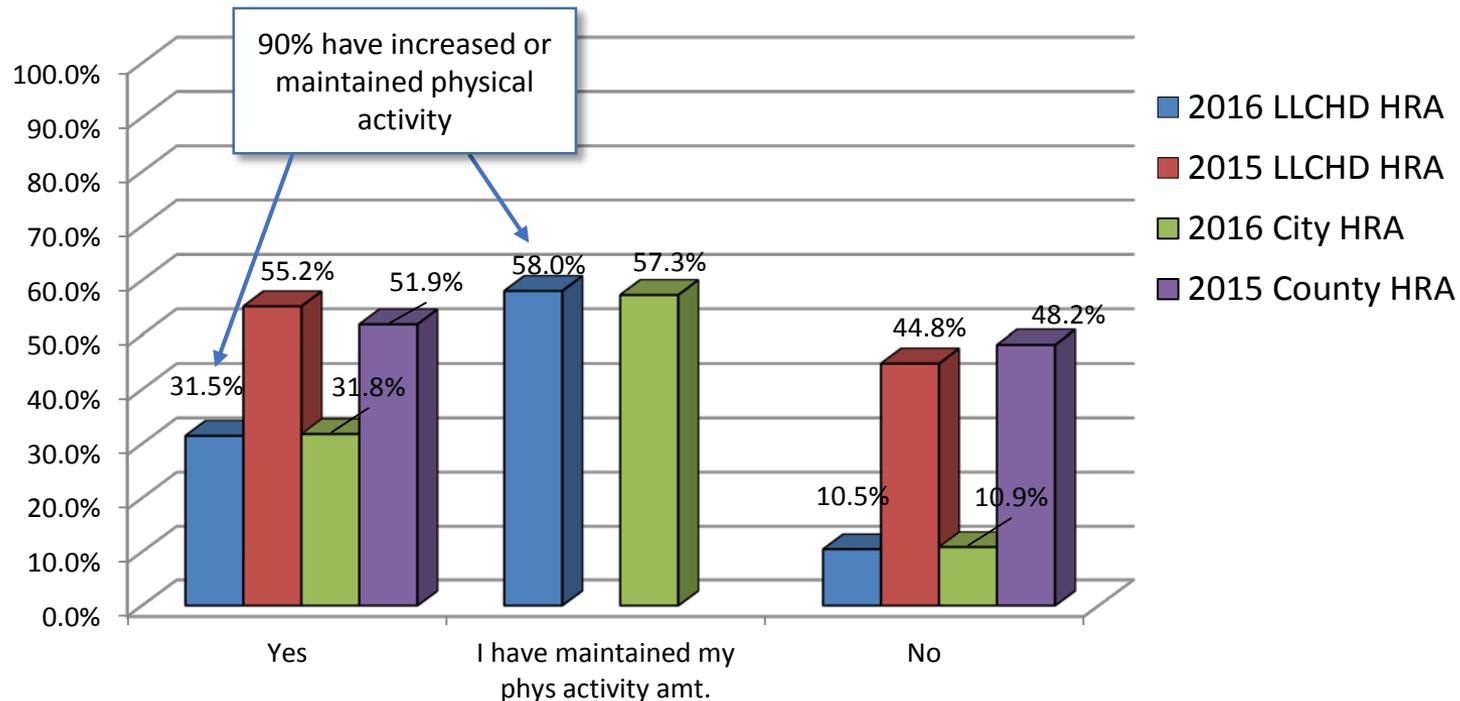
# LLCHD 2016 HRA Results



- 92% of employees completed the 2016 Health Risk Appraisal (143 out of 156)
- Results were shared with LLCHD Internal Wellness committee and with staff at the August All-Staff meeting

## 2016 LLCHD HRA Results

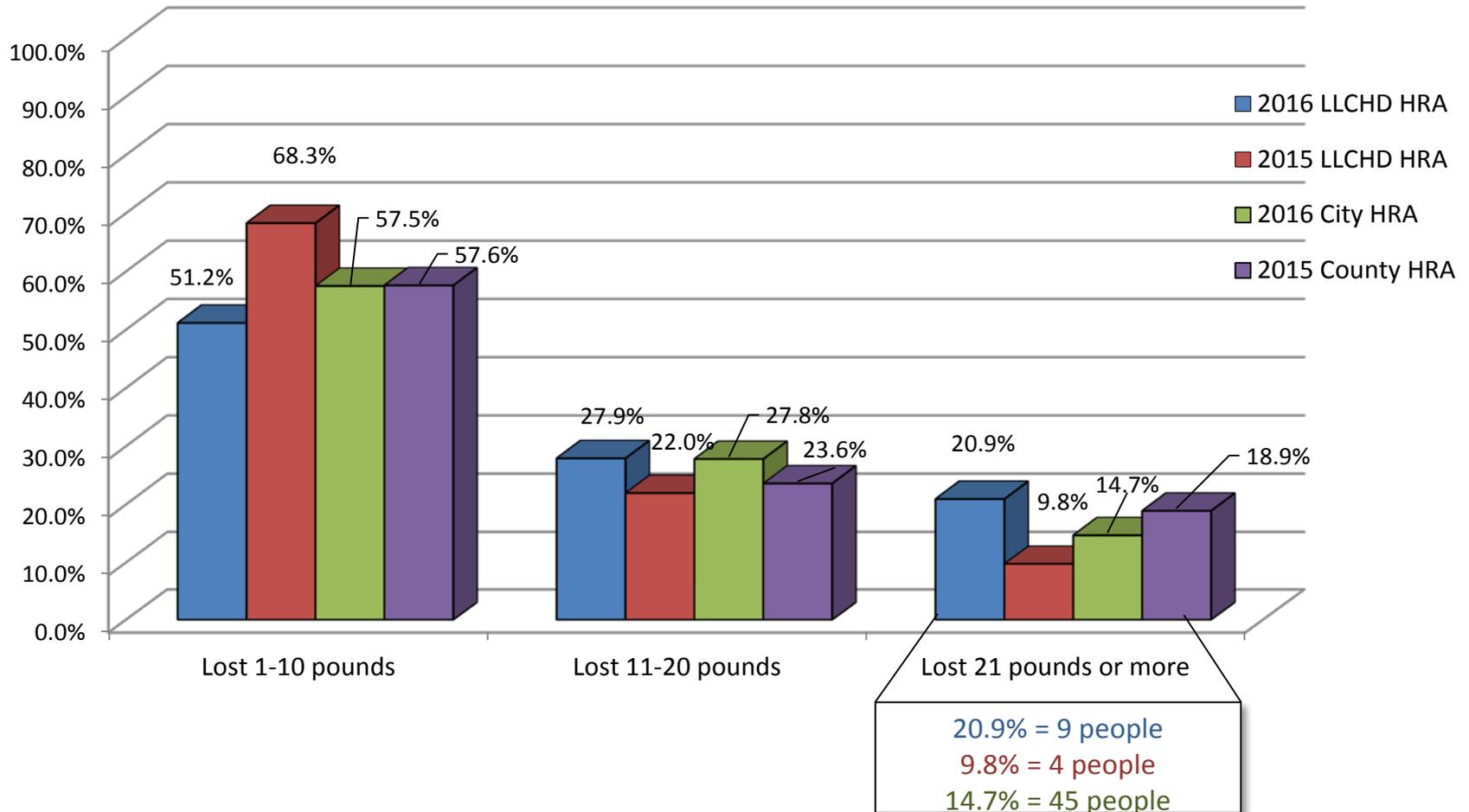
Q. Have you become more physically active in the past year? (Total Responses for 2016- 143)



# LLCHD 2016 HRA Results

## 2016 LLCHD HRA Results

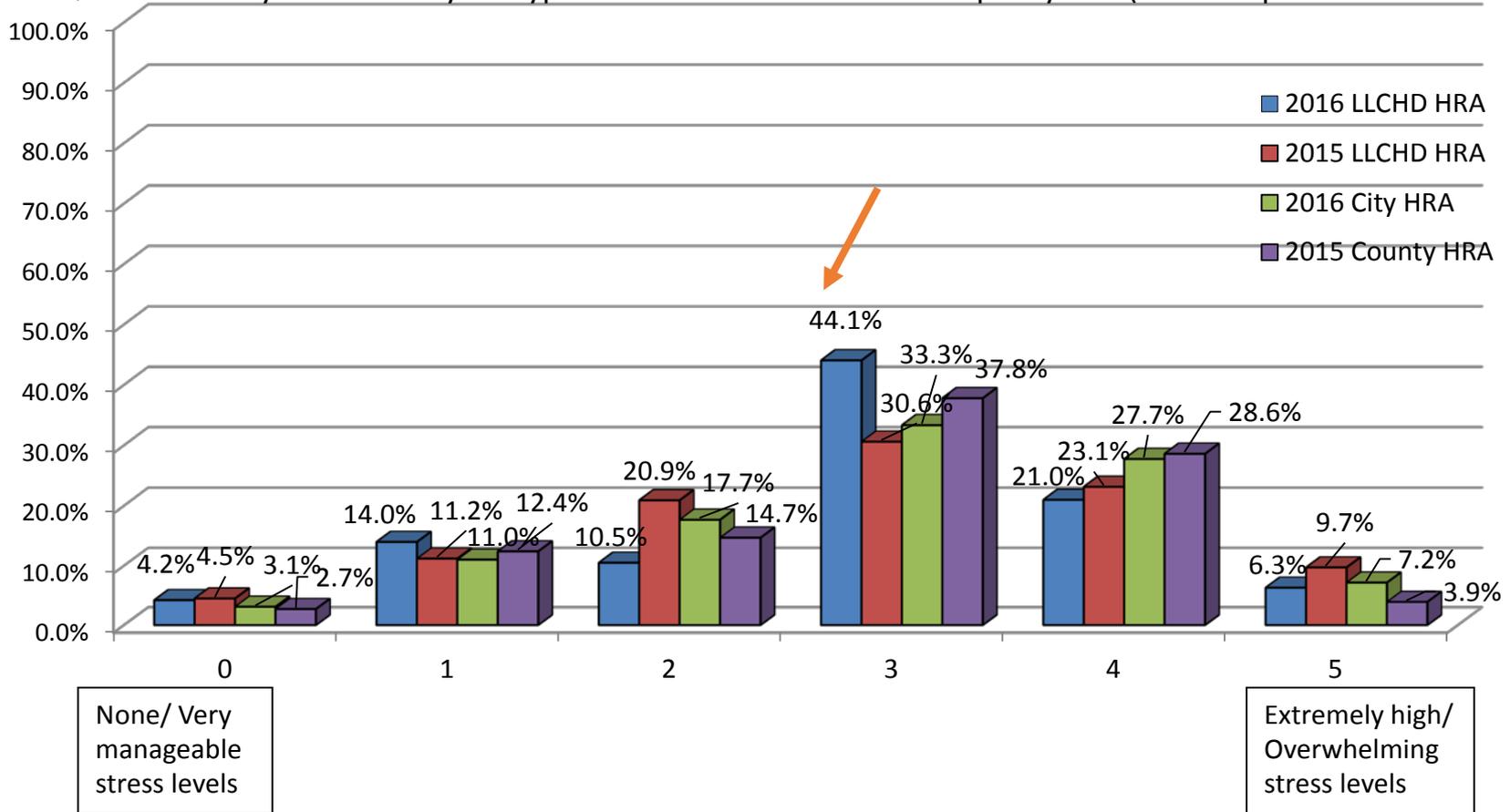
Q. If you have lost weight in the past year, how many pounds have you lost? (Total Responses for 2016- 43)



# LLCHD 2016 HRA Results

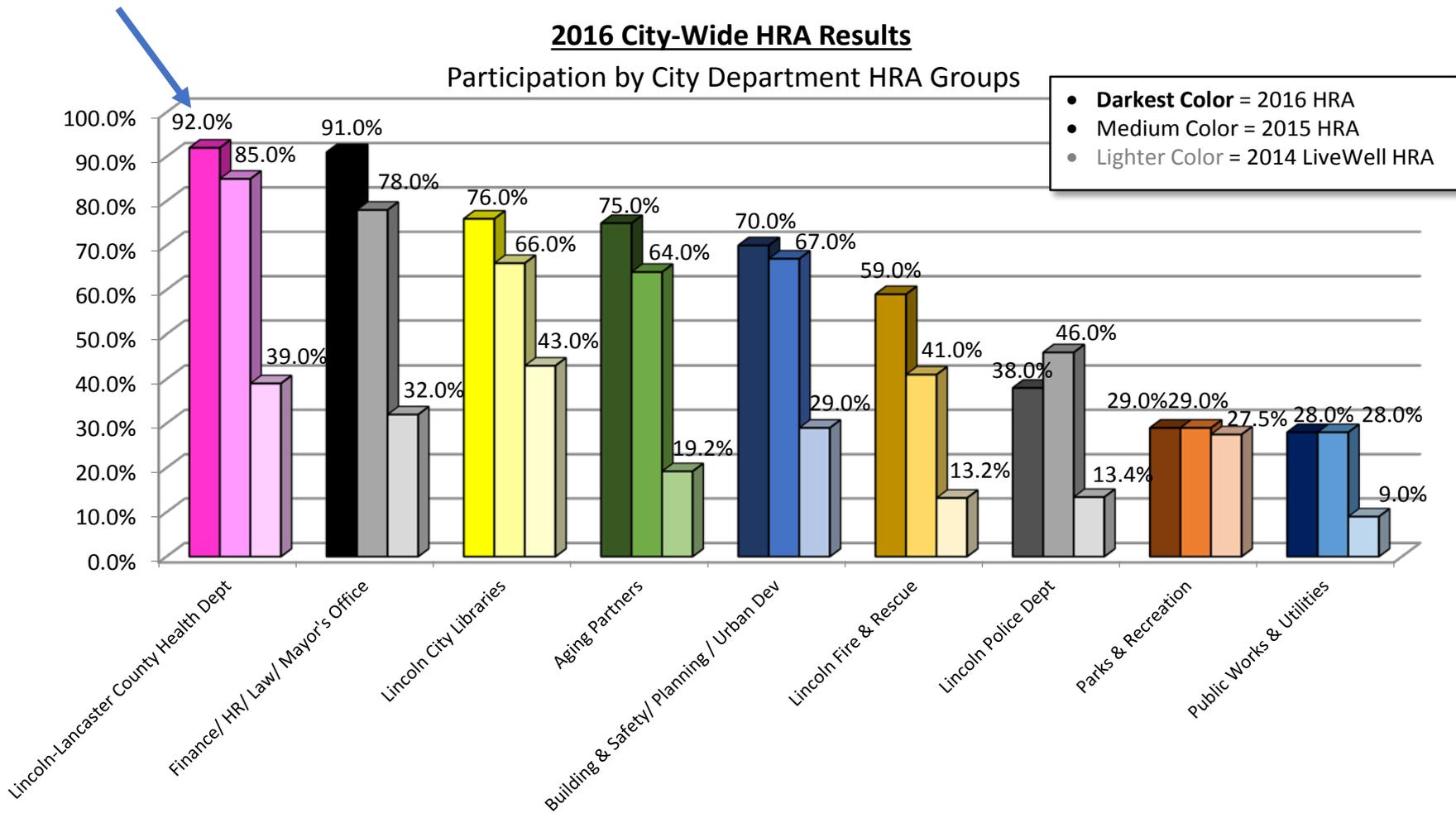
## 2016 LLCHD HRA Results

Q. How would you describe your typical stress level at work in the past year? (Total Responses for 2016- 143)



# City-Wide 2016 HRA Results

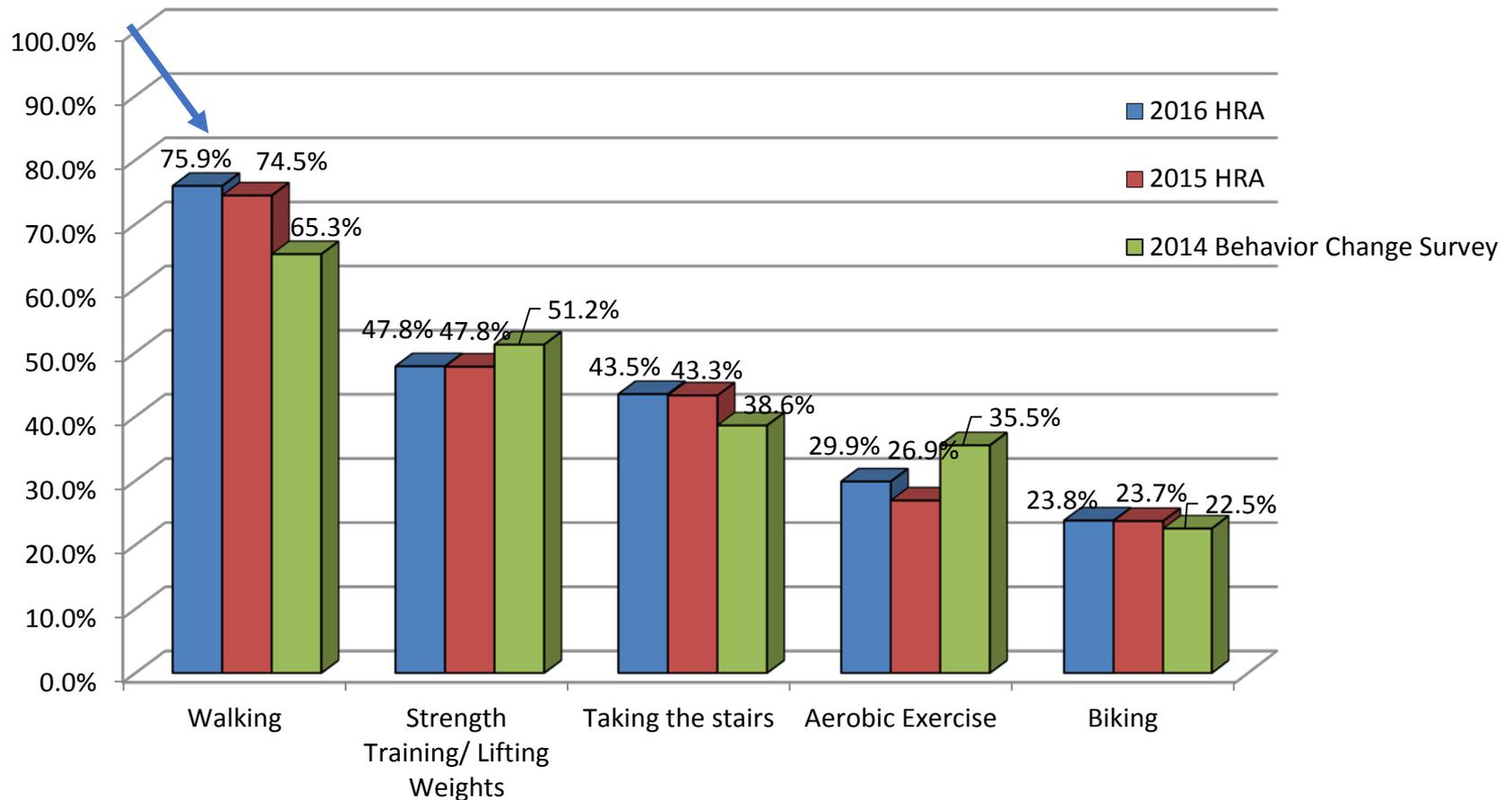
- City-wide Employee Participation- 55% (1,094 out of 1,998)- **Highest ever!**



# City-Wide 2016 HRA Results

## 2016 City-Wide HRA Results

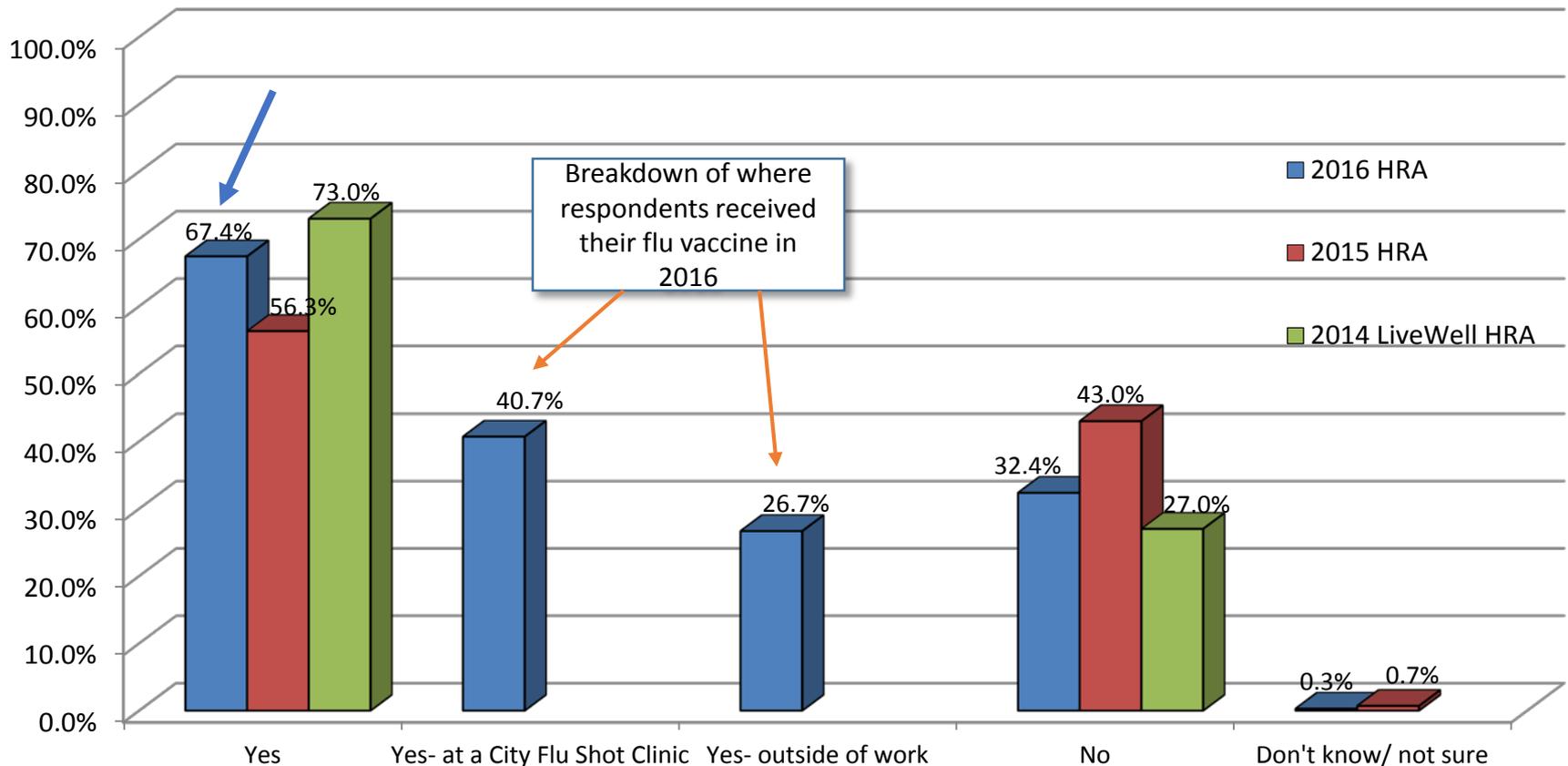
Top 5 activities that respondents have increased in the past year



# City-Wide 2016 HRA Results

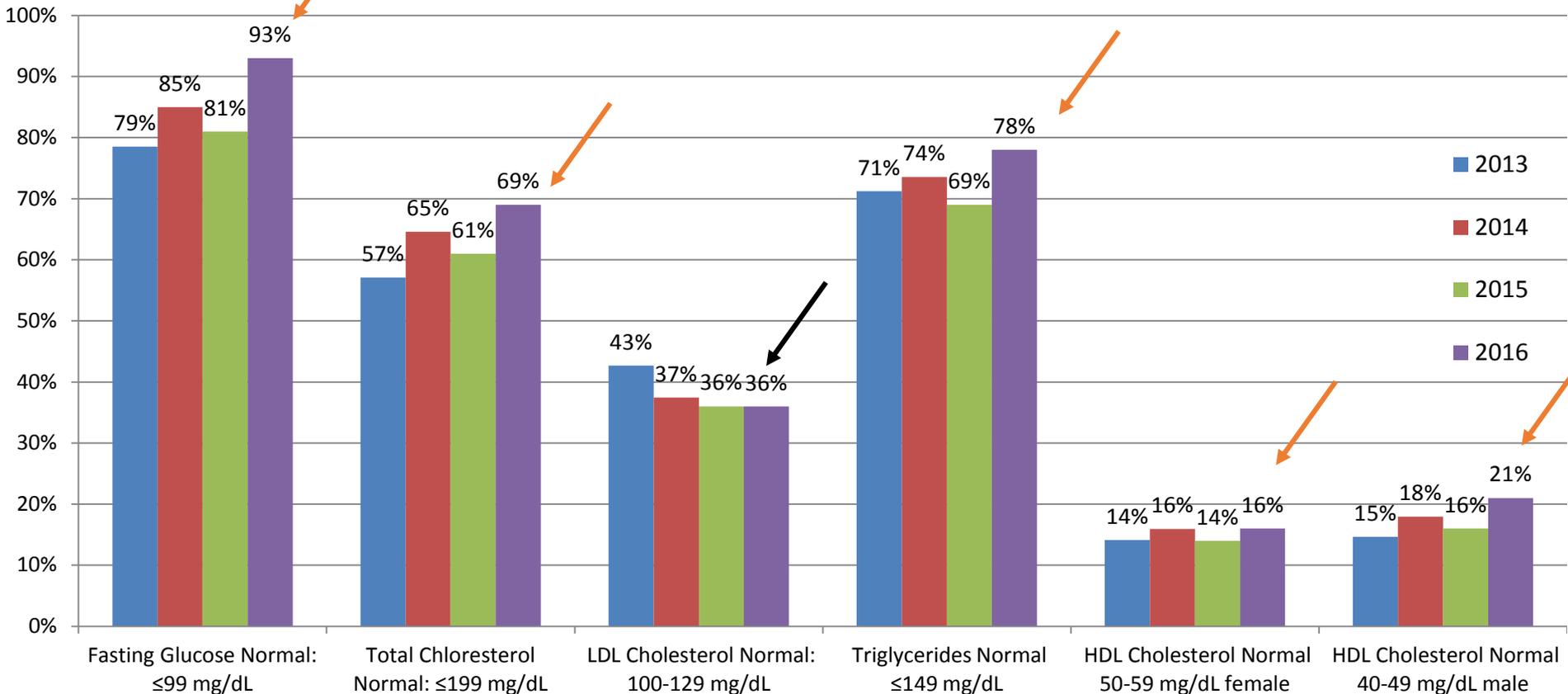
## 2016 City-Wide HRA Results

Q. During the past 12 months, did you get a seasonal flu shot (injected into your arm) or have a seasonal flu vaccine that was sprayed in your nose? (Total Responses for 2016- 1,032)



# City-Wide Blood Chemistry Profile Results

## City of Lincoln - Wellness Trends 2013-2016

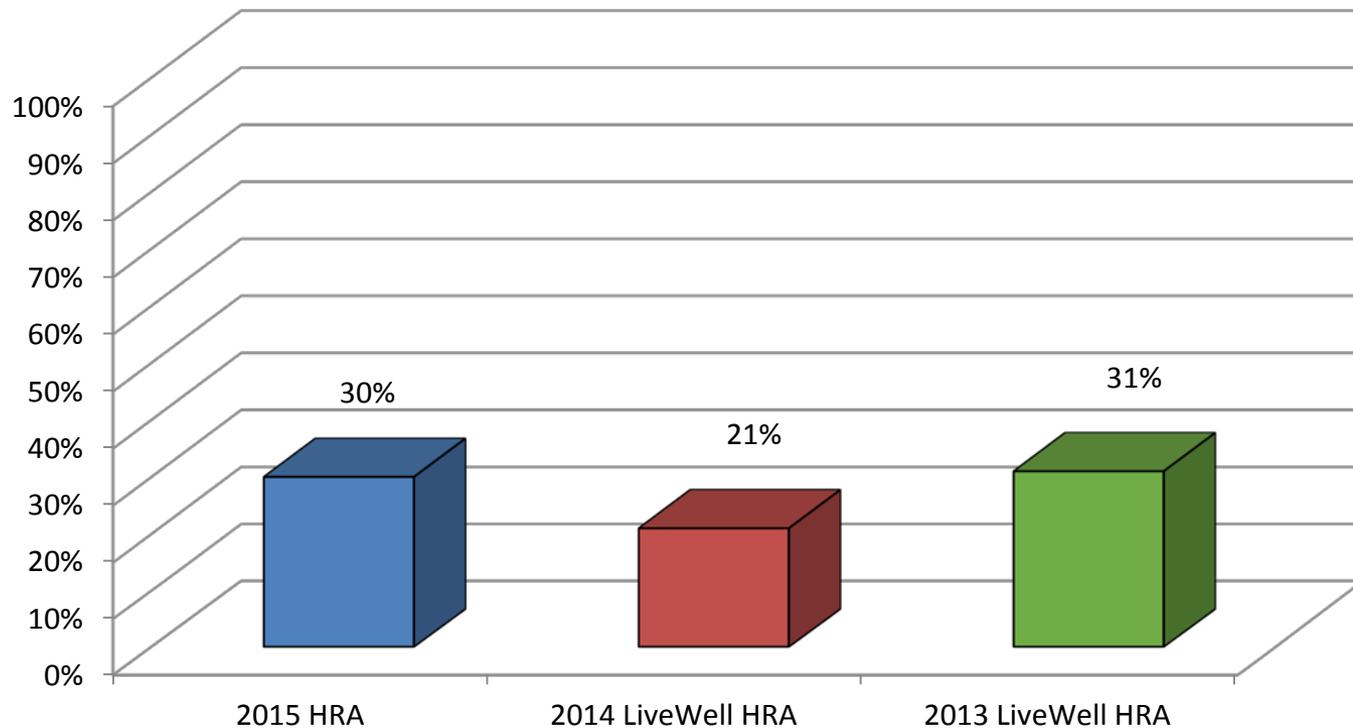


# County-Wide 2015 HRA Results

- 30% of employees completed the 2015 Health Risk Appraisal (272 out of 918)

## 2015 County-Wide HRA Results

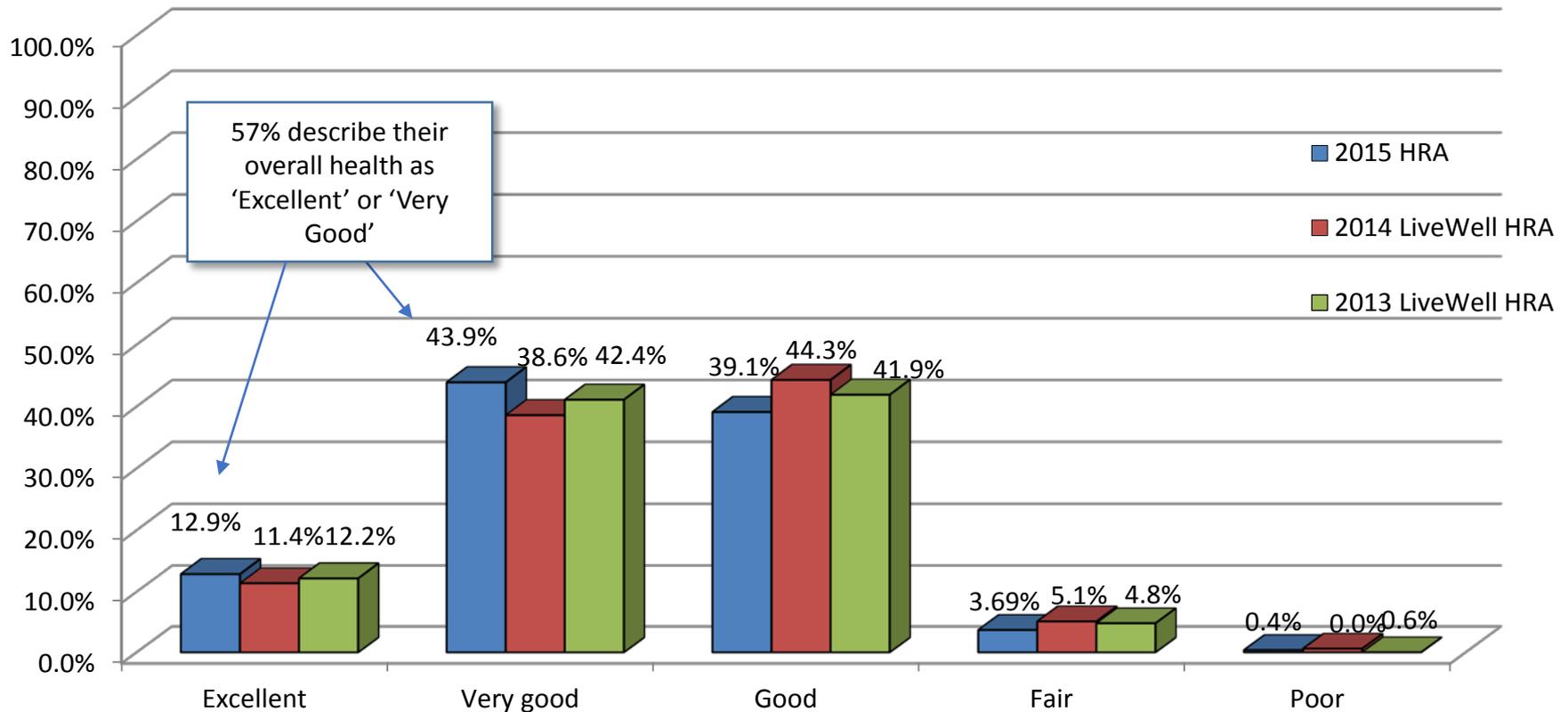
Participation by City Department HRA Groups



# County-Wide 2015 HRA Results

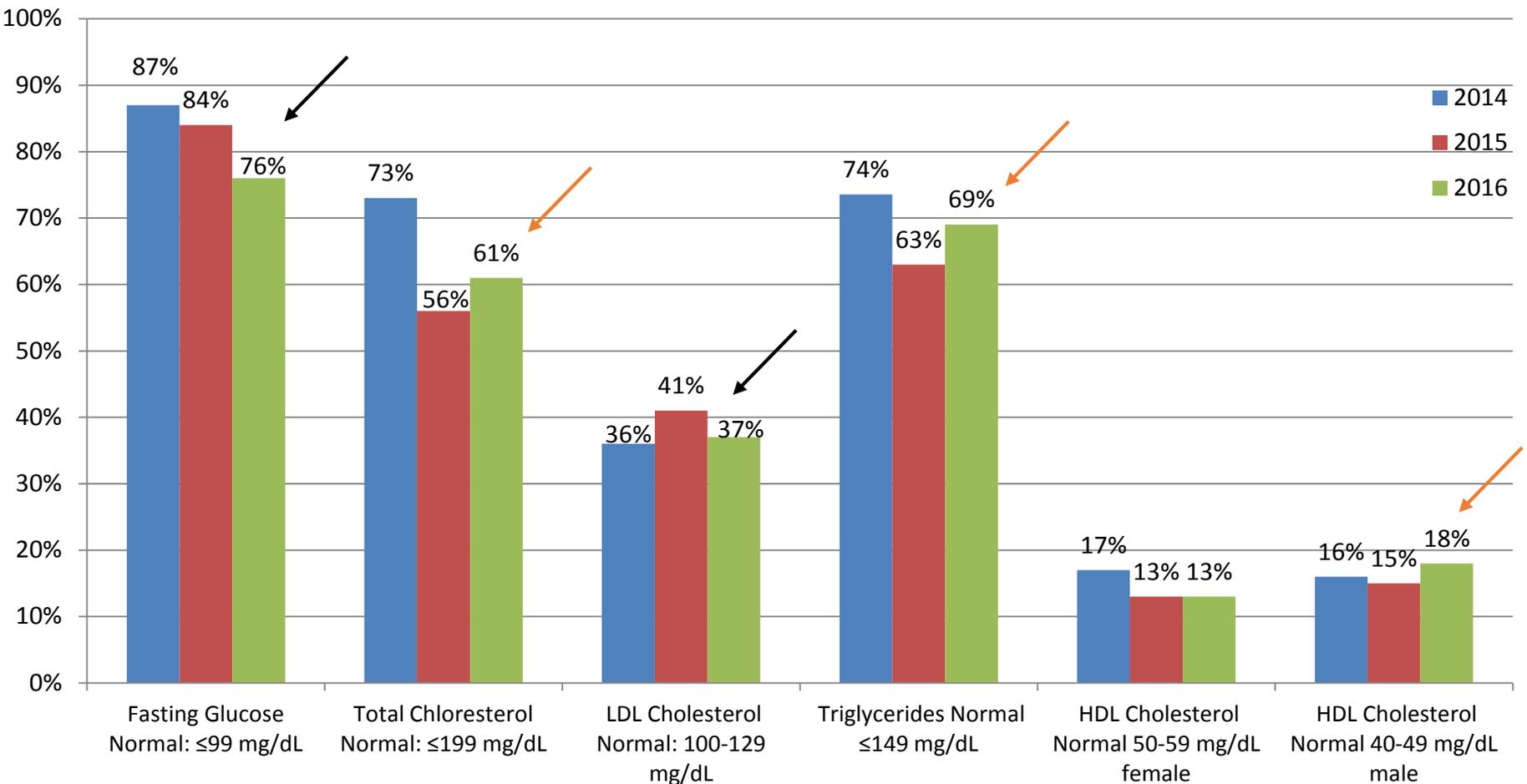
## 2015 County-Wide HRA Results

Q. In general, how would you describe your overall health? (Total Responses- 271)



# County-Wide Blood Chemistry Profile Results

## Lancaster County- Wellness Trends 2014-2016



# Upcoming 2016 County HRA

1. Promote HRA in August
2. Administer HRA in September
3. Meet individually with County Department Directors and Wellness representatives in October



# City and County Wellness Activities Process

1. Wellness committees for City and County with each department having its own wellness representative to help disseminate information
2. We use these HRA results to influence programming by meeting with each department director and the wellness representative to review HRA results and tailor the department-specific wellness plan

# City and County Wellness Activities Process

- Wellness Committee members represent their respective Department/Agency and have direct input with wellness activity planning and implementation
- Capitalize on community programs to enhance what we're doing

