

Health Status of Employed Adults in Montana and Worksite Wellness Programs



Montana
Asthma Control Program
Chronic Disease Prevention & Health Promotion Bureau

MONTANA
DPHHS
Healthy People. Healthy Communities.
Department of Public Health & Human Services

Why care about worksite wellness?

- Healthy employees are more productive and can save money for their employer.
- Employers can help their employees make healthy choices.
- Unhealthy lifestyles are responsible for much of the illness, disability, and death related to chronic disease and injury.

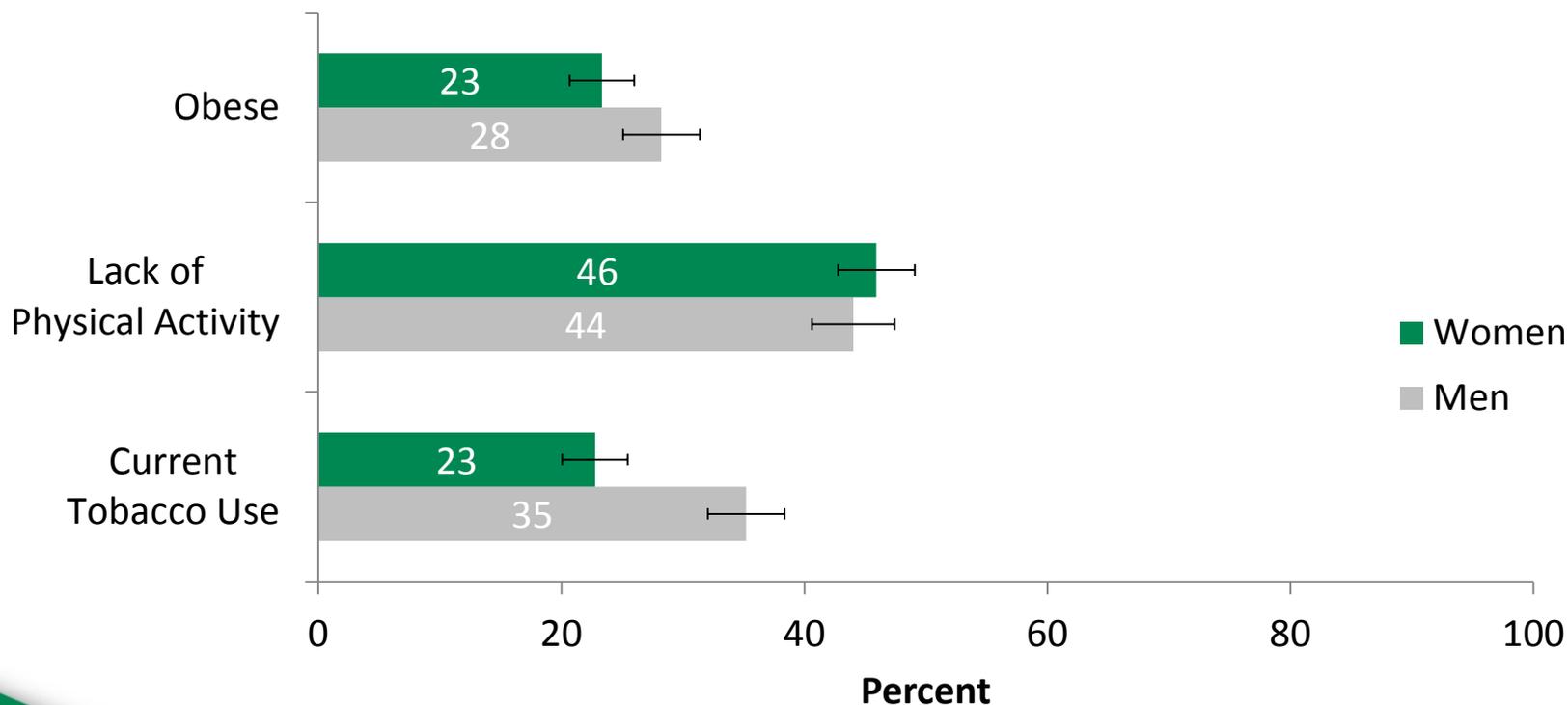
Unhealthy lifestyles

	Tobacco Use	Lack of Physical Activity	Obesity
Cardiovascular Disease*	X	X	X
High Cholesterol		X	X
Diabetes	X	X	X
Cancer	X	X	X
COPD, Emphysema	X		
Asthma	X		X
Arthritis		X	X
Unintentional Injury		X	X

*Cardiovascular diseases include coronary heart disease, heart attack, stroke, and high blood pressure.

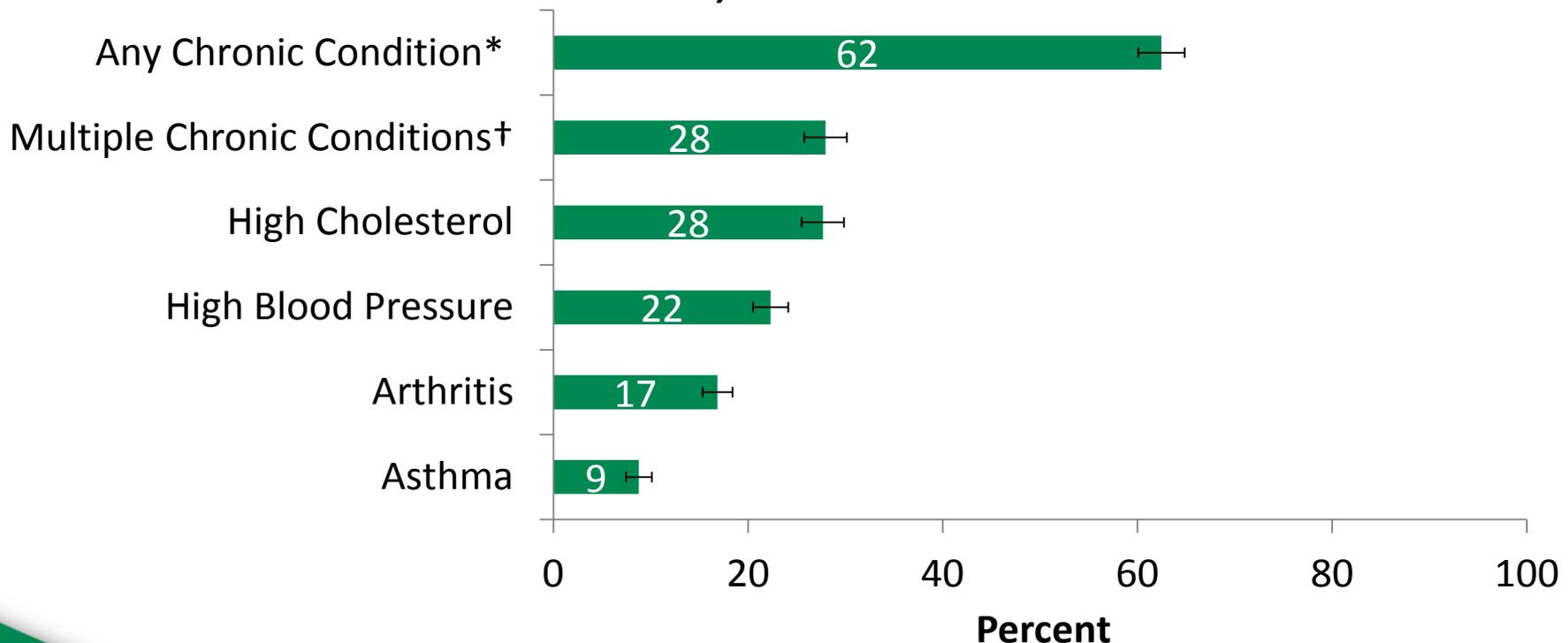
Unhealthy lifestyles

Prevalence of Unhealthy Lifestyles among Currently Employed Adults in Montana, BRFSS, 2011



Chronic Disease is Common

Chronic Conditions among Employed Adults in Montana, BRFSS, 2011



*reported at least one of the following conditions: arthritis, COPD, asthma, high cholesterol, high blood pressure, cancer, chronic kidney disease, diabetes, heart attack, coronary heart disease, or stroke

† reported two or more of the chronic conditions listed above.

Chronic Disease is Costly

Chronic Condition	Avg. Annual Cost to Insurance per Person	Avg. Annual Out of Pocket Cost per Person	Estimated # of Working Montanans Effected Each Year†
Lung Cancer	\$39,806	\$2,258	200
Colorectal Cancer	\$27,213	\$1,177	200
Female Breast Cancer	\$8,288	\$608	400
Heart Disease	\$7,748	\$644	11,000
Arthritis	\$2,462	\$404	57,500
Diabetes	\$1,950	\$403	13,200
Asthma	\$308	\$121	30,000
High Cholesterol	\$287	\$141	67,600
Hypertension	\$280	\$228	76,200

Worksite Wellness Makes a Difference

- Worksite Health Promotion has been proven to have a substantial impact on health care costs, absenteeism, workers compensation costs and productivity

Montana Worksite Health Promotion Coalition

- montanaworksitewellness.org
- Developed as Governor's Council
- Offers several resources:
 - the Excellence in Worksite Health Promotion Awards
 - education opportunities
 - a website to easily access training and other resources

Worksite Health Promotion Awards

- Three levels of awards
 - Gold
 - Silver
 - Bronze
- Nine quality standards
 - 1)Management commitment, 2)program leadership, 3)strategic plan and mission statement, 4)assessment tool, 5)interventions, 6)tracking system, 7)measure outcomes, 8)communicate results, 9)internal marketing

Resources

- Montana Worksite Health Promotion Coalition
www.montanaworksitewellness.org
- Montana Public Health and Safety Division
- Chronic Disease Self-Management Workshops
- Montana Tobacco Quit Line, 1-800-QUIT-NOW
- Diabetes and Cardiovascular Disease Prevention and Exercise Programs
- Centers for Disease Control and Prevention
<http://www.cdc.gov/workplacehealthpromotion/>

Methods

- 2011 Behavioral Risk Factor Surveillance System (BRFSS) data
 - Chronic disease data
 - Employment data
- Montana Association of Health Care Purchasers (MAHCP)
 - Medical and pharmacy claims used to estimate cost



Montana
Chronic Disease Prevention
& Health Promotion Bureau