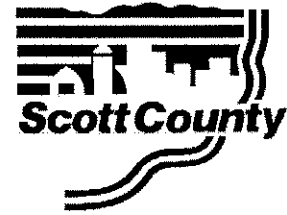


HUMAN RESOURCES DEPARTMENT
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Date: July 6, 2010

To: Board of Supervisors

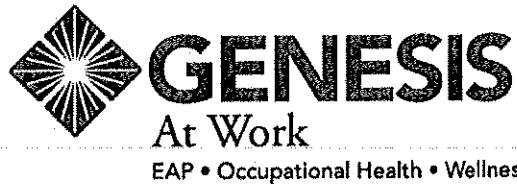
From: Mary J. Thee, Human Resources Director/Asst. County Administrator

Subject: Healthy Lifestyles Program

As you are aware the County in February started a pilot class to participate with Genesis Health System and Holmes Murphy in the Healthy Lifestyles program (aka Naturally Slim). The goal is to reduce health care costs by promoting better health through the program, which identifies risk factors for serious diseases. The five risk factors measured that create the condition known as Metabolic Syndrome are blood pressure, HDL cholesterol, triglycerides, glucose and waist measurement. An individual is considered to have Metabolic Syndrome if they have 3 out of 5 risk factors. We sought 23 volunteers to participate in the pilot. The group was mostly made up of Health Benefit Team members, union representation and former Wellness team members. The participants were pre-screened for the 5 risk factors followed by a 10 week course designed to teach healthy habits to reduce the risk factors. Of our participants 13 (57%) were initially identified with Metabolic Syndrome. At the program conclusion only 6 (23%) were considered to have Metabolic Syndrome.

Although not a weight loss program, the participants overall lost 335 pounds and 55.5 total waist circumference. Additional statistics and the program evaluation are attached. The participants report improvement in their overall health and enthusiasm for the program. The Health Benefits Team will meet next week and begin exploring options to expand the program.

Cc: Dee F. Bruemmer, County Administrator



Healthy Lifestyles Statistics: Scott County - June 2010

23 participants Pre & Post Healthy Lifestyles

Blood Pressure – Out of 23 participants

10 participants (43%) had elevated BP pre HL
5 participants (22%) had elevated BP post HL

Acceptable Range
<130 systolic/< 85diastolic

HDL Cholesterol – Out of 23 participants

12 participants (52%) had low HDL levels pre HL
15 participants (65%) had low HDL levels post HL

Acceptable Range
> 50 mg/dl Women
> 40 mg/dl Men

Triglycerides – Out of 23 participants

6 participants (26%) had elevated Trig. levels pre HL
3 participants (13%) had elevated Trig. levels post HL

Acceptable Range
<150 mg/dl

Glucose -- Out of 23 participants

12 participants (52%) had elevated glucose levels pre HL
5 participants (22%) had elevated glucose levels post HL

Acceptable Range
70 - 99 mg/dl

*Waist Measurement – Out of 23 participants

18 participants (78%) had a high waist circum. pre HL
15 participants (65%) had high waist circum. post HL

Acceptable Range
<35 inches Women
<40 inches Men

Metabolic Syndrome - Out of 23 participants

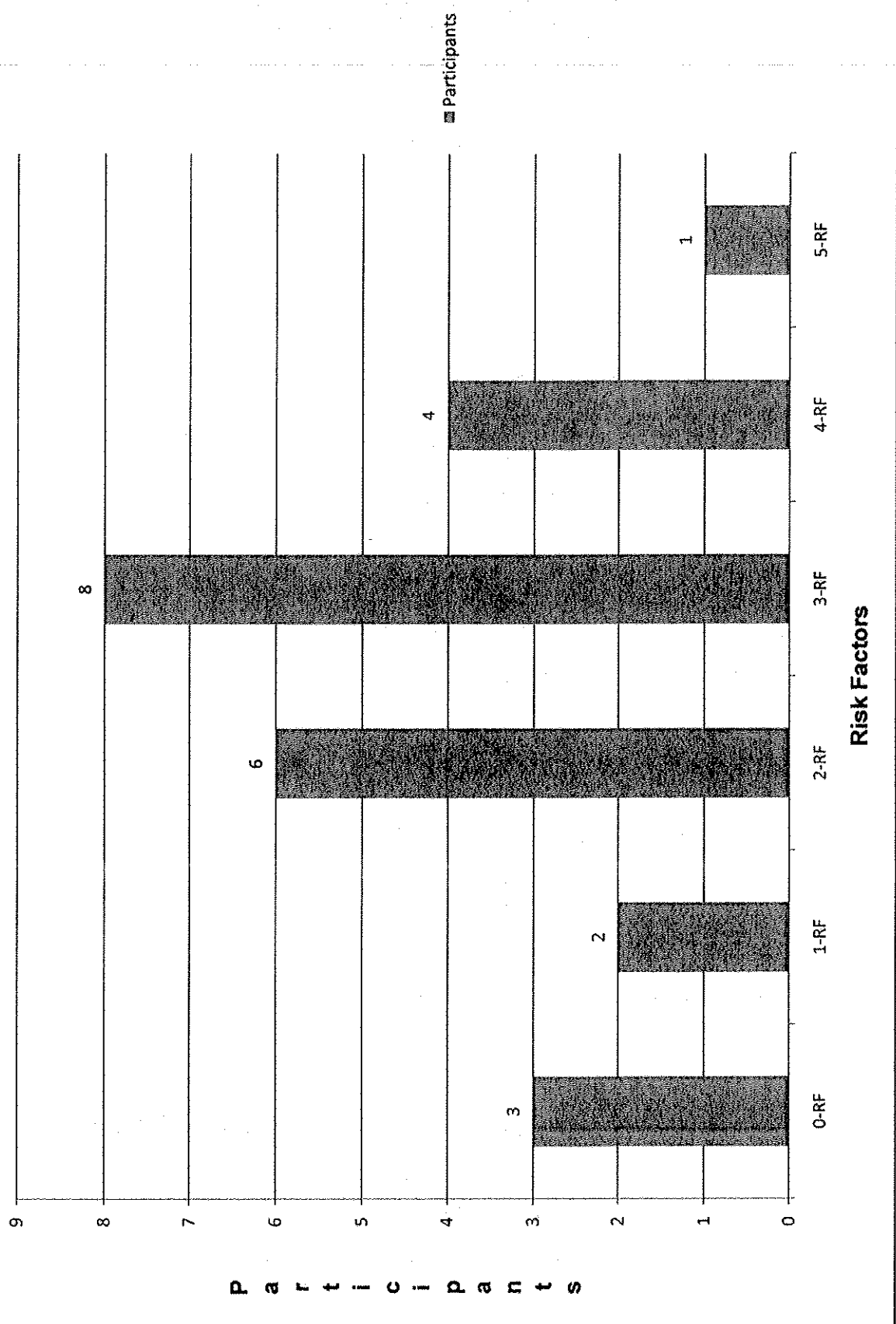
13 participants (57%) had Metabolic Syndrome pre HL
6 participants (26%) had Metabolic Syndrome post HL

Metabolic Syndrome = unhealthy ranges in at least 3 out of 5 of the following categories:
HDL, Triglycerides, Waist Circumference, Glucose, Blood Pressure

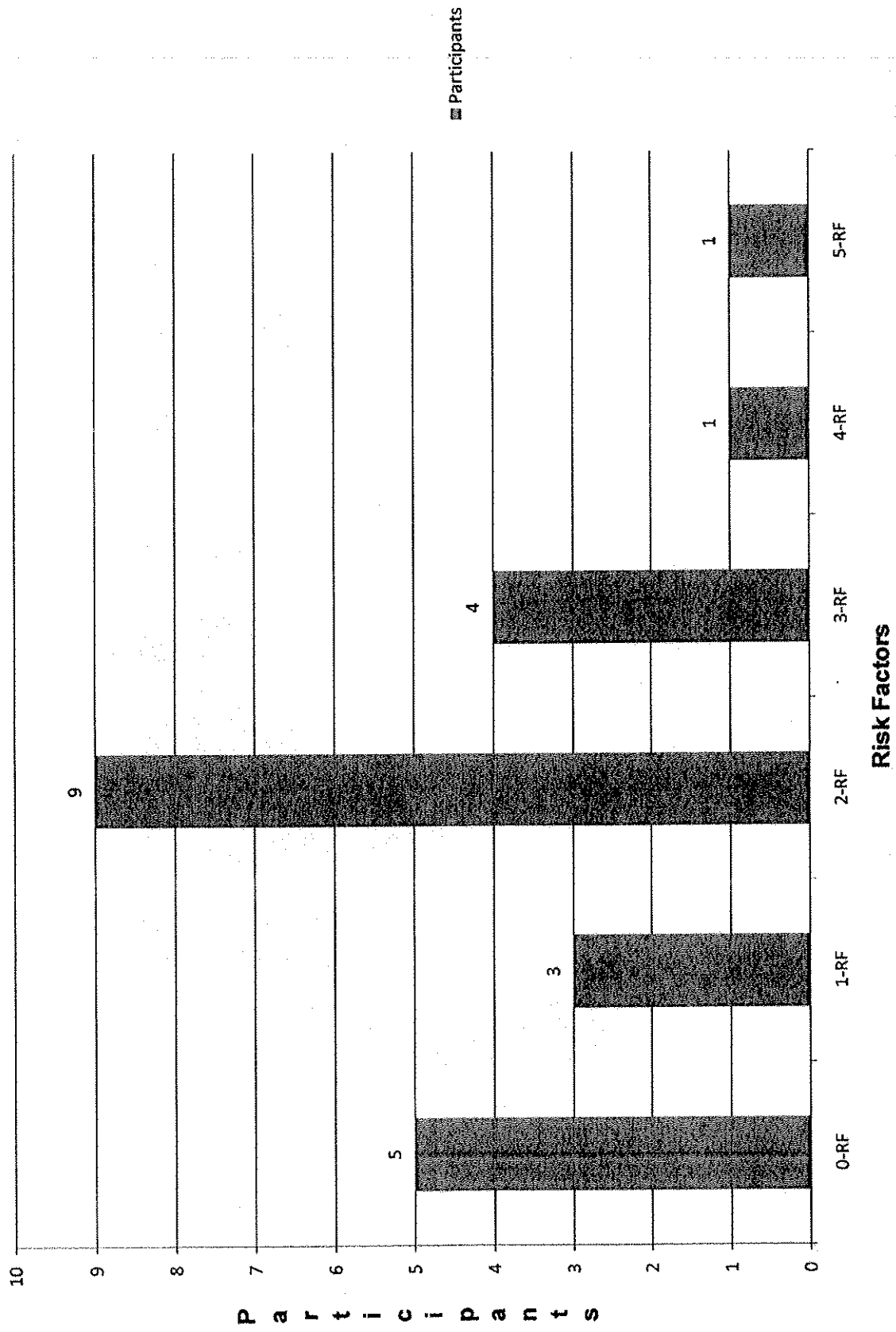
*Total inches lost (waist circumference) - 55.5 inches
Average per participant - 2.5 inches

17 participants reduced their Total Cholesterol levels, ranging from 2 points to 64 points.

Scott County Pre-Healthy Lifestyles Results



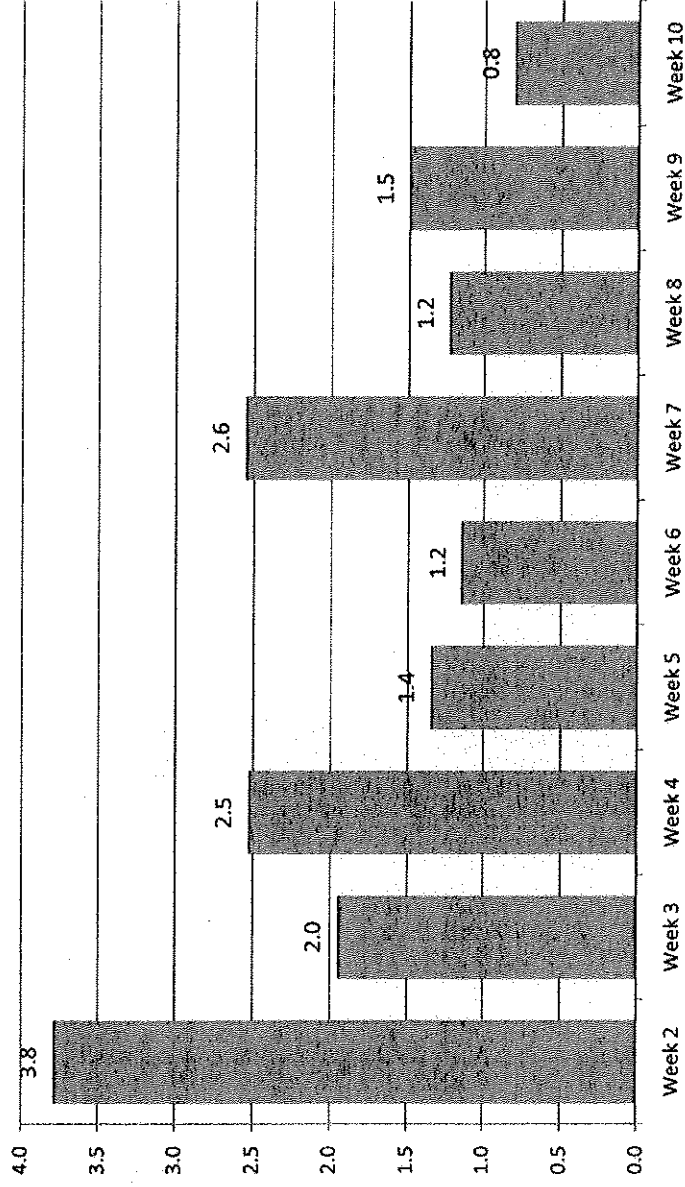
Scott County Post Healthy Lifestyles Results



Naturally Slim Post Program Report - Scott County Onsite Class

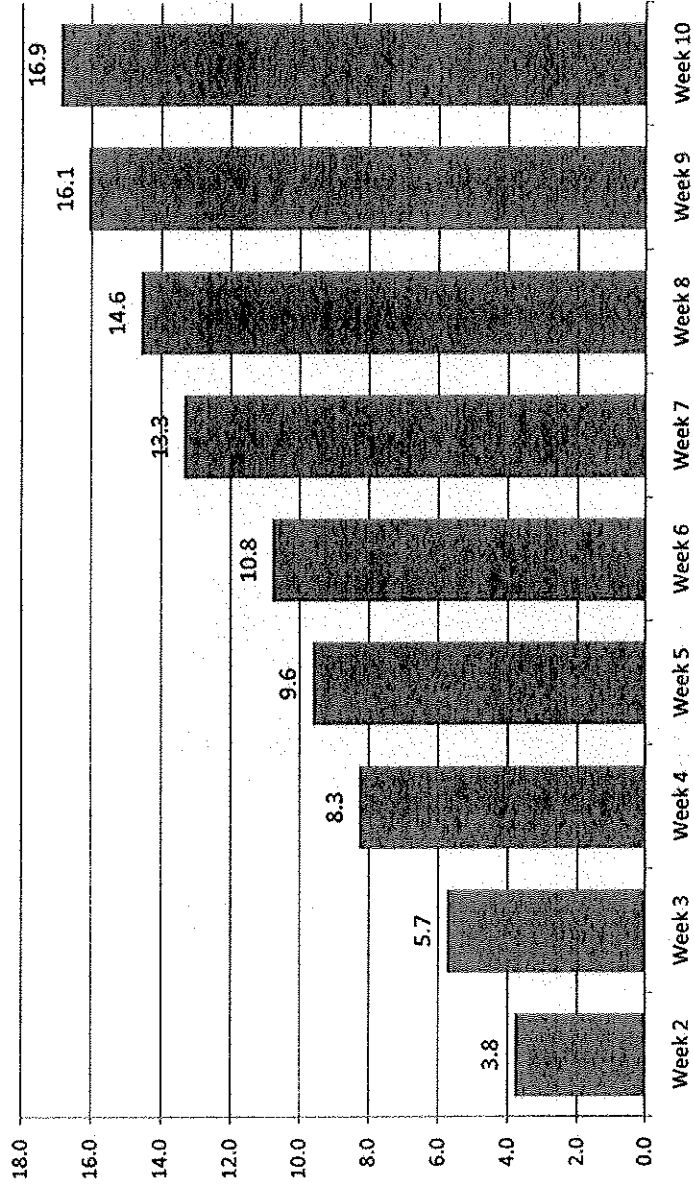
	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Count of Submitted	24	20	17	20	20	18	21	18	16
Total Weekly Weight Loss	91	39	43	27	23	46	26	27	13
Avg Weekly Weight Loss	3.8	2.0	2.5	1.4	1.2	2.6	1.2	1.5	0.8
Submitted Avg Cumulative Weight Loss	3.8	5.7	8.3	9.6	10.8	13.3	14.6	16.1	16.9

Avg Weekly Weight Loss



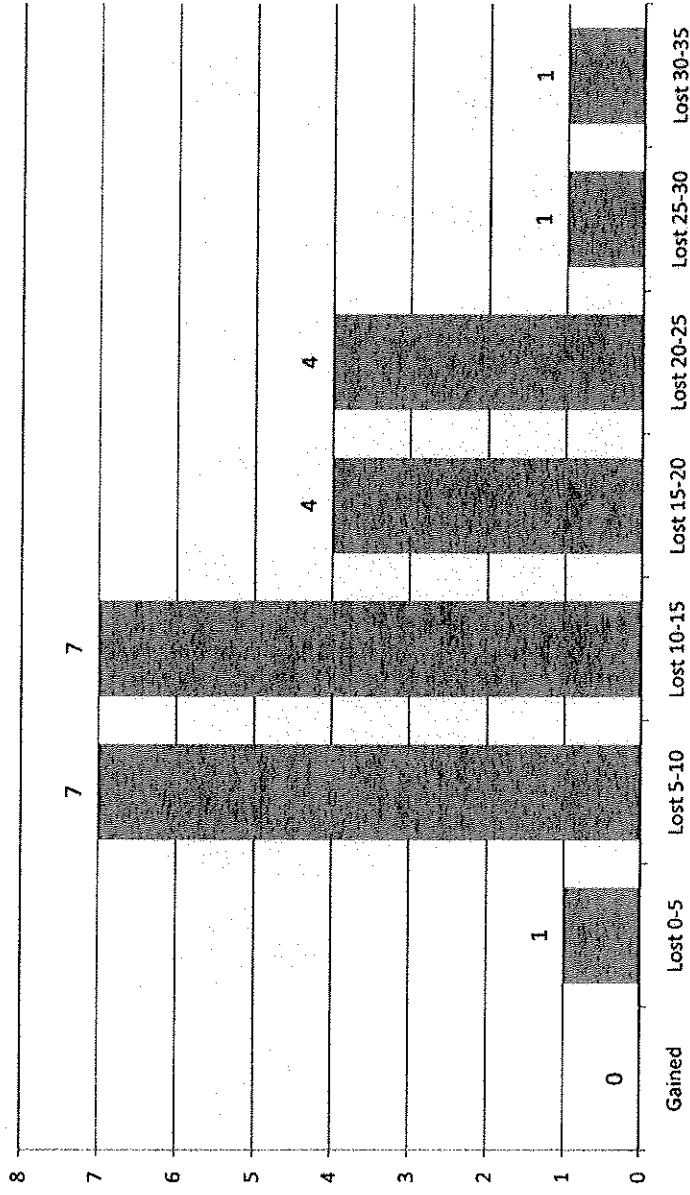
Naturally Slim Post Program Report - Scott County Onsite Class

Submitted Avg Cumulative Weight Loss



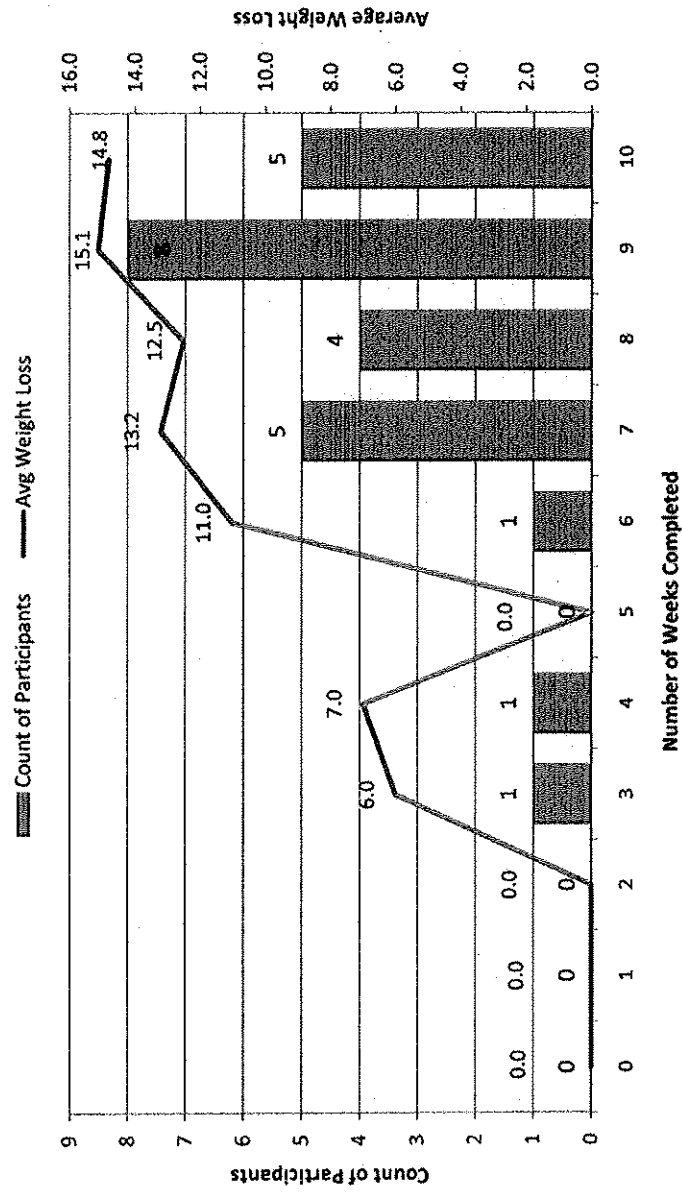
Naturally Slim Post Program Report - Scott County Onsite Class

Submitted Weight Loss by Category



Naturally Slim Post Program Report - Scott County Onsite Class

Distribution of Weeks Completed





Genesis *Healthy Lifestyle* Class - Evaluation

Please evaluate: (Circle your answers)

	excellent	good	average	fair	poor
Overall -Healthy Lifestyles Classes	5(15)	4(3)	3	2	1
Videos	5(14)	4(3)	3(1)	2	1
NS Website	5(6)	4(8)	3(2)	2	1
Handouts	5(8)	4(9)	3(1)	2	1
Group discussion	5(13)	4(5)	3	2	1
Presentation of instructor	5(15)	4(3)	3	2	1
Instructor #1: Name: Lori M.	5(16)	4(2)	3	2	1

Comments: Please see back of sheet

Naturally Slim Principles

Which of these principles were the most valuable to you? Check all those that had value.

Eating at Level 3 15 25 minutes to eat 8 Chewing Slowly 12
 Take breaks 5 Drinking H2orange 15 Exercise 14
 1-2 meals per day 15 One food at a time 5 Stop eating when comfortable 11
 These principles are not valuable to me 0

Motivation

What will be your motivation to continue practicing the Naturally Slim principles you learned:

Check all that apply:

16 weight loss 15 health benefits 14 I feel better 15 personal appearance
0 I will not continue to practice these principles

Other _____

Support:

What kind of support would you like when the schedule classes are over:

11 weekly e-mails 17 Monthly support meetings 0 No support
 _____ Other, please list:

If we held a monthly support meeting on *non-work time*, how likely is it that you would attend?

Very likely Likely Would not attend
 5(5) 4(5) 3(8) 2 1

Would you encourage other employees to attend the Genesis *Healthy Lifestyles* program?

Would encourage May encourage Would not encourage
 5(16) 4(2) 3 2 1

I feel that the Healthy Lifestyles classes are a great benefit for employees 18 yes _____ no

Comments:

Awesome class! Very beneficial!!

Lori was a fantastic, energetic instructor. The program is so simple, easy to follow and I can't wait for my final labs results. I KNOW they'll be great because I FEEL GOOD!!

Very good class and education! It taught a new way of life change which was somewhat easier than I thought. Although it was a little harder for me because of time constraints while off duty, I am going to continue to practice this new lifestyle change, because I very much agree with its concept. Thank you!

The class taught me a lot of useful health tips. My numbers were skewed at the end but I feel great. I started a workout program halfway through and gained a lot of muscle weight. I have never felt better.

Would like Lori to talk more - sometimes it seems like we were a little rushed when the video was over. Would be nice to have a recap of the video and any suggestions. Enjoyed the last 3 class interaction much more - more comments from Lori.

Wow! This is the first program that has actually worked for me. It was easy and the classes helped a lot. If I were to have done the internet class alone w/out the group discussion I don't think it would have had the same effect. This is a very easy program to follow. I've been telling my friends about the program and recommend it to anyone who asks. I wouldn't change anything about the program but I would recommend to people if they can do it with a weekly meeting... that would be the way to go. Thank you!

Comments with regards to the *"If we held monthly support meetings on non-work time, how likely is it that you would attend?"*

Depends on my class schedule (college)

Just because of children sports schedules otherwise I will be there

