

TO: Maine Worksite Wellness Initiative (MWWI) Year 2 (2010-11) Members and Prospective Members
FR: R.H. Ross, Convener
DA: 1 April 2011
RE: Year 2 Meeting 4, Thursday, 17 March 2011, 3:00-4:30pm, Medical Care Development, Augusta, Maine.

Present: Tom Algozzine, Ruth DuFresne, Abigail S. DiPasquale, Tom Downing, Jaime Nicole Laliberte, Lynn Lavorgna-Landry, Del Leonard, Bill McPeck, Bill Primmerman, Robert Ross, Andy Spaulding. **Regrets:** David Crawford, Dean Paterson, Jonathan Klane, Sandra Parker (invitee, Maine Hospital Association). The Convener regrets anyone overlooked.

Andrew Spaulding hosted Meeting 4, and its webinar component, at Medical Care Development (<http://www.mcd.org/index.html>), 11 Parkwood Drive, Augusta, ME 04330. Meeting 4 was dedicated to Occupational Health and the Built Environment. It followed the established three-part format as follows. The meeting commenced at 3:05 and adjourned at 4:40pm. **NB:** for all Year 1 MWWI docs go to <http://www.une.edu/mhprc/projects/mwwi/index.cfm>, for Year 2 <http://www.une.edu/mhprc/projects/mwwi/yeartwo.cfm>.

- 1. Roundtable.** Bob Ross began by describing the proposal “The Maine Health Impact Assessment (MeHi) Initiative” he was drafting in collaboration with the Maine CDC in response to FOA CDC-RFA-EH11-1104 “Health Impact Assessment to Foster Healthy Community Design,” due March 28, 2011. Del Leonard, formerly of Ransom Environmental Consultants, briefly described the “Safety and Health” Briefing he is preparing on OSHA exposure limits for Meeting 6, April 7, 2011. Bill McPeck shared his interest in retiree wellness program return-on-investment evidence. Andy Spaulding discussed the most recent beta-tested iteration of the Maine Cardiovascular Health program’s state-level worksite wellness planning tool “Healthy Maine Works” (www.mainehearthealth.com/worksite-wellness/healthy-maine-works) which, among applications, is and will be used across the state’s 28 Healthy Maine Partnerships, e.g. Waldo county’s (www.healthywaldocounty.org/Worksites.html) and targeted at small and larger employers alike. Abby DiPasquale, Maine Municipal Employees Health Trust, announced the roll-out there of a new strategic plan for wellness but noted the difficulty of collecting data, especially claims data, with which to target high risk groups on diabetes and heart disease. Jaime Laliberte was happy to describe her new position as Senior Specialist, Total Health, the employee health program based on an HR platform, at the Eastern Maine Healthcare Systems (EMHS); she will manage the entire employee health program there. Tom Downing was pleased to announce his MMC Lifeline Workplace Wellness Program’s “Depression in the Workplace” conference for employers and employees coming up September 20, 2011 at the Augusta Civic Center. Keynote speakers will include Work Limitations Questionnaire creator Debra Lerner, PhD (<http://sackler.tufts.edu/Faculty-and-Research/Find-People-and-Research/Faculty-Profile.aspx?id=96>) and John Weaver, PsyD (www.thepreventionofdepression.com/). Tom Algozzine, of Pfizer Inc. , Manchester, NH, described the Citizens Health Initiative (<http://ih.constantcontact.com/fs083/1101680734962/img/13.png>) Patient Centered Medical Home Experience meeting he recently attended and recommended a web link to the two 10-minute mini-documentaries he screened there on the NH Medical Home Pilot, one from a patient perspective and one from the medical group/payer perspective, available at <http://www.youtube.com/user/NHPCMH2011>. Tom also reported that the NH Workplace Health Research Network program, which Dr. McLellen is organizing at the Prevention Research Center at Dartmouth, is close to having a group assembled. New MWWI member Ruth Dufresne, Maine Cardiovascular Health program Diabetes Evaluator, Maine CDC, introduced herself.
- 2. Briefing.** The Briefing was given by Elisa Wong, MPH, Senior Program Manager, Kaiser Permanente Community Benefit, Program Office, One Kaiser Plaza, 21B, Oakland, CA 94612. Kaiser Permanente’s wellness program efforts across its own workforce were described with specific reference to the hospital built environment. In this Kaiser Permanente—which serves more than 8.6 million members at 35 medical centers and 431 medical offices located across California, Colorado, Georgia, Hawaii, Maryland, Ohio, Virginia, Washington, Washington DC: <http://www.kaiserpermanentejobs.org/locations.aspx>—is an industry leader.
- 3. Presentation.** The Presentation was given by MWWI members Andy Spaulding and Bill Primmerman and described the worksite wellness product which Medical Care Development and the Greater Somerset Public Health Collaborative will offer specifically designed for rural micro-businesses and individuals as an add-on to current insurance coverage. The pilot will provide simulated wellness tax credits or discounts to participating employers who meet program and participation standards. The project will demonstrate a business model for Healthy Maine Partnerships to use to offer community-based wellness outreach to Maine’s very small workplaces and will test alternative funding approaches to support the work. It is inspired in part by the work of Dr. Dee Edington, University of Michigan (at Years 1 Briefings <http://www.une.edu/mhprc/projects/mwwi/index.cfm>) and by the “Eight Weeks of Wellness” movement (see, attend <http://www.onlinesentinel.com/community/eight-weeks-to-wellness-starts-april-5-2011-03-24.html#>)

Mark your calendars please for Meeting 5 at 3:00-4:30pm on 7 April 2011, location UNE Westbrook campus, Portland. Maine.