

## Maine Worksite Wellness Initiative: 2009-10

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**Agenda:** Meeting 6 of the 2009-10 MWWI. Meeting 6, last of the 2009-10 MWWI, is rescheduled for Tuesday, June 3, 3:00-4:30pm at the University of New England, Center for Community and Public Health, Linnell Hall, 716 Stevens Avenue, Portland ME. Directions as attached. The meeting will be webex'd. You will receive email notification from Ron Deprez (rdepres@une.edu) concerning how to web in.

- 1. Roundtable (20 min):** where members report projects-in-planning, in-progress, and in-conclusion, raise issues, think out-loud, trace lessons, seek partners, collect comments.

Any member or associate is welcome to present 4-5 minutes. RSVP convener in advance if you need props. Please use the Roundtable to communicate your own interests or plans.

- 2. Briefing (35 min):** where a member or associate briefs the group on a current or emerging occupational and environmental health (OEH), public health (PH), health services (HS), or policy science (PS) topic of substantive (e.g. clinical, epidemiologic, policy, organizational, exposure, ergonomic) or methodologic (e.g. biometric, econometric, informatic, GIS, MIS) import.

Dee W. Edington, Director, Health Management Research Center, University of Michigan, Professor in the Division of Kinesiology at the University of Michigan, Research Scientist in the School of Public Health. Author, "ZERO TRENDS: Health as a Serious Economic Strategy," will brief us in 25-30 minutes on "Metabolic syndrome in the Workplace." There will be a 5-10 Q&A following Dr. Edington's briefing. His recent work on MetS may be found at

- Schultz AB, Edington DW. Analysis of the Association between Metabolic Syndrome and Disease in a Workplace Population over Time. Value Health. 2009 Oct 8. [Epub ahead of print] PubMed PMID: 19818063. <http://www.ncbi.nlm.nih.gov/pubmed/19818063>
- Schultz AB, Edington DW. The association between changes in metabolic syndrome and changes in cost in a workplace population. J Occup Environ Med. 2009 Jul;51(7):771-9. PubMed PMID: 19528830. <http://www.ncbi.nlm.nih.gov/pubmed/19528830>
- Schultz AB, Edington DW. Metabolic syndrome in a workplace: prevalence, co-morbidities, and economic impact. Metab Syndr Relat Disord. 2009 Oct;7(5):459-68. PubMed PMID: 19450154. <http://www.ncbi.nlm.nih.gov/pubmed/19450154>
- Burton WN, Chen CY, Schultz AB, Edington DW. The prevalence of metabolic syndrome in an employed population and the impact on health and productivity. J Occup Environ Med. 2008 Oct;50(10):1139-48. PubMed PMID: 18849759. <http://www.ncbi.nlm.nih.gov/pubmed/18849759>

- 3. Presentation (35 min):** where one member presents an early/mid-stage proposal (e.g. to be submitted to a funder, client, or board), early/mid-stage project (e.g. preliminary data, outcomes), or early/mid-stage report (e.g. to be submitted to a funder, client, board, journal, or meeting) for constructive comment.

Joel Allumbaugh, CEO, National Worksite Benefit Group, and President, Maine Association of Health Underwriters, will present "Patient-Centered Health Plans: Designing the Path to Wellness," an introduction to how health plans might be restructured so as to align incentives to promote employee wellness. Joel writes, "Larry (Catlett) is implementing a wellness plan for one of my clients, we beat their record for participation on an initial rollout by 9%, 91% participating. The benefit structure I believe laid the framework and prepared the culture." Time permitting Joel and Andy Spaulding, Worksite Health Specialist, Maine Cardiovascular Health Program, Medical Care Development, will update the group on their policy work on a wellness tax credit for companies.

Please leave travel time enough to arrive at Linnell Hall, UNE Portland campus in time for a 3:00pm start. Thx.