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michigan **healthy** community

Michigan Healthy Community Initiative

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MCHI Website:
<http://www.umich.edu/~hrraa/mhealthy/>

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■ What percentage of Michigan adults are overweight?

- a) 35%
- b) 53%
- c) 61%

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■ To lose weight, you need to walk how many steps (or the equivalent) each day?

- a) 2000-4000
- b) 5000-10,000
- c) 12,000-18,000

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■ Every added pound of lean muscle is estimated to burn how many additional calories per day?

- a) 10-20 calories
- b) 30-50 calories
- c) 60-70 calories

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■ How much do Americans spend on weight loss products and services annually?

- a) 75 million
- b) 2-4 billion
- c) 30-40 billion

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■ Which type of fat is worse for your health?

- a) trans fats
- b) monounsaturated fats
- c) saturated fats

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- When considering their nutrient value, french fries are appropriately classed as a:
 - a) carbohydrate
 - b) fat
 - c) protein

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- A 20 oz. bottle of pop contains about how much sugar?
 - a) 10 teaspoons
 - b) 5 tablespoons
 - c) 1/2 cup

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Our Unique Opportunity to Improve Health

“We enjoy a singular position of having a hospital, health care providers, an insurance company and health policy experts. With appropriate joint incentives, **we have the means to mount a broad, collaborative effort to fashion a prototype program, testing the assumption that it is feasible to promote healthy living, contain health care expenditures, and define optimal insurance coverage for individuals and families.**We can use those intellectual resources to help the nation in addressing the growing crisis in health care.”

-President Mary Sue Coleman
Future Directions Presentation
UM Regents, 4/22/04

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Key Points for Successful Health Improvement

- There is a human case and a business case, which can be aligned.
- Health improvement is not a simple subject with a simple solution.
- Each of the primary stakeholders has a role; collaboration and synergy are keys to success.
- A healthy workplace/community culture which provides the right resources, encouragement and assistance can have a significant impact.

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U.S. Health Care Costs

Employers Provide Most Financial Support

Population Distribution by Insurance Status

Insurance Status	Percentage
Employer	58%
Uninsured	15%
Medicare	12%
Medicaid	11%
Individual	5%

Source: Urban Institute and Kaiser Commission on Medicaid and the Uninsured – estimates based on current population surveys.

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michigan healthy community

Goal: To promote the health and well-being of UM faculty and staff, students, retirees and dependents.

Phase I Objectives for Faculty and Staff:

- To engage UM leaders throughout the organization in supporting this priority initiative
- To improve the knowledge, skills and ability of UM managers to effectively address employee health and safety issues
- To identify and communicate existing resources available to employees and families
- To offer key programs and activities to foster a healthier workplace culture
- To align policies, programs and practices
- To collect, analyze and report key data
- To build alliances that generate high support/participation

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Three major areas of activity in FY06:

- Leadership and community engagement
- Active U! Program for physical activity
- Enhanced ergonomics awareness

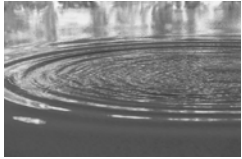
We're just getting started.

- Mental Health, Student Health and other projects being planned.

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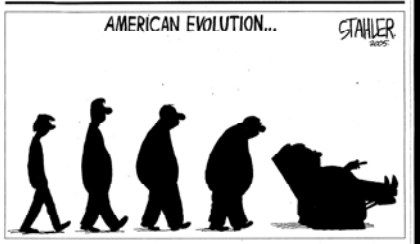
Leadership and Community Engagement

- Highly visible leadership roles for UM executives and other leaders
- Orientation and training for all managers
- Recruitment of 458 work unit Wellness Champions
- Encouraged to share ideas for fostering a healthy work culture
- Integrated, robust website (one-stop shopping) – www.mhealthy.umich.edu
- Extensive communications and marketing campaigns





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Our Declining Physical Activity





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- 8-week physical activity incentive program (Feb. 7 – April 3)
- Includes social support and fun!
- 8,376 participants
- 560 teams
- \$45,000 pledged for charity

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Tuesday's Tips From Active U

March 21, 2006

"Many of us are half way between youth and our elder years. We are all shocked, I'm sure, at how fast the years pass by. Now more than ever, I am impressed by the vigor of some people from the generation of my parents. These are the people who have developed lifetime habits of health: moderate exercise, good nutrition, good management of the daily stresses of life, and good luck. These habits that we create in our early decades will mean everything for our quality of life later on. The Active U initiative will pay off for each and every one of us at the university, today and in the years to come. This is one of the best ways we have of enhancing our quality of life – and it makes us feel better too! So keep up the great work and get energized through Active U!"

— Daniel Little, Chancellor, UM-Dearborn

In this issue:

- Save the Dates!
- Weekly Puzzles
- Team Standings
- Post-Program Survey
- Remember... Help community charities by sending in your pledge dollars
- Team Information

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Team OFA



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Enhanced Ergonomics Awareness Program

Ergonomics=fitting the work to the worker

Enhanced self help through:

- Increased awareness of ergonomics and access to existing resources
- Self help tools via internet, posters, etc. (more info is coming in March)

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Enhanced Ergonomics Awareness

Enhanced Services through

- Consultations for employees with medical conditions
- Targeted interventions for high risk departments and related solutions

Your Ergonomic Resources

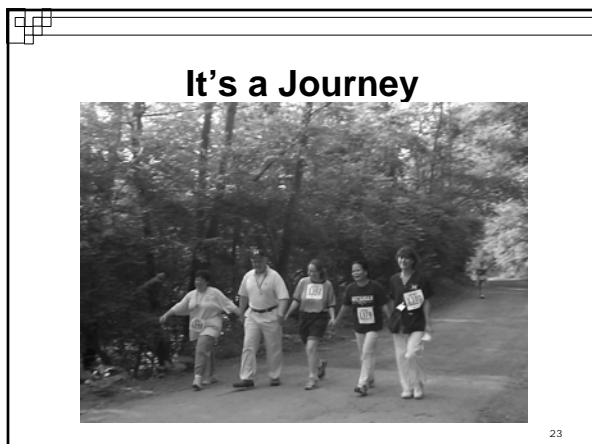
- Dearborn Campus: Environment, Health and Safety
- Flint Campus: Environment, Health and Safety
- Ann Arbor Campus: Occupational Safety and Environmental Health
- U-M Hospitals & Health Centers: Safety Management Services
- UMHS, All Campuses: MWorks Disability Management

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What's Next?

- Evaluating the impact, sustaining the success!
- Expanding website with extensive, dynamic health education resource - **Healthwise**
- Promoting healthy eating
- Offering both broad-based and targeted programs
- Offering selected programs to families
- Kicking off mental health and student health initiatives

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- What percent of Michigan adults are overweight?
 - a) 61%
 - b) 53%
 - c) 35%

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