

TO: Maine Worksite Wellness Initiative (MWWI) Year 2 (2010-11) Members and Prospective Members  
FR: R.H. Ross, Convener  
DA: 8 December 2010  
RE: Year 2 Meeting 2, 2 December 2010, 3:00-4:30pm, MCD, 11 Parkwood Drive, Augusta (thanks to Andy Spaulding)

**Present:** Tom Algozzine, Joel Allumbaugh, Anthony Anderson, Tom Downing, David Crawford, Bill Primmerman, Jamie Laliberte, Lynn Lavorgna-Landry, Dean Paterson, Robert Ross, Edgar Sattenfield, Andy Spaulding, Amy Wagner. Regrets: Larry Catlett, Bob McLellen, Bill McPeck, Susan Olson, Phyllis Wolfe. The Convener regrets anyone overlooked.

**Roundtable.** Bob Ross distributed handouts including Leonard L. Barry et al. "What's the Return on Employee Wellness Programs" (HBR December 2010, <http://hbr.org/2010/12/whats-the-hard-return-on-employee-wellness-programs/ar/1>), the CDC NIOSH homepage whereon Research Programs are listed (<http://www.cdc.gov/niosh/>), CDC Worksite HealthScoreCard (HSC) and Study App ([http://indianachamberblogs.com/wp-content/uploads/HSC%20Employer%20Recruitment%20Packet\(1\).pdf](http://indianachamberblogs.com/wp-content/uploads/HSC%20Employer%20Recruitment%20Packet(1).pdf)) due December 15, and notice of the employer accrual process at Dr. Debra Lerner's WORK AND HEALTH INITIATIVE (WHI) STUDY, Tufts Medical Center (<https://www.workhealthily.org/whi4/index.jsp?source=1001>). He alerted members to the Chenoweth follow-up study by Bill Perry "Analysis of Current and Projected Obesity-related Health Costs and Lost-work-days for Maine Employers" (see attached pdf), given at the Eighth-annual Hanley Leadership Forum, Hilton Garden Inn, Auburn, Maine, June 30, 2010 and reported by the Maine press ([http://www.kjonline.com/news/youthobesityscaresbusiness\\_2010-07-04.html](http://www.kjonline.com/news/youthobesityscaresbusiness_2010-07-04.html)), and introduced Maria Boyle MS, RD of Samuels & Associates, Oakland CA ([http://www.samuelsandassociates.com/samuels/index.php?option=com\\_content&view=article&id=15](http://www.samuelsandassociates.com/samuels/index.php?option=com_content&view=article&id=15) and <http://samuelsandassociates.com/samuels/>). Andy Spaulding explained the CDC Worksite HSC and Study App, updated members on his "Healthy Maine Works" program, and noted he is testing the Michigan model "community approach" to small worksite wellness with Somerset Heart Health (<http://www.somersethearthealth.org/>). Bill Primmerman described using Andy's Healthy Maine Works' environmental scan and employee attitudes assessment, circulated a draft of the WELLpoints CHALLENGE brochure he will use in 2011, and reported training four Wellness Coaches (one of seven CHALLENGE options) to date. Tom Algozzine shared three of NH Pfizer's Fact Books, on Burden of Pain, Workplace Smoking, and Regional Health Status, each used for benchmarking, and pointed to Pfizer's workplace COPD screening tool, which estimates younger employees' risk of COPD 35 years out. Anthony Anderson, now Wellness Programs Manager at Bath Iron Works (<http://www.gdbiw.com/BHW/index.shtml>), described the employee screening and coaching program BIW will launch around metabolic, alertness, and other outcomes. Tom Downing described the employee health screening survey he's conducted at Maine Medical's Lifeline program (<http://www.mmc.org/lifelinewellness>) as well as the pilot he will conduct around wellness education on the stigma surrounding mental illness. <http://www.mmc.org/lifelinewellness>

**Briefing.** Maria Boyle, MS, RD, of Samuels & Associates (<http://samuelsandassociates.com/samuels/>) briefed with on "Healthcare Food Environments: Policies and Current Practices: Using Policy and Environmental Approaches to Improve Healthcare/Worksite Environments" (Sally Bullock, co-author, see attached pdf), a record of the firm's experience evaluating the California Endowment's Healthy Eating Active Communities (HEAC) Program which involved six low-income California communities' access to healthy food and physical activity opportunities across four sectors, one of which healthcare facilities (19 in all: 8 Hospitals, 7 Clinics, 4 Health Departments), at which environmental scans were conducted and pre/post data collected Fall 2006 and Fall 2008 on foods and beverages observed in vending machines, gift shops, snacks carts, and cafeterias. MWWI members may be interested in contacting Maria ([maria@samuelsandassociates.com](mailto:maria@samuelsandassociates.com)) about the Food and Beverage Analysis and Monitoring System (FoodBEAMS) ([http://grants.nih.gov/grants/funding/sbir\\_successes/3107.htm](http://grants.nih.gov/grants/funding/sbir_successes/3107.htm)). Recommendations: ensure that buy-in/support from management and worksite staff, that policies are comprehensive and cover all locations where foods and beverages are sold, and that policies require 100% adherence of foods and beverages to policy standards and have implementation and monitoring components built in.

**Presentation.** David Crawford, PAN Program Manager, Maine CDC (<http://www.maine.gov/dhhs/boh/index.shtml>), presented "Physical Activity-Nutrition-Healthy Weight Program (Obesity P & C), Maine CDC, Topic: Policy and Environmental Change at the State level" (see attached pdf) by which he depicted evolution, goals, targets (including worksites) of the 2005-10 PAN Plan ([http://healthymainepartnerships.org/panp/documents/226-701-05\\_PAN\\_Plan.pdf](http://healthymainepartnerships.org/panp/documents/226-701-05_PAN_Plan.pdf)), trends in US child and adult obesity and projected cost (e.g. Chenoweth 2006 estimates of productivity loss in the workplace), and solutions at the policy (e.g. menu labeling) and environmental (e.g. messaging across Maine DHHS and WIC offices and Andy's Healthy Maine Works small business worksite assessment tool currently in use by the Healthy Maine Partnerships <http://www.healthymainepartnerships.org/>) levels.

**Mark your calendars** please for Meeting 3 on January 13, 2011, 3-4:30pm, tentatively scheduled for Tom Downing's Lifeline program office at 5 Bucknam Road Falmouth, Me, 04105, (207) 781-1545.