WORKING FOR A HEALTHIER TN

WELLNESS COUNCIL WEBINAR

September 2021

/WFHTN

@WFHTN

@WorkingForAHealthierTN

/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives.

Today's Agenda

Wellness Whiz Quiz
Wellness Council Spotlight
September Health Observances
Upcoming WFHTN Schedule
ActiveHealth Index
Sharing

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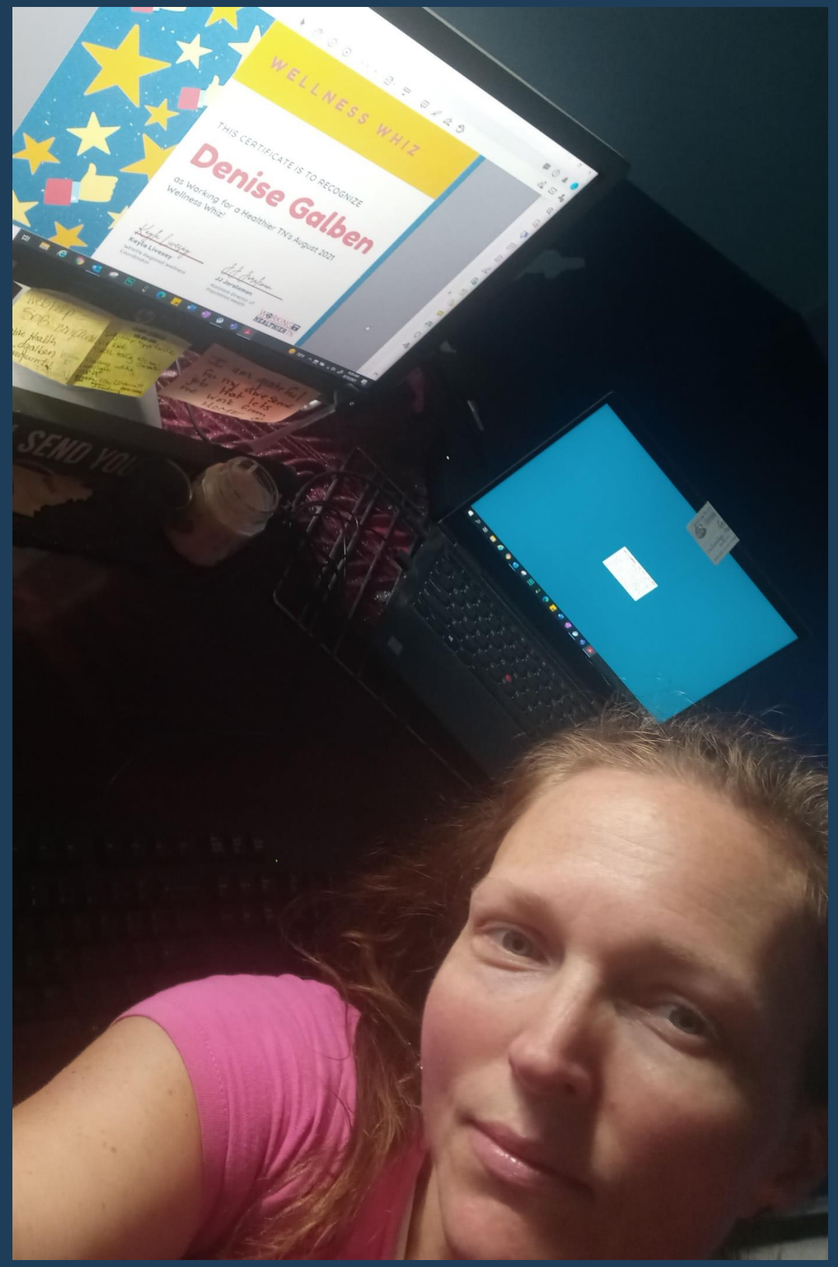
Wellness Whiz Quiz

Congratulations **to our August 2021 Wellness Whiz Quiz winner:**

Denise Galben

Department of Human Services



WFHTN Wellness Whiz Quiz

The Rules

The first Wellness Council representative to get 2 out of the 3 answers correct using the chat feature will be crowned this month's "**WFHTN Wellness Whiz**."

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer.

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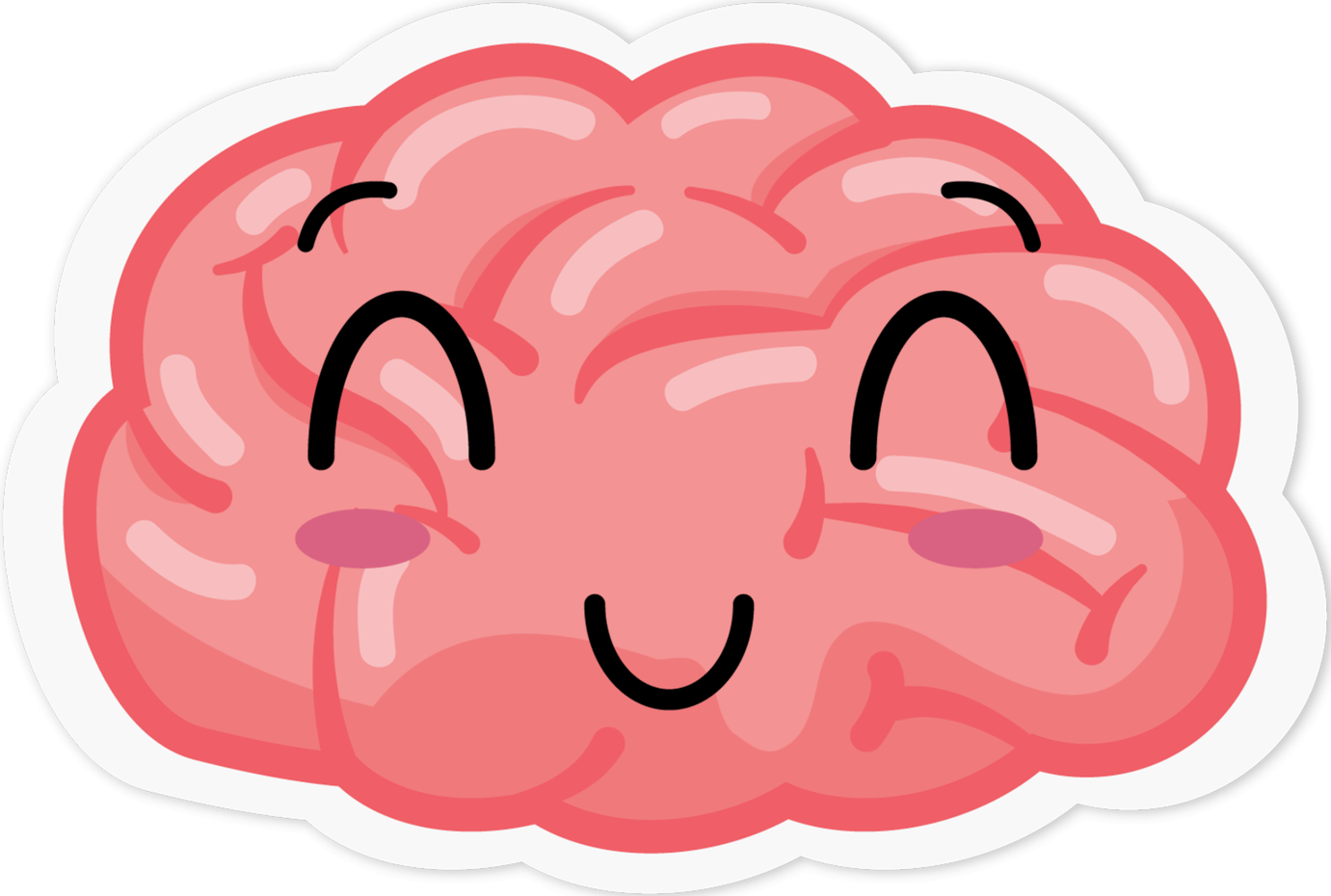
WFHTN Wellness Whiz Quiz



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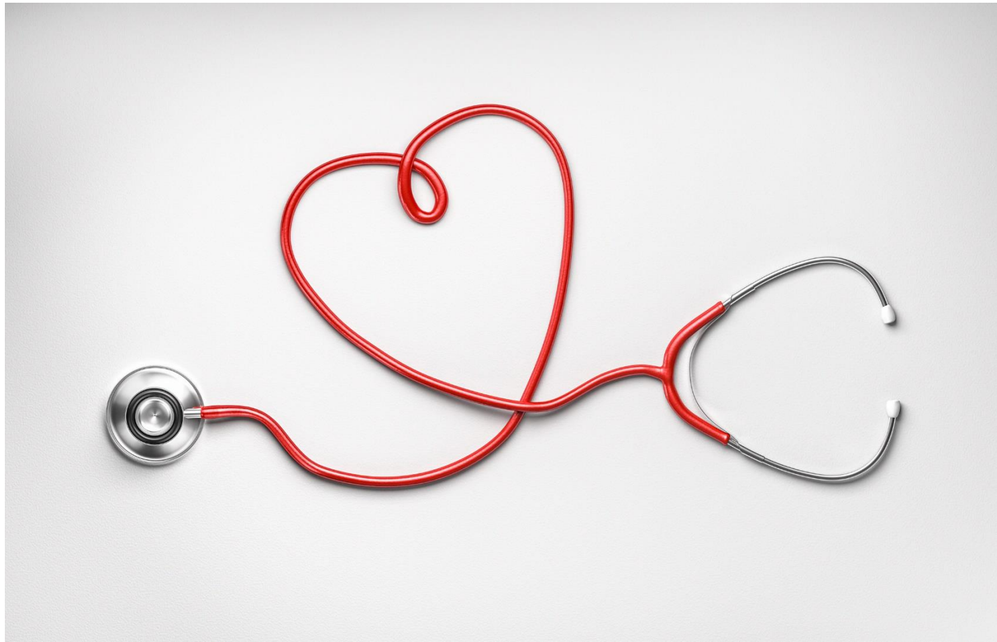
Wellness Whiz Quiz

Question #1

When is World Heart Day?

September ___



Wellness Whiz Quiz

Question #2

Name one award up for grabs this fiscal year.

(Hint: we shared these during last month's webinar.)

Wellness Whiz Quiz

Question #3

The Working for a Healthier TN focus areas include Physical Activity, Healthy Eating and _____.

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Wellness Whiz Quiz

Tie Breaker

True or False. Here4TN offers resources and services to help you and your family feel, live and work better.

Here 4 TN
Support For Your Life

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Wellness Council Spotlight

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TBI

DIDD

WORKING FOR A HEALTHIER TN

OUTDOOR OFFICE OLYMPICS

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TDCI-lympics

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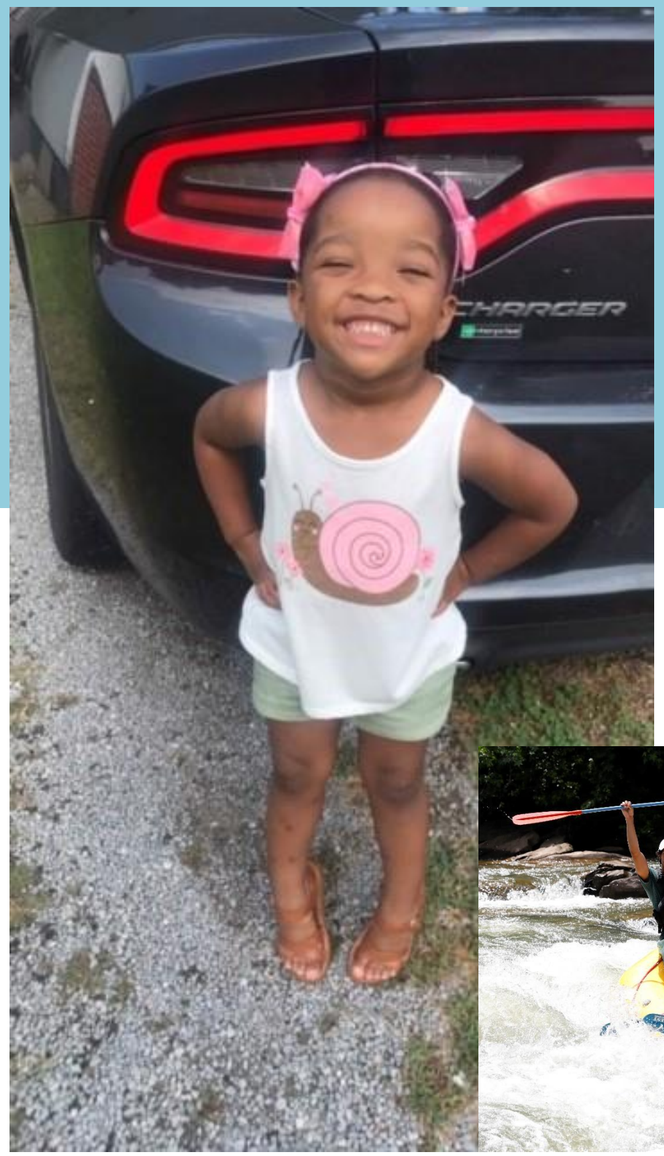
Children's Services



DCS WELLNESS COUNCIL

WHAT MAKES YOU SMILE?

Did you know that smiling can help relieve stress, elevate your mood, and give you a boost of positivity?!

In honor of National Smile Week (2nd week of August), show off your smile! You can capture a selfie, loved ones or things, pets, and/or activities (like family or sporting events and hobbies) that make YOU smile.

Please share your smile(s) with us at dcswellness.council@tn.gov by EOD Friday 8/20.

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September Health Observances

Better Breakfast Month

Family Meals Month

Healthy Aging ® Month

National Cholesterol Education Month

National Food Safety Education Month

National Fruits & Veggies Month

National Suicide Prevention Month

- TN Crisis Services and Suicide Prevention

National Yoga Awareness Month

Whole Grains Month

National Suicide Prevention Week (September 6–12)

World Suicide Prevention Day (September 10)

Better Breakfast Day (September 26)

World Heart Day (September 29)

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Upcoming WFHTN Schedule

October Wellness Council Webinar

Thursday, October 7 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central

Quarter 1 Activity List

Due Monday, October 4

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ActiveHealth Index

The Active Health Index

An ActiveHealth® Management presentation

ActiveHealth MANAGEMENT.

AH_HealthIndex_FullDeck_122017

The Active Health Index

helps us find opportunities that have the most immediate impact.

Established				Impactable					
1	2	3	4	5	6	7	8	9	10
Age and gender	Behavioral health conditions	Chronic medical conditions	Geography	Care Considerations	Lifestyle and biometric risks	Medication adherence	Preventive care	At risk for conditions	Self-perception of health

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Assessing opportunity

The Active Health Index

A single value metric (0 – 100) that reflects the health of an individual or a population based on assessment of ten dimensions of health.

The Impactable Health Index

A single value metric (0 – 100) that measures the six impactable dimensions of health. It reflects the percentage of ideal health that an individual or population has achieved.

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More than just a number

The Active Health Index has wide applicability and delivers value

For members

- Finds opportunities for health improvement
- Personalizes the digital health experience

For agency leaders and wellness champions

- Measures population and individual health
- Identifies areas for population health improvement

For clinicians

- Identifies specific health improvement opportunities
- Helps nurses and coaches support clinician and member efforts to reduce risks

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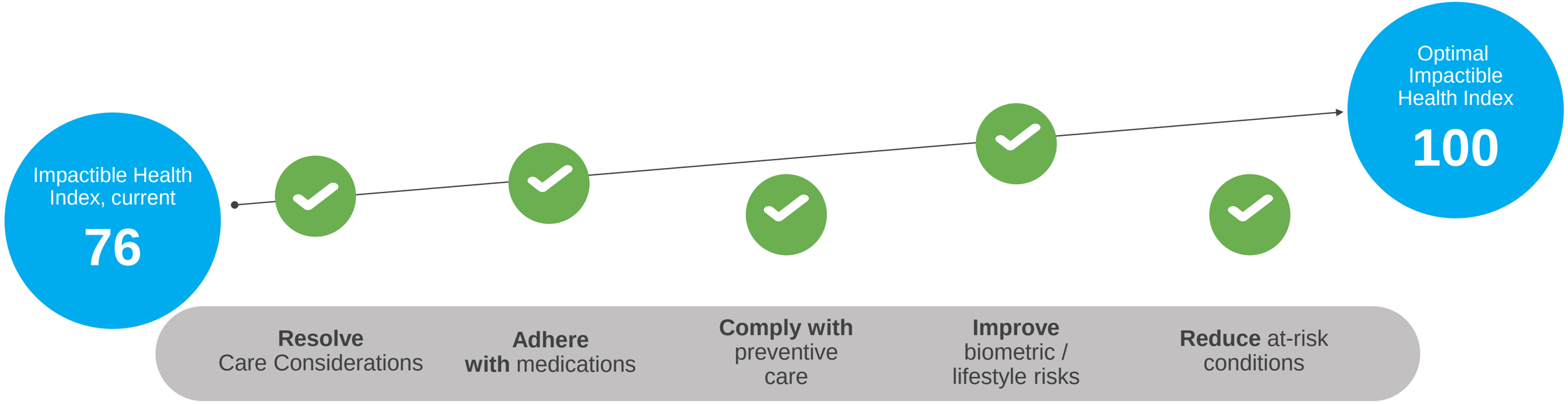
The personalization of what comes next



Health index values are illustrative.

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Active Health Index

Aggregate – All Agencies

Established Dimensions

	Age and gender	Behavioral health conditions	Chronic medical conditions	Geography
2019	57.7	95.4	81.8	59.3
2020	58.2	96.1	79.9	59.5

Impactable Dimensions

	Evidence based medicine	Lifestyle and biometric risks	Medication adherence	Preventive care	At risk for conditions	Self-perception of health
2019	67.3	55.4	63.9	83.0	73.0	58.8
2020	72.2	42.2	64.8	84.7	73.2	44.7

	2019	2020
ActiveHealth Index	63.7	66.0
Impactable Health Index	84.4	86.4
Health Improvement Opportunity	15.6	13.6

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Thank you

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Questions

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Your Updates!

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