



MAINE CENTER for Public Health

TO: Maine Worksite Wellness Initiative (MWWI) 2009-10
FR: R.H. Ross, convener
DA: 4 March 2010
RE: 2009-10 MWWI Meeting 4, February 25, 2:30-4:00pm, Maine Center for Public Health, Augusta, ME.

Present: Algozzine, Allumbaugh, Bubar, Catlett, Chicowski, Lavorgna, Leonard, McPeck, Primmerman, Ross.
Regrets: DiPasquale, Klane, Laliberte, Maier, Spaulding (apologies for any, unintended, omission).

Special thanks: Larry Catlett, M.D., Occupational Medical Consulting (OMC), Leeds ME 04263.

- 1. Roundtable.** Rita Bubar shared a warning she's received from insurance broker colleagues that on-site employee screening clinics may now trigger COBRA rights under ERISA (Employee Retirement Income Security Act of 1974) which establishes minimum standards for retirement, health, and other welfare benefit plans including life insurance, disability insurance, and apprenticeship plans. Bill McPeck and Cheryl Chicowski described a regrettable move afoot to move workplace substance abuse prevention off the "one-stop" site at U.S. Department of Labor. Del Leonard described and decried the divergence between OSHA compliance and evidence-based best practice on micro work environments, e.g. air contaminants where OSHA's current list of 351 such contaminants has not been updated since the 1970s (since which 100s of new contaminants have been discovered). Joel Allumbaugh explained that the National Worksite Benefit Group has now constituted a worksite wellness committee which is interested in, among other matters, federal and state-level legislative language; Joel and Andy Spaulding will meet with Olympia Snowe's office tomorrow. Bill Primmerman of Somerset Heart Health said they are teaching their partners how to access local wellness resources and wellness coaching. Lynn Lavorgna described the interest Workplace Health at MaineGeneral Medical Center has in measuring productivity in the workplace, consistent with Meeting 3's WLQ briefing. Robert Ross alerted the group that he would be submitting a proposal to the CDC in response to RFA-DP09-00102SUPP10 SIP 10-031 or 10-032 and, to that end, would be needs-assessing MWWI members in March.
- 2. Briefing:** Robert Ross, http://mcph.org/About/Our_Staff.htm, briefed members on the "Foundations of the Social-ecological Approach to Employee Health Risk Factor Reduction in the Workplace" by means of a 34-slide Power Point covering Theory: Stokols et al. (the "health promotive capacity of human environments"); Formative Research: Oldenburg et al. (the "Checklist for Health Promotion Environments at Worksites"); Field Research: Ross and Manocchia (the "Worksites overweight/obesity control/prevention trial"); and Translation: Manocchia and Ross (the "Organizational Risk Assessment"). The briefing gave yet unpublished cost effective analysis outcomes from the Worksites trial on Systolic BP and Total cholesterol, whereon, compared to control, the Environmental outdid the Individual and Environmental+Individual arms.
- 3. Presentation:** Larry Catlett, (<http://www.omcwellness.com/about.asp>), presented "Decreasing at risk health behavior ... One individual at a Time," synopsis of his more individual approach to employee health risk factor reduction with specific reference to Occupational Medical Consulting (OMC, Leeds ME) educate/support/ motivate health coaching/behavior change method. Favorable program clinical and cost outcomes were presented using Cianbro and other data on Two-year risk burden change, Change in behavior risk incidence, Cost risk spending decrease 2006-08, Expected vs actual costs, Participant attainment of healthy living reward 2007-09 (including employee spouses), Change in Behavior risk scores, and other results. Discussion centered on contrasts and similarities (e.g. policy focus) to the environmental approach.

Meeting 5 of the 2009-10 MWWI will be held April 15, 2010, 3:00-4:30pm at the University of New England, Center for Community and Public Health, Linnell Hall, 716 Stevens Avenue at 1 College Street, Portland ME. There will be a call-in number for those at a distance. Agenda and directions will be circulated in advance.

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