WORKING FOR A HEALTHIER TN

WELLNESS COUNCIL WEBINAR

August 2022

/WFHTN

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/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today’s Agenda

Guest Speaker: ActiveHealth
Quarterly Activity List
What’s New?
Wellness Council Spotlight
Upcoming Schedule
Sharing

The Active Health Index

Sharon Fitzsimmons, MD, MPH, FAAP
Medical Director

August 4, 2022

ActiveHealth MANAGEMENT

Sharon Fitzsimmons, M.D.
Medical Director

Dr. Fitzsimmons provides clinical leadership and support focusing on health promotion and population health management. She assists with wellness promotion and lifestyle risk reduction, and clinical support for care and condition management. Dr. Fitzsimmons is also involved in creating new and updated evidence-based clinical content, outcomes analyses and reporting.

Before joining ActiveHealth in 2013, Dr. Fitzsimmons founded and grew a private practice for 10 years. She was also involved in teaching residents and medical students and was medical director for an outpatient clinic in Richmond, Virginia.

- Medical School - Ohio State University College of Medicine
- Internship - Nationwide Children's Hospital in Columbus, OH
- Residency and Fellowship - Children's Hospital Medical Center of Akron, OH
- Board certified in pediatrics
- Masters in Public Health - University of Massachusetts

ActiveHealth MANAGEMENT

The Active Health Index delivers a multi-dimensional analysis of opportunities to improve health

We help find the answer to these three questions.

1

What is the health of the population?

2

What are the opportunities to improve employee health?

3

How much did health improve between two points in time?

The AHI represents the ongoing evolution in clinical analytics by leveraging our longitudinal clinical data base

Ingest medical & Rx claims, lab, biometrics, HRA data, etc.

9,000+
CareEngine clinical rules

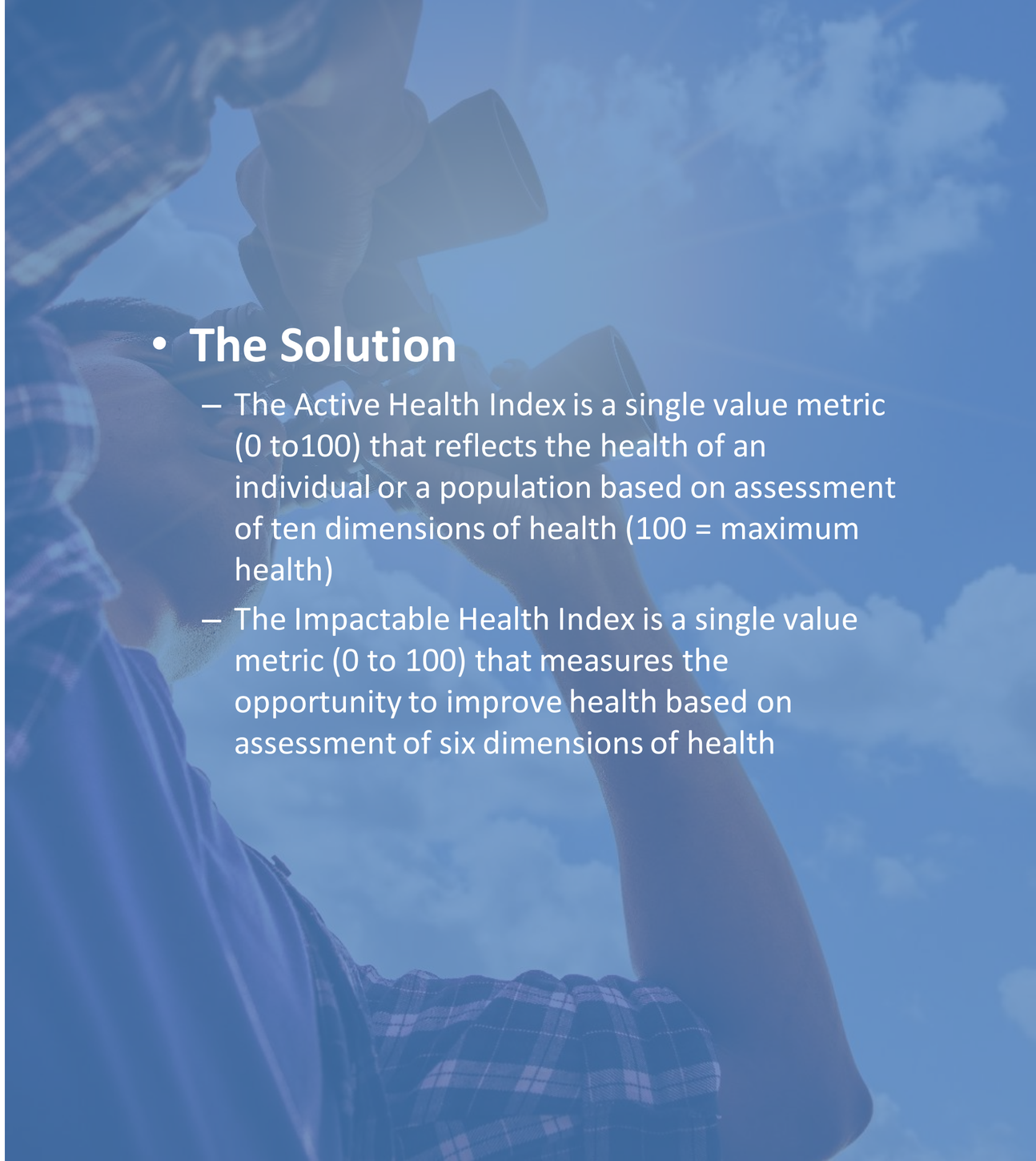
250
CareEngine clinical condition and comorbidity markers

Active Health Index

The Problem

How do you measure the opportunity to improve health?

How do you quantify how much health has improved?



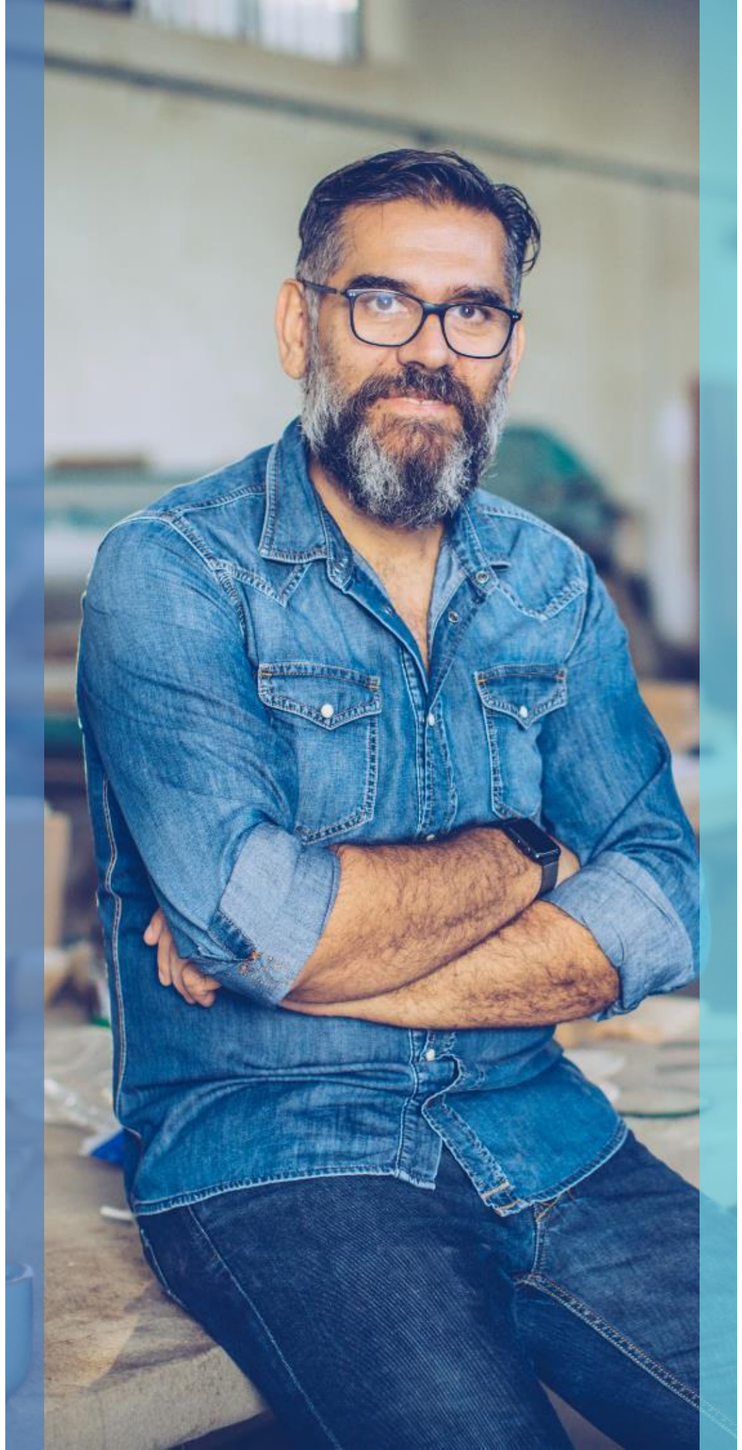
- **The Solution**
  - The Active Health Index is a single value metric (0 to100) that reflects the health of an individual or a population based on assessment of ten dimensions of health (100 = maximum health)
  - The Impactable Health Index is a single value metric (0 to 100) that measures the opportunity to improve health based on assessment of six dimensions of health

The Active Health Index

Helps us find opportunities that have the most immediate impact.

Established

- Age and gender
- Behavioral health conditions
- Chronic medical conditions
- Geography



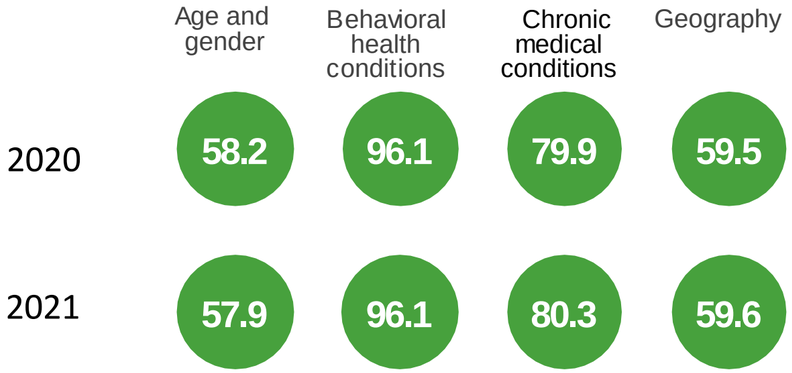
Impactable

- Care Considerations
- Lifestyle and biometric risks
- Medication adherence
- Preventive care
- At risk for conditions
- Self-perception of health

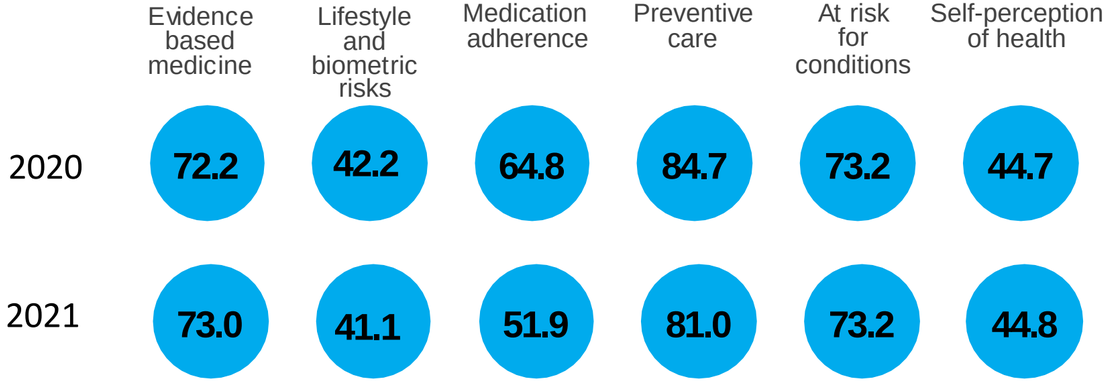
Active Health Index

Aggregate – All Agencies

Established Dimensions



Impactable Dimensions



	2020	2021
ActiveHealth Index	66.0	65.5
Impactable Health Index	86.4	85.6
Health Improvement Opportunity	13.6	14.4

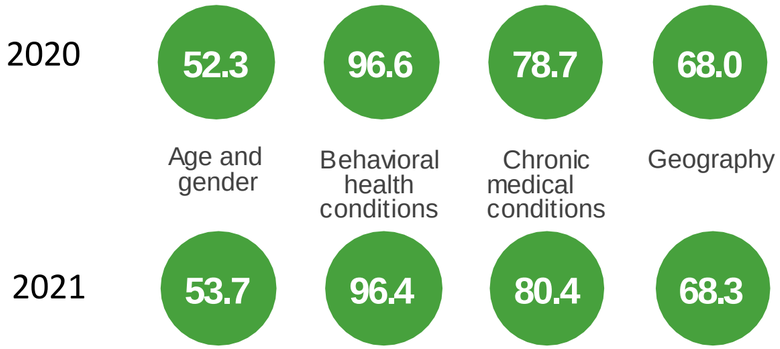
ActiveHealth MANAGEMENT

Proprietary

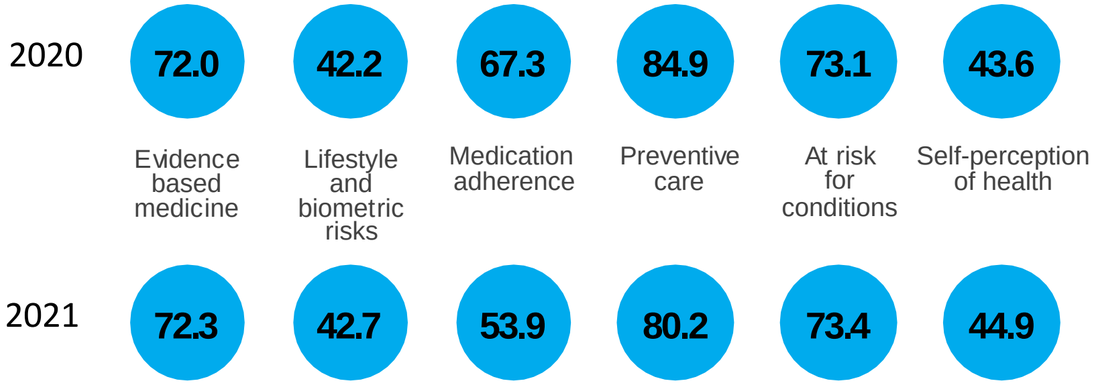
Your Active Health Index

Sample Agency

Established Dimensions



Impactable Dimensions



ActiveHealth MANAGEMENT

Proprietary

Agency A

ActiveHealth Index	Impactable Health Index	Health Improvement Opportunity
58.7	82.7	17.3

Impactable Dimensions

Evidence Based Medicine	Lifestyle and biometric risks	Medication adherence	Preventive care	At risk for conditions	Self-perception of health
69.8	59.4	78.1	84.2	75	64.2

Improvement Actions: Focus on lifestyle change like diet, exercise, and weight loss

Agency B

ActiveHealth Index	Impactable Health Index	Health Improvement Opportunity
59.5	85.6	14.4

Impactable Dimensions

Evidence Based Medicine	Lifestyle and biometric risks	Medication adherence	Preventive care	At risk for conditions	Self-perception of health
79.2	84	78.1	58.2	73	58.1

Improvement Actions: Focus on mindfulness, and stress management

ActiveHealth Index by Agency

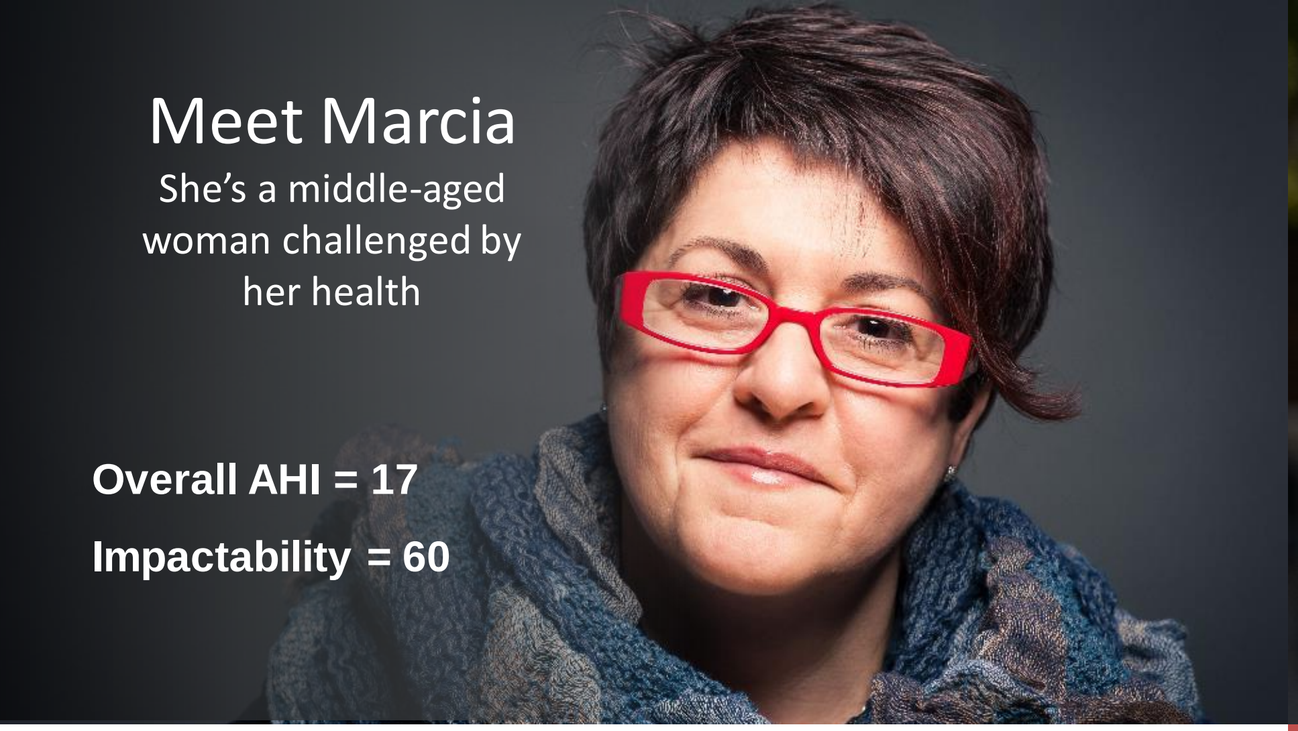
:Lowest Performers of dimension

:Highest Performers of the dimension

BUDGET Grouping	# Mbrs engaged	Average Age	Chronic %	Active Health Index (AHI)	Impactible Health Index (IHI)	Non- Impactible Dimensions				Impactible Dimensions					
						Geography	Age/Gender	Medical Conditions	Behavioral Conditions	At Risk for Conditions	Evidence Based Medicine	Lifestyle and Biometric Risks	Med Adherence	Preventive Care	Self Reported Health
Agriculture	448	47.6	45.3%	66.0	86.2	57.5	56.2	80.5	97.4	**72.5**	**80.0**	42.9	**46.9**	78.6	46.8
Childrens Services	2,580	43.3	43.8%	67.0	85.6	57.8	63.1	81.6	95.3	73.4	72.5	41.5	51.3	**84.4**	44.8
Commerce and Insurance	449	48.0	43.9%	66.2	86.5	64.0	55.2	82.2	97.9	**74.1**	67.0	44.2	55.0	80.7	44.1
TRICOR	71	49.1	**53.5%**	66.0	85.5	60.4	53.1	85.6	96.5	73.4	**66.0**	41.5*	50*	77.5	**41.7***
Correction	3,959	44.9	49.3%	66.1	85.5	55.5	60.6	79.6	95.9	73.0	72.3	38.8	52.1	79.9	43.0
Economic and Community Dev	78	44.1	**29.5%**	**72.8**	**89.8**	67.0	62.5	91.5	99.4	**70.8**	**66.0**	**50***	**75***	83.2	45*
Education	726	46.3	36.8%	67.9	88.1	62.1	57.7	84.7	96.4	73.5	72.8	**47.5**	**59.9**	81.0	**47.3**
Environment and Conservation	1,558	46.9	40.6%	66.8	86.5	59.3	57.3	83.2	96.5	73.1	73.6	43.2	52.5	81.0	45.5
Finance and Administration	1,643	48.8	44.9%	64.2	85.3	68.3	53.7	80.4	96.4	73.4	72.3	42.7	53.9	80.2	44.9
Financial Institutions	115	48.2	45.2%	64.4	86.1	67.6	55.1	79.3	98.7	**71.9**	73.0	44.0	57.1*	80.5	**48.5***
General Services	267	47.5	42.3%	66.4	87.2	67.3	56.4	80.4	97.2	73.8	72.5	45.9	59.4	80.9	46.6
Health	2,213	46.5	45.8%	63.3	84.0	58.4	57.8	77.5	94.8	73.2	72.8	41.3	54.4	82.1	45.4
Human Resources	101	45.7	51.5%	61.9	83.6	64.6	59.1	72.0	94.6	**75.0**	69.2	**47.6**	57.1*	**84.3**	**41.3***
Human Services	2,897	48.0	53.0%	**60.7**	**82.2**	57.3	54.8	75.3	94.2	72.6	74.0	38.9	51.1	80.5	44.1
Intellec & Dev Disabilities	1,102	50.9	**57.7%**	**59.2**	**82.2**	61.2	50.1	73.6	95.3	72.9	74.3	37.6	49.5	**76.3**	44.9
Labor & Workforce Dev	811	48.3	44.1%	65.0	85.7	62.2	54.9	80.2	95.7	73.4	**65.4**	37.5	56.8	77.2	45.5
Mental Health & Sub Abuse Svcs	1,353	47.3	48.8%	65.3	85.2	59.1	56.6	80.3	96.5	73.5	71.5	39.1	**48.0**	**77.0**	44.7
Military	264	49.7	49.2%	64.0	85.4	62.8	52.3	80.1	95.8	73.5	71.4	**37.0**	53.4	78.8	44.5
Revenue	691	46.9	44.7%	64.7	84.4	63.9	57.2	80.4	96.8	73.1	76.0	40.9	48.2	81.6	45.6
Safety	1,306	43.5	39.7%	69.9	88.4	58.0	62.8	83.7	97.6	**74.1**	74.9	41.9	52.2	83.5	43.5
TennCare	992	44.0	38.2%	68.0	86.8	65.5	62.0	83.0	95.8	73.9	**78.8**	43.3	50.0	**84.3**	43.2
TN Bureau of Investigation	508	43.2	**33.9%**	**70.9**	**88.8**	63.9	63.2	86.2	96.9	73.1	**76.7**	44.2	51.4	**84.6**	**48.4**
TN Courts	1,906	49.2	40.5%	65.5	87.3	61.6	53.4	81.1	96.3	72.9	71.1	45.9	52.5	80.1	46.2
TN Wildlife Resources Agency	564	45.5	38.5%	69.2	88.5	56.7	59.4	84.1	98.3	73.5	67.3	39.4	54.3	81.2	44.7
Tourist Development	135	53.9	**54.8%**	**61.3**	**83.6**	56.5	46.2	79.4	96.7	72.9	72.3	**31.4**	**41.2**	**71.4**	46.4*
Transportation	3,356	45.6	44.3%	67.3	86.3	58.0	59.6	81.9	97.5	73.2	74.3	40.6	50.8	82.2	45.4
Veterans Services	52	45.2	**34.6%**	**70.2**	**90.0**	55.3	60.1	85.1	97.1	**75.0**	**66.0**	**25***	**75***	83.3	**37.5***

***20 Members or fewer contributed to this dimension**

# of engaged members may vary from reports given to each agency because engagement here is represented as engagement by modal ity and is not a unique count of members. For example, a member could have engaged twice and would be counted twice here.



Meet Marcia

She’s a middle-aged woman challenged by her health

Overall AHI = 17

Impactability = 60

- Marcia has diabetes, heart failure, hyperlipidemia, high blood pressure and depression.
- She has not resolved four Care Consideration℠ alerts.
- Her lifestyle risks include obesity and inadequate sleep.
- She is non-adherent to her diabetes, statin, antihypertensive, and antidepressant medications.
- Self perception of her health is fair

Meet Chelsea

She’s in her late 30s and wants to stay active

Overall AHI = 65

Impactability = 6

- Chelsea has diabetes but no other conditions.
- She doesn’t have have any unresolved Care Consideration℠ alerts.
- She’s adherent to her medication.
- She’s not at-risk for other conditions and does not have any lifestyle or biometric risks.
- She’s past due for a cervical cancer screening.
- Self-perception of health is very good

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- Questions and answers

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Thank you

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Quarterly Activity List

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August Suggestions

Share information related to:

- National Financial Awareness Day (Aug. 14)
  - Eat Right on a Budget video
  - Here4TN resources

Activities:

- How to Manage Your Finances webinar presented by Here4TN on Tuesday, Aug. 16 from 11:30 a.m. – 12 p.m. CT. Register on the Wellness Events page (click 'Webinars').
- State Retirement Plans & Resources presented by RetireReadyTN on Wednesday, Aug. 17 from 11:30 a.m. – 12:30 p.m. CT (Learn more).

Challenges:

- Let's relax! National Relaxation Day (Monday, Aug. 15)

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Annual Awards Celebration

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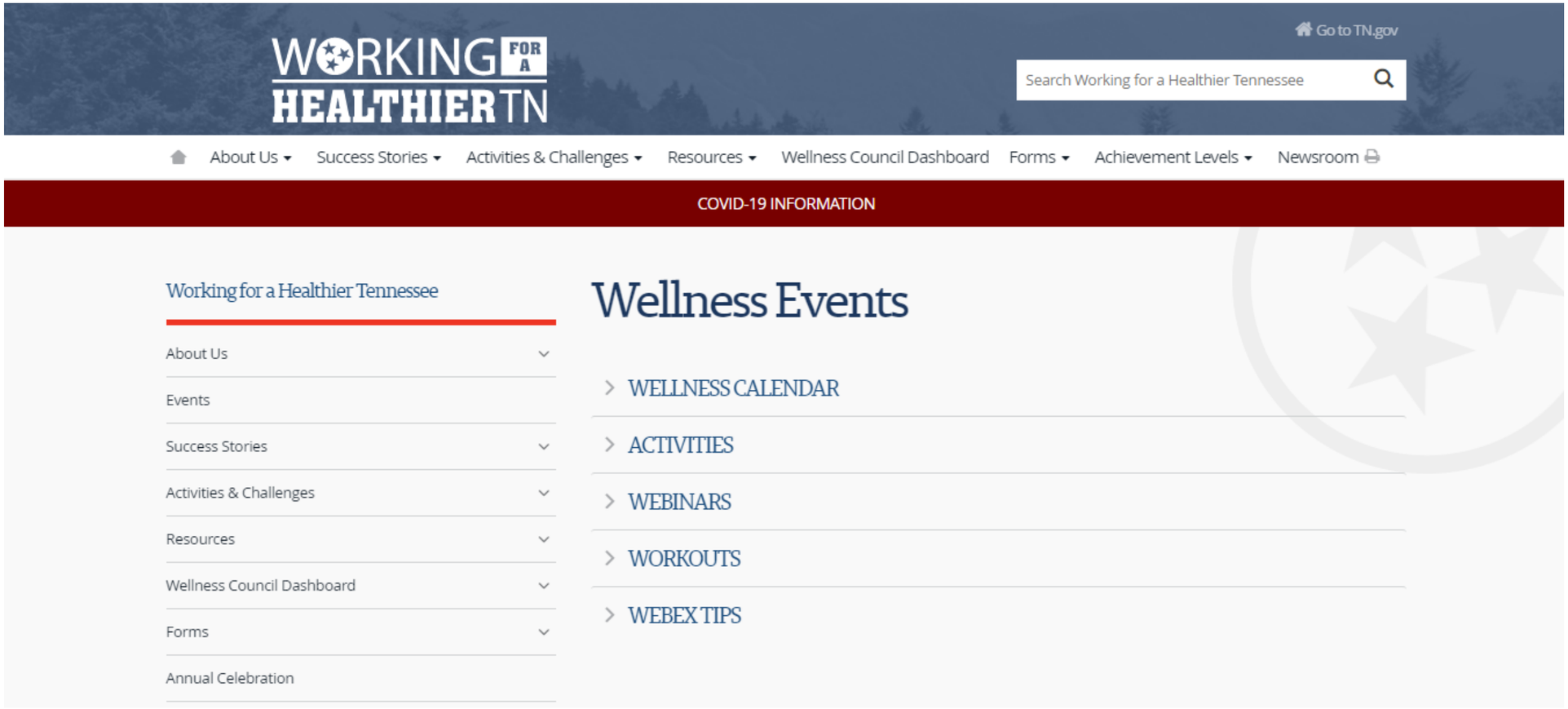
What's New?

Wellness Events Page

www.tn.gov/wfhtn/challenges/wellness-events.html



August Wellness Calendar & Virtual Events

MAKE AUGUST AWESOME!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 1-5	Join **Yoga for All** from **12-12:15 p.m.** (Calendar invite)	Join the **Difference Between Cardio & Strength Training** webinar from 12–12:30 p.m. (Calendar invite)	Join DHS for a **10-minute Fitness Break** from 11-11:10 a.m. (Link to join)	Get inspired by Cindy's success story of finding time for self-care throughout her day.	Try this **Mung Bean Porridge in Coconut Milk** for breakfast and/or dessert!
August 8-12	Happy **National Farmers Market Week**! Find a local Farmers Market near you.	Complete a **Cardio Workout with Kayla** from 9:45-10 a.m. (Calendar invite)	Check your inbox for our August 9th **Be Well @Work** newsletter!	Join the **Pick Tennessee Products Info Session** from 11:30-11:45 a.m. (Calendar invite)	Ever heard of **Pickleball**? Check out game times and locations here.
August 15-19	Try one of these **Relaxation Techniques** for National Relaxation Day. Tell us which technique you tried!	Join the **How to Manage Your Finances** webinar from 11:30 a.m. – 12 p.m. (Register here.)	Join the **State Retirement Plans & Resources** webinar from 11:30 a.m. – 12:30 p.m. (Register here.)	Check out these **Here4TN resources, tips & articles to step up your financial know-how**!	Join **Yoga: Core & More** from 12:15-12:45 p.m. (Calendar invite)
August 22-26	It's **Be Kind to Humankind Week**! Do something nice for others like share a kind word or helpful gesture.	Watch how you can **Eat Right on a Budget** (2 minutes).	Join **Yoga for All** from **12-12:15 p.m.** (Calendar invite)	Join DCS for a **Fitness Break** from 11-11:15 a.m. (Calendar invite)	This **Black Bean and Tomato Salsa** is loaded with flavor & incredibly easy to make!
August 29-31	Need a flavor boost? Try this **Creole Seasoning Blend** for More Herbs, Less Salt Day!	Join the **How to Keep Up the Momentum** webinar from 12–12:30 p.m. (Calendar invite)	Take your lunch break outdoors for **Eat Outside Day**, and view these quick tips!		

Please note:
All times are listed in the Central time zone.

UPCOMING EVENTS
AUGUST 2022

WORKOUTS

YOGA FOR ALL (WITH SOPHIA)
Mondays from 12-12:15 p.m.
Link to join. Calendar invite.

DHS FITNESS BREAK
Wednesdays from 11-11:10 a.m.
Link to join.

YOGA FOR ALL
Wednesdays from 12-12:15 p.m.
Link to join. Calendar invite.

DCS FITNESS BREAK
Thursdays from 11-11:15 a.m.
Link to join. Calendar invite.

YOGA: CORE & MORE
Fridays from 12:15-12:45 p.m.
Link to join. Calendar invite.

CARDIO WORKOUT WITH KAYLA
Tuesday, Aug. 9 from 9:45-10 a.m.
Link to join. Calendar invite.

CHALLENGES

MOVE MORE CHALLENGE
August 1-28
Sign up here by July 27. (Click 'Challenges' to expand the menu.)

WEBINARS

DIFFERENCE BETWEEN CARDIO AND STRENGTH TRAINING
Tuesday, Aug. 2 from 12-12:30 p.m.
Link to join. Calendar invite.

PICK TN PRODUCTS INFO SESSION
Thursday, Aug. 11 from 11:30-11:45 a.m.
Link to join. Calendar invite.

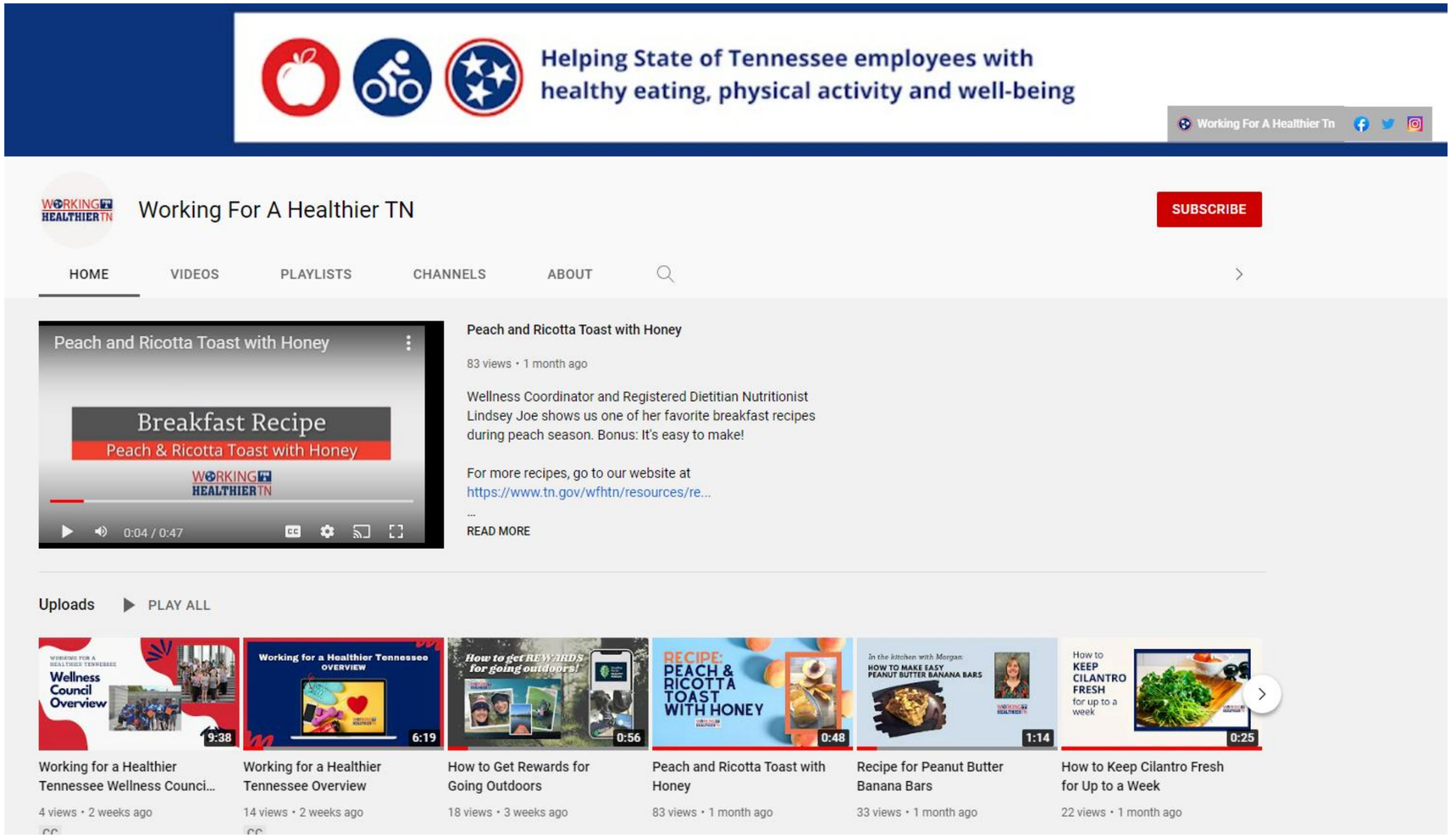
HOW TO MANAGE YOUR FINANCES (PRESENTED BY HERE4TN)
Tues., August 16 from 11:30 a.m. – 12 p.m.
Register here.

HOW TO KEEP UP THE MOMENTUM
Tues., August 30 from 12-12:30 p.m.
Link to join. Calendar invite.

For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness_events.html.

Please note: All times are listed in Central time zone.

WFHTN YouTube Videos



Subscribe to our YouTube channel: YouTube.com/TNSiteChampions

Wellness Council Spotlight

WORKING FOR A HEALTHIER TN

Spring 5K Series

Water Challenge

Department of Revenue

Thanks for this challenge – it was "refreshing" during these very hot days.

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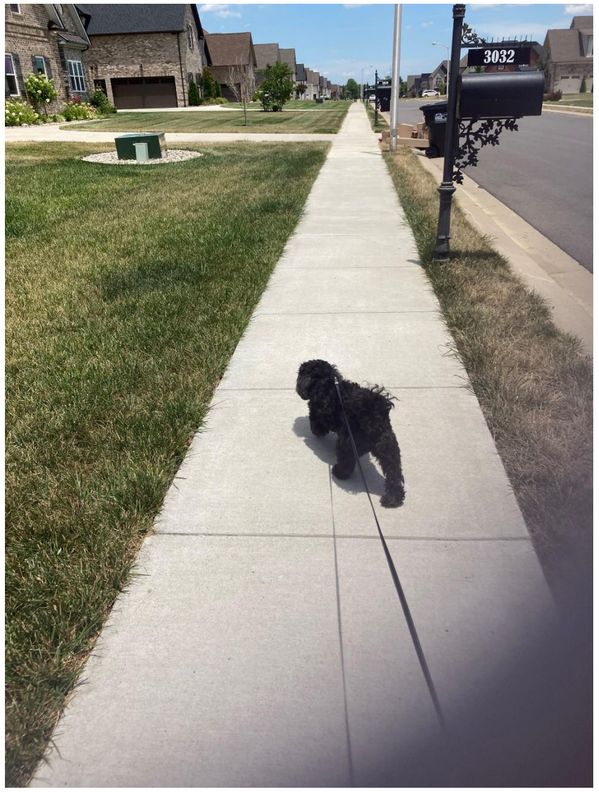
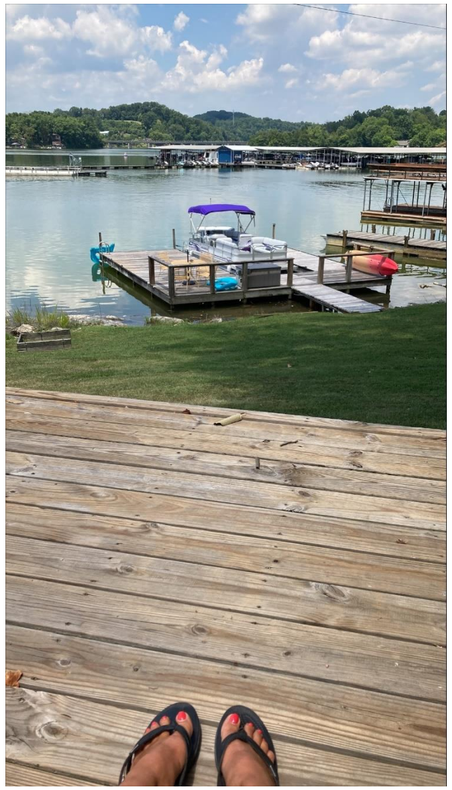
Catch Some Rays Challenge

Department of Revenue





WORKING FOR A HEALTHIER TN

Upcoming Schedule

September Wellness Council Webinar

Guest Speaker: Brittany Willis, TDH

Thursday, September 1 from 9-9:45 a.m. Central

Quarter 1 Activity List

Send any additional activities to your Wellness Coordinator by Monday, October 3.

For our full virtual event list, please visit
https://www.tn.gov/wfhtn/challenges/wellness-events.html

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Your Updates!

Questions

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