

Wellness Initiative Summary and Status Report

- 1) Committees have been appointed by Jim Ross, CEO of University of Missouri Health Care, and Ken Hutchinson, UM System VP of Human Resources, to oversee the UM System initiative for wellness programs.
 - Wellness Steering Committee: Meets quarterly since June 30, 2004 to oversee system initiative and provide guidance. The committee is composed of a curator, system leadership, deans from the Columbia campus, and physicians. Chaired by Dennis Stambaugh, Chief Network Officer.
 - Wellness Work Group: Meets monthly to coordinate health risk appraisal programs, health fairs, coordinate events and develop opportunities for high risk employees of UMHC. Composed of nurses, staff from UMHC hospitals (University Hospital, Ellis Fischel Cancer Center, Columbia Regional Hospital and Missouri Rehabilitation Center) and schools of medicine, nursing, and health professions and MU student Recreation Complex leadership.
- 2) **Phase I** complete with results of 1,086 on-line health risk assessment surveys administered by Intervent, an outside contracted vendor, completed by UMHC employees. Twenty percent of all UMHC employees participated in the voluntary survey indicating areas of interest and need for high risk employees which include stress, high blood pressure and high cholesterol; annual health fair screening process developed to assess workforce in healthcare system.
- 3) **Phase II** (current) developing pilot/model for care management of high risk employees in coordination with the Department of Family and Community Medicine from the UM-Columbia School of Medicine utilizing Intervent health risk assessment response data from Phase I. Includes coordination with Mike Paden, UM System benefits. Reviewing Duke University “Prospective Health” program as possible model for wellness program.
- 4) **Currently**; other current projects include coordination of wellness activities within the Columbia campus and community; including \$10,000 sponsorship of 2005 Show Me Shape Up, Jay Dix Challenge to Cure, wellness events calendar and promotional poster development, research coordination committee, and program development with opening of \$50 million student REC complex. Wellness Coordinators in place at Missouri Rehabilitation Center and Columbia Regional Hospital.
 - **Columbia, UMHC**: Available to all UMHC employees
 - MU REC Center
 - Discounts at all local gyms
 - Employee health screening
 - Team participation in the Show Me Shape Up

- **Columbia, University Hospital Campus:** 92 staff participating
 - Gym equipment available
 - Fit for Life Programs
 - Smoking cessation classes
 - Diabetes self-management training
 - Mindfulness based stress reduction classes
 - **Columbia, Columbia Regional Hospital Campus:** 65 staff participating
 - Gym equipment available
 - Group weight watchers program
 - **Columbia, The Health Connection:** 90 staff and retirees participating
 - Full gym and group fitness classes
 - Cholesterol/glucose screenings
 - Blood pressure, oxygen saturation, heart rate monitoring
 - Arthritis and osteoporosis education and loan library
 - Massage therapy
 - **Columbia, Quarter Deck Building:** Coming Soon
 - Gym equipment on site
 - **Mt. Vernon, Missouri Rehabilitation Center:** 180 staff participating
 - Wellness education classes
 - Full gym and group fitness classes
 - Nature trail-walking club
 - Massage therapy
 - Lending library
 - Employee incentive program
- 5) **Long Range** goal is program outreach to the UM campuses of Columbia (Spring/Fall of 2006), Kansas City, St. Louis, and Rolla. Also, consideration to incorporation of wellness prevention rural outreach to UMHC's network affiliate hospitals and implementation of a Wellness Research Coordinating Committee, to anticipate research efforts and disseminate findings and knowledge for community and public education.