



GOODHUE COUNTY MINNESOTA

TO EFFECTIVELY PROMOTE THE SAFETY, HEALTH, AND WELL-BEING OF OUR RESIDENTS

Committee of the Whole Agenda

County Board Room
Government Center
Red Wing, MN

February 20, 2018
8:15 a.m.

1. HealthCheck360 2017 Executive Summary

Documents:

GOODH- 2017 Executive Review - Board Meeting.pdf



PERFORMANCE-BASED WELLNESS

GOODHUE COUNTY EXECUTIVE REVIEW

Presented By | Shannon Yager

1/9/18

AGENDA

- Program Overview
- Biometric Analysis
 - Aggregate Results
 - Repeat Participants
- Wellness Strategy



GOODHUE COUNTY MINNESOTA
TO EFFECTIVELY PROMOTE THE SAFETY, HEALTH, AND WELL-BEING OF OUR RESIDENTS

PROGRAM SNAPSHOT

Program

- On-site biometric screening
- Online Health Risk Assessment survey
- Unlimited Inbound Health Coaching

Eligibility

- Employees and Spouses currently on the health plan

Current Incentive

- \$50- For Completing:
 - Screening
 - Survey
 - Additional \$50 is awarded to those who score 70+ or improve their previous year's score by 5+ points

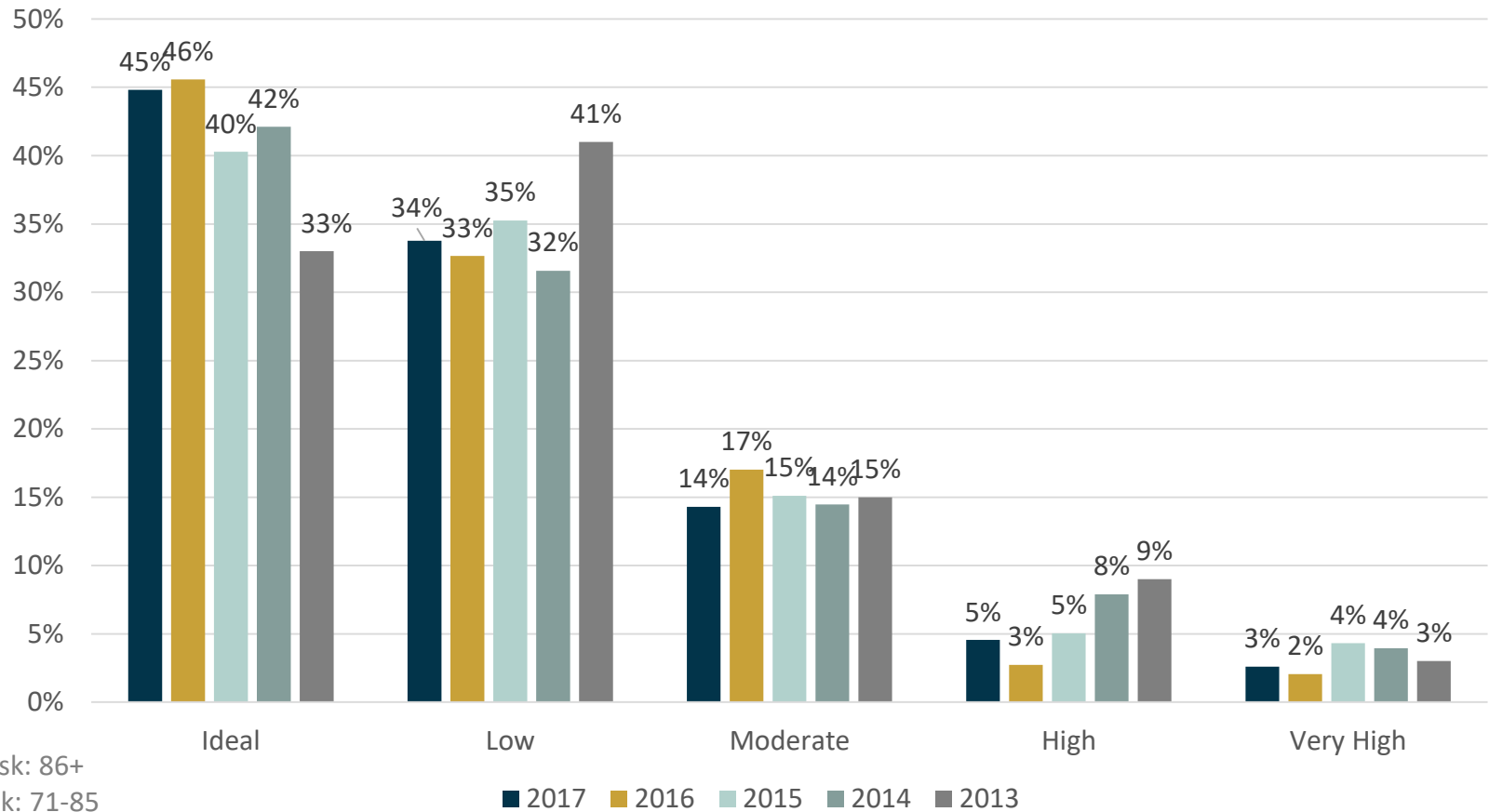
OVERALL HEALTH SCORE COMPARISON

	Average Score	Average Age	Total Screened
Goodhue County 2017	81.3	48.4	154
Goodhue County 2016	81.7	49.9	147
Goodhue County 2015	80.3	49.8	139
Goodhue County 2014	79.5	49.5	152
Goodhue County 2013	78.5	51.1	180

Benchmark	Average Score	Average Age
Municipalities	77.7	45.8
HealthCheck360°	75.7	44.3

OVERALL HEALTH SCORE TRENDS

Total Score Risk Distribution



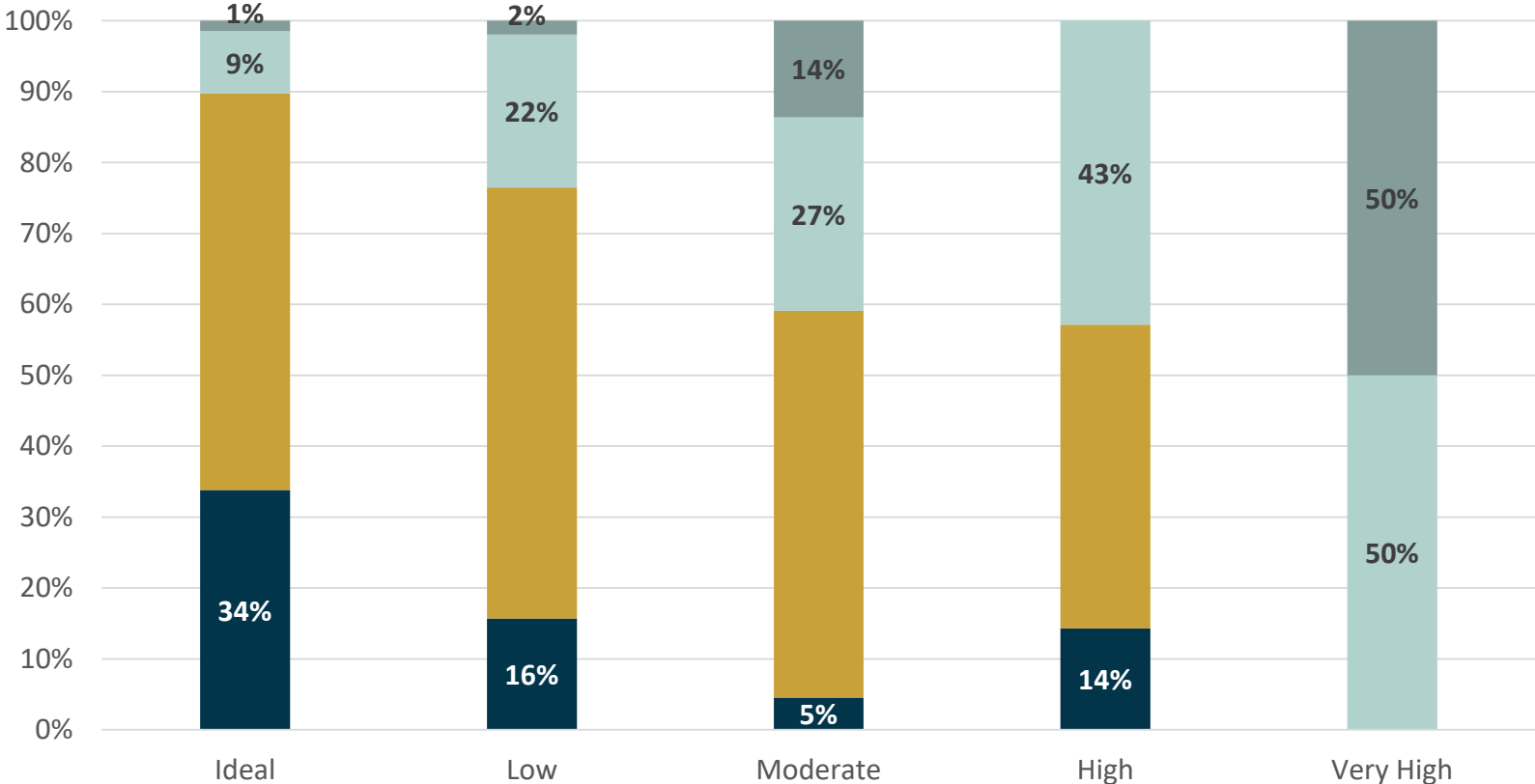
Ideal Risk: 86+
 Low Risk: 71-85
 Moderate Risk: 61-70
 High Risk: 51-60
 Very High Risk: < 50

ADDITIONAL TESTING

Additional Test	Risk Category	Range	# of Participants
Prostate Specific Antigen (PSA)	Low	0 – 2.5	33
	Slightly Elevated	2.6 – 6.5	4
	Moderately Elevated	≥ 6.6	0
Thyroid Stimulating Hormone (TSH)	Normal	0.3-5.0	102
	Elevated	> 5.0	16

AWARENESS IMPACT OF HRA

Biometric Risk Level vs. Self-Rated Health



We see a disconnect between actual results and perception

Great Good Average Below Average Poor

REPEAT BIOMETRIC AVERAGES

	1 st Screening Event*	Current Screening*	Change	Current Risk Status
Total Score	80.7	80.9	0.2	Low
BMI	27.9	28.8	0.9	Low
Waist	35	36	1	-
W-to-H Ratio	0.9	0.9	0	-
Systolic	115	113	-2	Ideal
Diastolic	72	73	1	Ideal
Cholesterol	201	201	-	Moderate
HDL	69	64	-5	Ideal
LDL	110	113	3	Low
Triglycerides	114	122	8	Ideal
Glucose	95	93	-2	Ideal
% Nicotine POS	11.7%	8.6%	-3.1%	-
GGT	25	24	-1	Ideal

*Based on repeat participants

N = 128

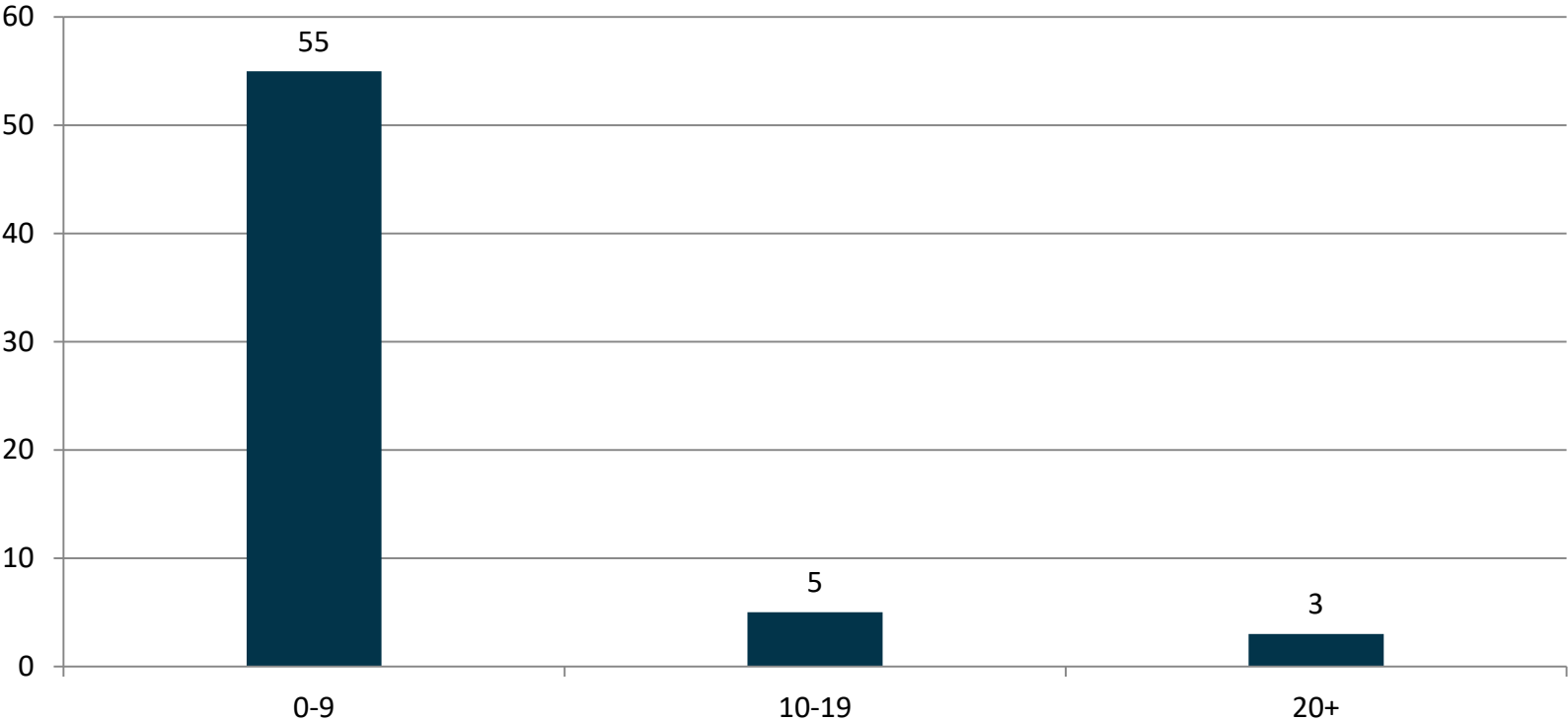
TOTAL SCORE MIGRATION

CURRENT YEAR RISK LEVEL						
1 st SCREENING RISK	IDEAL	LOW	MODERATE	HIGH	VERY HIGH	GRAND TOTAL
IDEAL	40	9	-	-	1	50
LOW	14	25	6	2	-	47
MODERATE	-	7	10	1	-	18
HIGH	1	1	3	3	2	10
VERY HIGH	-	1	-	-	1	2
GRAND TOTAL	55	43	19	6	4	127

Ideal Risk: 86+
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SCORE IMPROVERS

- 63 Goodhue County participants either maintained or improved their health since their most recent screening.



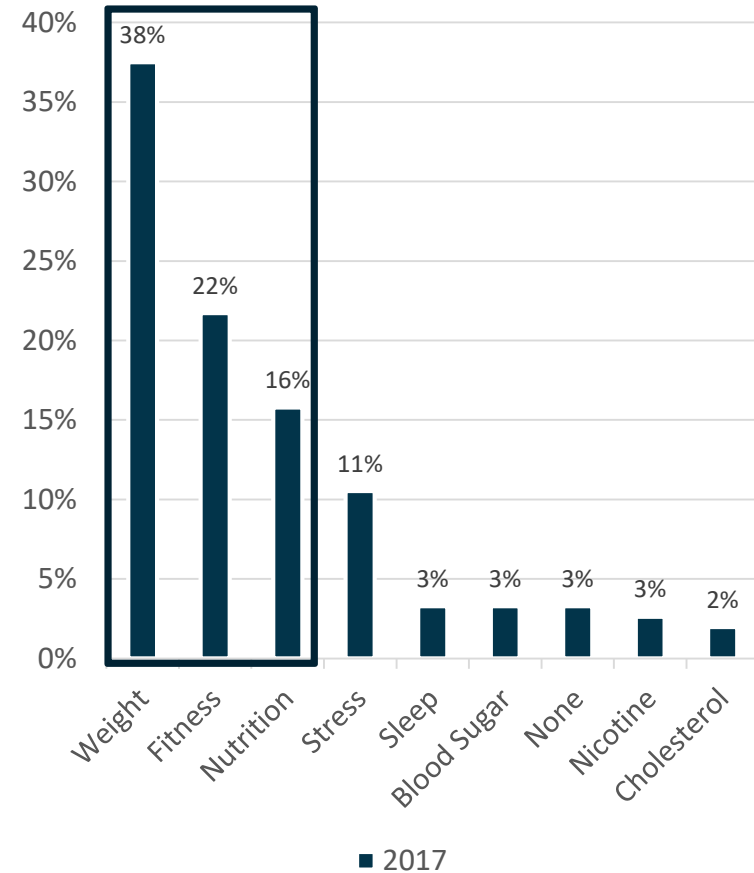
*Improvement is from most recent screening to 2017 screening

READINESS TO CHANGE

Top Risk Areas

- Cholesterol
 - 29% at High Risk
- Weight Management
 - 78% want to lose weight in 2018
- Nicotine
 - 69% of nicotine users want to quit in 2018

Improvement Goals



A1C ADDITIONAL TESTING

- Measures glucose over a 2-3 month period of time
- Provides complete picture of how individuals control glucose
 - Reduces risk of long-term diabetic complications
- Standard test for screening and monitoring diabetes
 - American Diabetes Association recommends a1c testing in diabetics 2x/year
 - This same test ran at a doctor's office, can cost anywhere between \$80-\$100
- Blood work taken for all participants, additional testing only ran for those with glucose ≥ 115 mg/dL
 - If elected this year, 14 participants would have had a1c tested
 - \$17.50/participant = \$245 total



LUNCH N LEARN VIEWING SESSION

- Gather in conference room or common area
- First Wednesday of each month
- Upcoming HealthCheck360° Webinars:

HealthCheck360° blog

3.7.18

Meal Prep Madness: Stay on the ball with healthy meal planning

4.4.18

Well-Rounded Workouts: Getting the most out of your exercise routine

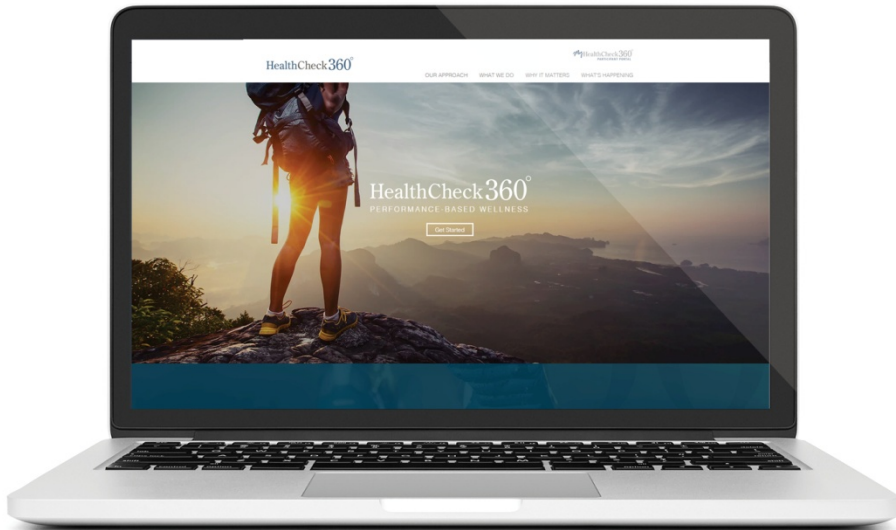
QUESTIONS?

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