



## Keeping America Healthy Through Worksite Health Promotion


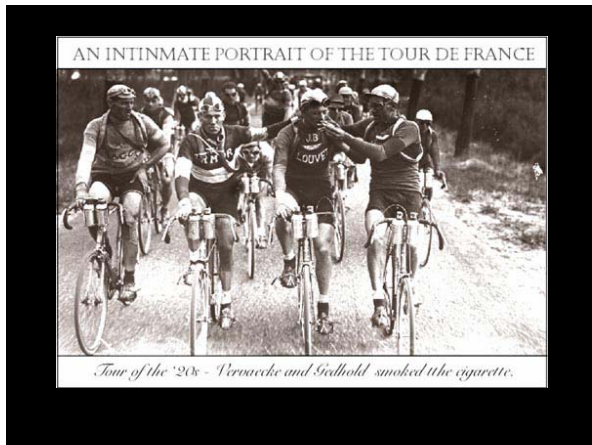
### Congressional Briefings July 2007

Ron Davis, MD  
President  
American Medical Association

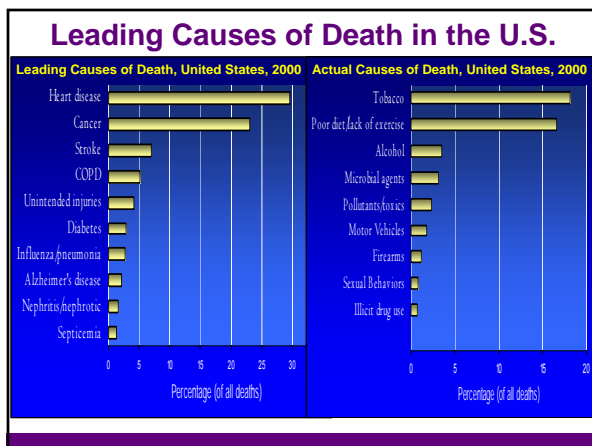
## AMA mission

- To promote the science and art of medicine and the betterment of public health
- Unchanged since 1920


## AMA's health care advocacy agenda for 2007

- Expand medical coverage for the uninsured
- Reform the Medicare physician payment system
- Reform the medical liability system
- Improve the quality and safety of health care
- **Improve public health through ...**
  - **Healthy lifestyles**
  - **Reducing health disparities**
  - **Disaster preparedness**


**PRESCRIPTIONS**

"I'll have an ounce of prevention."

Diane Finkler

With 15.99 pills

### Places to Put Prevention into Practice

- Home
- Healthcare settings
- Schools
- Community
- Worksite

### Healthcare Settings Clinical Preventive Services

- Guidelines for clinical preventive services issued by USPSTF (~ 75 services)
- Administered AHRQ
- Types of services
  - Screening
  - Counseling
  - Immunization
  - Chemoprophylaxis
- [www.ahrq.gov/clinic/uspstfix.htm](http://www.ahrq.gov/clinic/uspstfix.htm)

### A Purchaser's Guide to Clinical Preventive Services: Moving Science into Coverage

- National Business Group on Health
- November 2006
- 46 clinical preventive services
- Support from CDC & AHRQ
- [www.businessgrouphealth.org/prevention/purchasers/](http://www.businessgrouphealth.org/prevention/purchasers/)

### Clinical Preventive Services

— continued

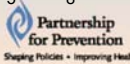
- Yarnall *et al* — Primary care physicians would need 7.4 hours per day to comply with USPSTF recommendations (*Am J Public Health* 2003; 93: 635-641)
- National Commission on Prevention Priorities prioritized clinical preventive services (based on the clinically preventable burden and cost-effectiveness) (*Am J Prev Med* 2006; 31: 52-61)

### 2006 Prevention Priorities

| Short Name                             | CPB | CE | Total |
|--|-----|----|-------|
| Aspirin Chemoprophylaxis – "high risk" | 5   | 5  | 10    |
| Childhood Vaccination Series           | 5   | 5  | 10    |
| Tobacco-Use Screening & Intervention   | 5   | 5  | 10    |


### 2006 Prevention Priorities

| Short Name                                    | CPB | CE | Total |
|---|-----|----|-------|
| Colorectal Cancer Screening                   | 4   | 4  | 8     |
| Hypertension Screening                        | 5   | 3  | 8     |
| Influenza Immunization – adults               | 4   | 4  | 8     |
| Pneumococcal Immunization – adults            | 3   | 5  | 8     |
| Problem Drinking Screening & Brief Counseling | 4   | 4  | 8     |
| Vision Screening – adults                     | 3   | 5  | 8     |



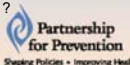
### 2006 Prevention Priorities

| Short Name                  | CPB | CE | Total |
|-----------------------------|-----|----|-------|
| Cervical Cancer Screening   | 4   | 3  | 7     |
| Cholesterol Screening       | 5   | 2  | 7     |
| Breast Cancer Screening     | 4   | 2  | 6     |
| Chlamydia Screening         | 2   | 4  | 6     |
| Calcium Chemoprophylaxis    | 3   | 3  | 6     |
| Vision Screening – children | 2   | 4  | 6     |




### High-Priority, Low-Use Services


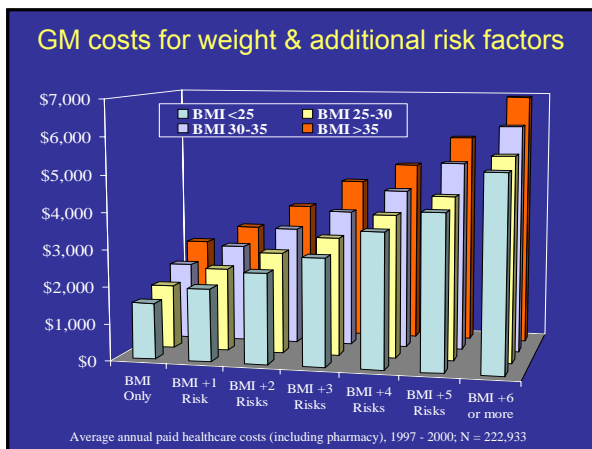
| Short Name                         | Total Score | National Delivery Rate |
|------------------------------------|-------------|------------------------|
| Tobacco Cessation Counseling       | 10          | 35%                    |
| Colorectal Cancer Screening        | 8           | 25%                    |
| Pneumococcal Immunization – adults | 8           | 56%                    |
| Chlamydia Screening                | 6           | 40%                    |
| Aspirin Chemoprophylaxis           | 10          | ?                      |
| Vision Screening – adults          | 8           | ?                      |
| Problem Drinking Screening         | 8           | ?                      |




### AMA Primer on Assessment and Management of Adult Obesity



- Available in 3-ring binder, on CD-ROM, and the web
- 10 booklets
  - Assessment
  - Dietary management
  - Physical activity mgmt
  - Pharmacologic mgmt
  - Surgical mgmt
  - Office environment
  - Communication/counseling

### Work of Dee W. Edington



- University Of Michigan Health Management Research Center

## HMRC Corporate Consortium

- ✓ Steelcase
- ✓ Bank One
- ✓ Progressive
- ✓ We Energies
- ✓ General Motors
- ✓ Crown Equipment
- ✓ Foote Health System
- ✓ Medical Mutual of Ohio
- ✓ St Luke's Health System
- ✓ Cuyahoga Community College
- ✓ Wisconsin Education Association
- ✓ Blue Cross Blue Shield Rhode Island
- ✓ United Auto Workers-General Motors
- ✓ Southwest Michigan Healthcare Coalition
- ✓ Australian Health Management Corporation

- ✓ Kellogg
- ✓ Gulf Power
- ✓ Weyerhaeuser
- ✓ GlaxoSmithKline
- ✓ Delphi Automotive
- ✓ Network Health Plan
- ✓ Florida Power & Light

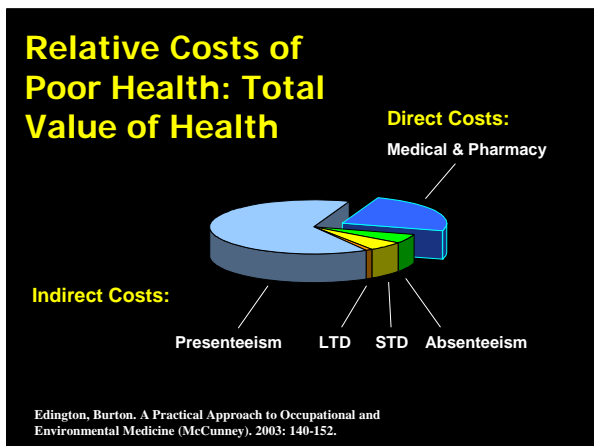
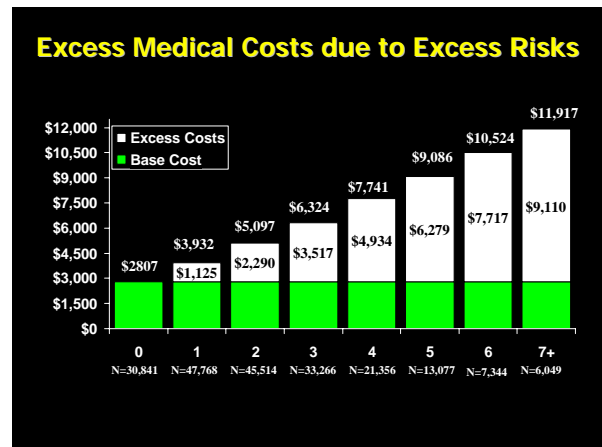
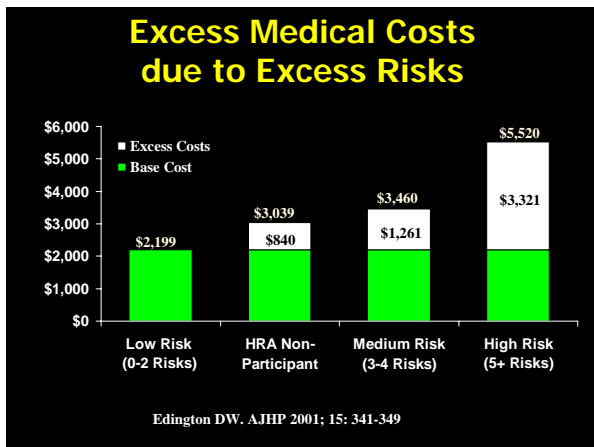
The consortium members provide health care insurance for > 2 million Americans. Data are available from 8 to 18 years.

## Health Risks and Behaviors

| Health Risk Measure      | High Risk Criteria                         |
|--------------------------|--|
| Alcohol                  | > 14 drinks/week                           |
| Blood Pressure           | Systolic > 139 mmHg or Diastolic > 89 mmHg |
| Body Weight              | BMI ≥ 27.5                                 |
| Cholesterol              | > 239 mg/dl                                |
| Existing Medical Problem | Heart, Cancer, Diabetes, Stroke            |
| HDL                      | < 35 mg/dl                                 |
| Illness Days             | > 5 days last year                         |
| Life Satisfaction        | Partly or not satisfied                    |
| Perception of Health     | Fair or poor                               |
| Physical Activity        | < 1 time/week                              |
| Safety Belt Usage        | Using safety belt < 100% of time           |
| Smoking                  | Current smoker                             |
| Stress                   | High                                       |

**OVERALL RISK LEVELS**

|             |                  |
|-------------|------------------|
| Low Risk    | 0 - 2 high risks |
| Medium Risk | 3 - 4 high risks |
| High Risk   | ≥ 5 high risks   |



### Cost Savings by Participation in Health Promotion Programs

| Company | Number of Years | Annual Cost Saving Rate | Cost Saving per Person | Overall Cost Saving |
|---------|-----------------|-------------------------|------------------------|---------------------|
| A       | 6               | 5.3%                    | \$1,095                | \$571,590           |
| B       | 6               | 10.3%                   | \$2,970                | \$2,693,790         |
| C       | 8               | 5.7%                    | \$2,100                | \$2,614,500         |
| D       | 3               | 15.8%                   | \$823                  | \$485,000           |
| E       | 7               | 12.6%                   | \$5,320                | \$2,697,240         |
| F       | 2               | 1.8%                    | \$133                  | \$5,420,399         |

