



an initiative to improve the health and wellbeing of the faculty and staff of the University of Iowa

**liveWELL Launch:
2006 Program Highlights
Health Risk Assessment and
Health Coach Service**

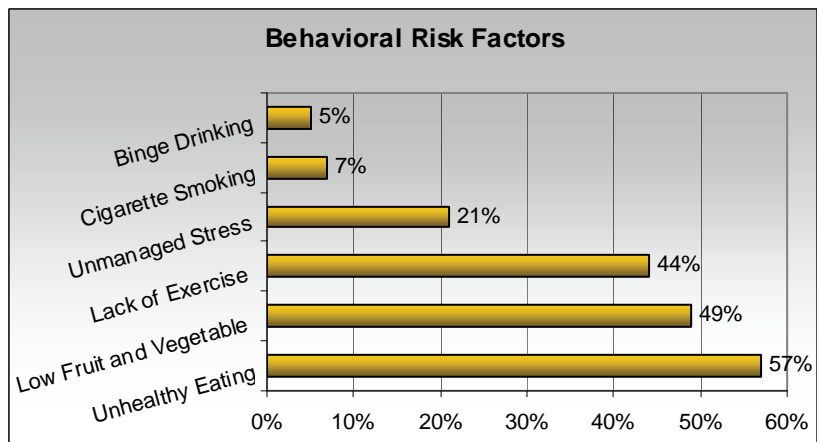
Participation

- 4,812 UI Faculty and Staff participated in the Health Risk Assessment (49% of eligible population).
- Of those taking the HRA, nearly four out of five persons gave permission for UI Wellness to contact them about health improvement programs.
- The average age of participants was 42.3; 70% were female and 30% were male.

Participation Incentive: Receive annual award of \$30 for taking HRA for first time in 2007; \$50 for those who took HRA in 2006. Monthly drawing for \$500 for ALL Health Risk Assessment participants.

Health Status

- The Behavioral Risk Factors graph summarizes the proportion of faculty and staff at UI who exhibit these behaviors that contribute to the leading causes of chronic illnesses and death.
- Based upon responses from those who took the HRA in 2006, we know that the top five chronic health conditions among UI employees are Migraines, Arthritis, Back Problems, Asthma, and Diabetes.



- The percentage who have only one of these chronic conditions is 28%; those reporting two is 11%; three is 3%; four or more is 2%.

Health Care Utilization

- 37% of participants are taking no prescription medications; 44% take 1-2 medications; 16% take 3-5; 3% take 6 or more prescription medications.
- A Dental Examination has been conducted on 86% of participants in the past year; 2% said they have never had a Dental Exam.

Top 5 Health Conditions

Migraines	16%
Arthritis	13%
Back Problems	13%
Asthma	9%
Diabetes	3%

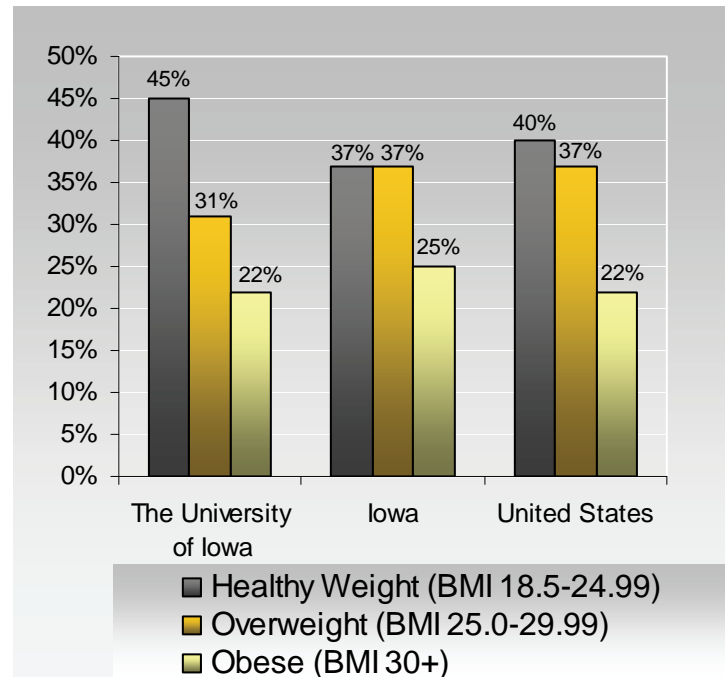


Weight Management

- At UI, 22% of **liveWELL** participants are in the obese Body Mass Index (BMI) category. The Healthy People 2010 goal is to have at least 60% of adults in the healthy weight category and less than 15% in the obese category.

Health Coach Service

- 231 Health Coach Clients completed this one-on-one service in 2006.
- Health Coach Clients met goals related to Weight Loss (36%), Physical Activity (54%), Quitting Smoking (50%), Better Nutrition Habits (38%), Stress Management (55%), Energy/Vitality (67%).



- 97% of clients reported improved health
- 86% of clients reported improved work productivity
- 78% of clients reported improved satisfaction with work
- 100% of clients rate quality of service as good to excellent
- 100% of clients were satisfied to very satisfied with the service received

2007 Program Goals — as a result of these findings....

- Expand one-on-one Medication Management Consultation program.
- Add to menu of current options to address weight management, migraine management, nutrition and physical activity.
- Support efforts to create and sustain a healthy campus culture by promoting environmental and programmatic supports for smoking cessation, healthy eating options, and safe, accessible physical activity options.
- Offer "Health Coach CSI," small group seminars to assist past Health Coach clients with their personal health enhancement journey.
- **GOAL:** 55% of **liveWELL** eligible population complete Health Risk Assessment.

For more information visit the live **WELL website:
www.uiowa.edu/livewell**