



**Learning Collaborative Event:**  
*Incorporating Wellness  
into the Workplace*

June 28<sup>th</sup>, 2017, 8:30-11:00am



# Agenda

Allegheny County  
Health Department

## **Session #1: Setting the Stage**

*Live Well Allegheny*, Hannah Hardy & Erica Bryson

## **Session #2: How are We Living Well Today?**

Live Well Allegheny Workplaces: Babb, Inc. &  
Veterans Leadership Program of Western PA

## **Session #3: Living Well into the Future**

American Heart Association  
Wrap Up & Networking Opportunity



# Learning Objectives

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1. Learn about Health in All Policies and how to apply it to your organization;
2. Learn from partner organizations about how to incorporate wellness into the workplace; and
3. Identify future action steps for you and your organization.



# 3 - 4 - 50%

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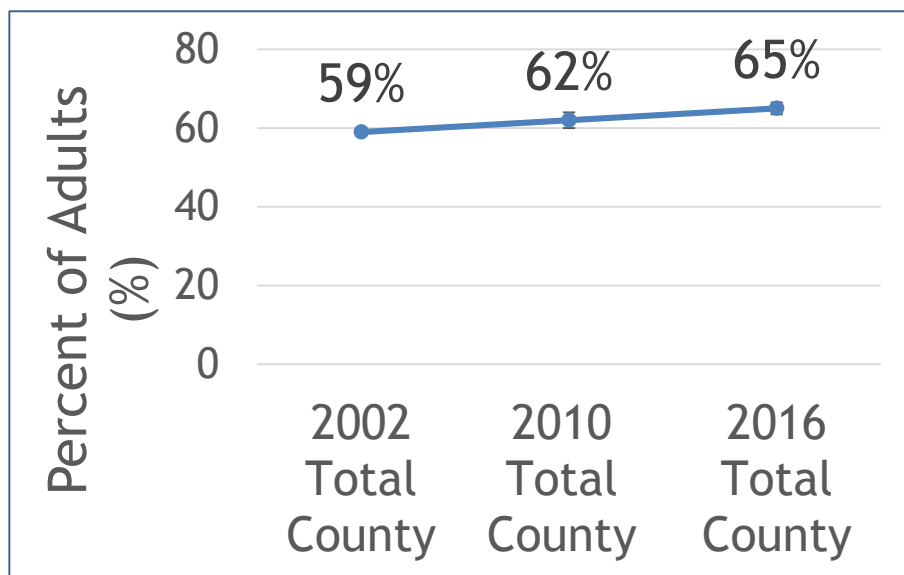
- Three (3) behaviors contribute to...  
{Poor nutrition, lack of physical activity, tobacco use}
- Four (4) chronic diseases that cause...  
{Cancer, heart disease, type 2 diabetes, pulmonary diseases}
- Over 50% of all deaths worldwide  
{Over 80% in Allegheny County}



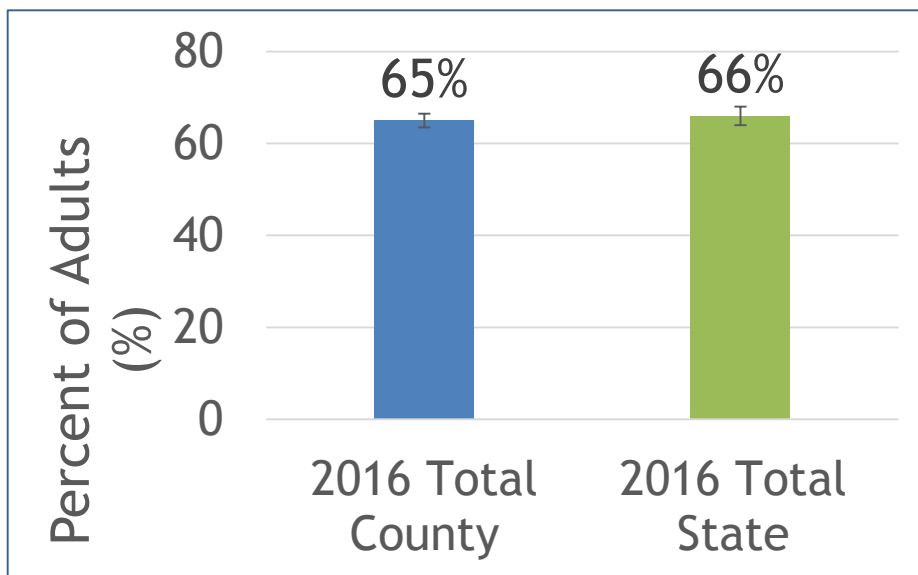
# Overweight and Obesity

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## Overweight or Obese BMI



## Overweight or Obesity by Geography



BMI = Weight (Kg)/Height (m<sup>2</sup>)

Error bars represent 95% confidence intervals



# Tobacco Smoking in Allegheny County

Smoking Status	Allegheny County	Pennsylvania	United States
Current smoker	19%	18%	17%
Attempted to quit smoking in the past year	52%	53%	
Smoked during pregnancy	11%	13%	

*Smoking is the leading cause of preventable death in the USA*

Sources:

- Allegheny County Health Survey, 2015-2016
- Pennsylvania Behavioral Risk Factor Surveillance System, 2015
- CDC Behavioral Risk Factor Surveillance System, 2015
- Pennsylvania Department of Health, Vital Statistics, 2015



# Chronic Diseases in Allegheny County

Diagnosed with Chronic Disease	Allegheny County	Pennsylvania	United States
Diabetes	10%	10%	10%
Heart Disease	5%	6%	4%
Heart Attack	5%	7%	4%
Stroke	3%	5%	3%

Sources:

- Allegheny County Health Survey, 2015-2016
- Pennsylvania Behavioral Risk Factor Surveillance System, 2015
- CDC Behavioral Risk Factor Surveillance System, 2015



# Live Well Allegheny

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Jan 2014 - Allegheny County Executive Rich Fitzgerald announced a new campaign to promote health and wellness among residents



“Our residents are seeking an active, healthy lifestyle and are taking proactive steps to improve their health.”



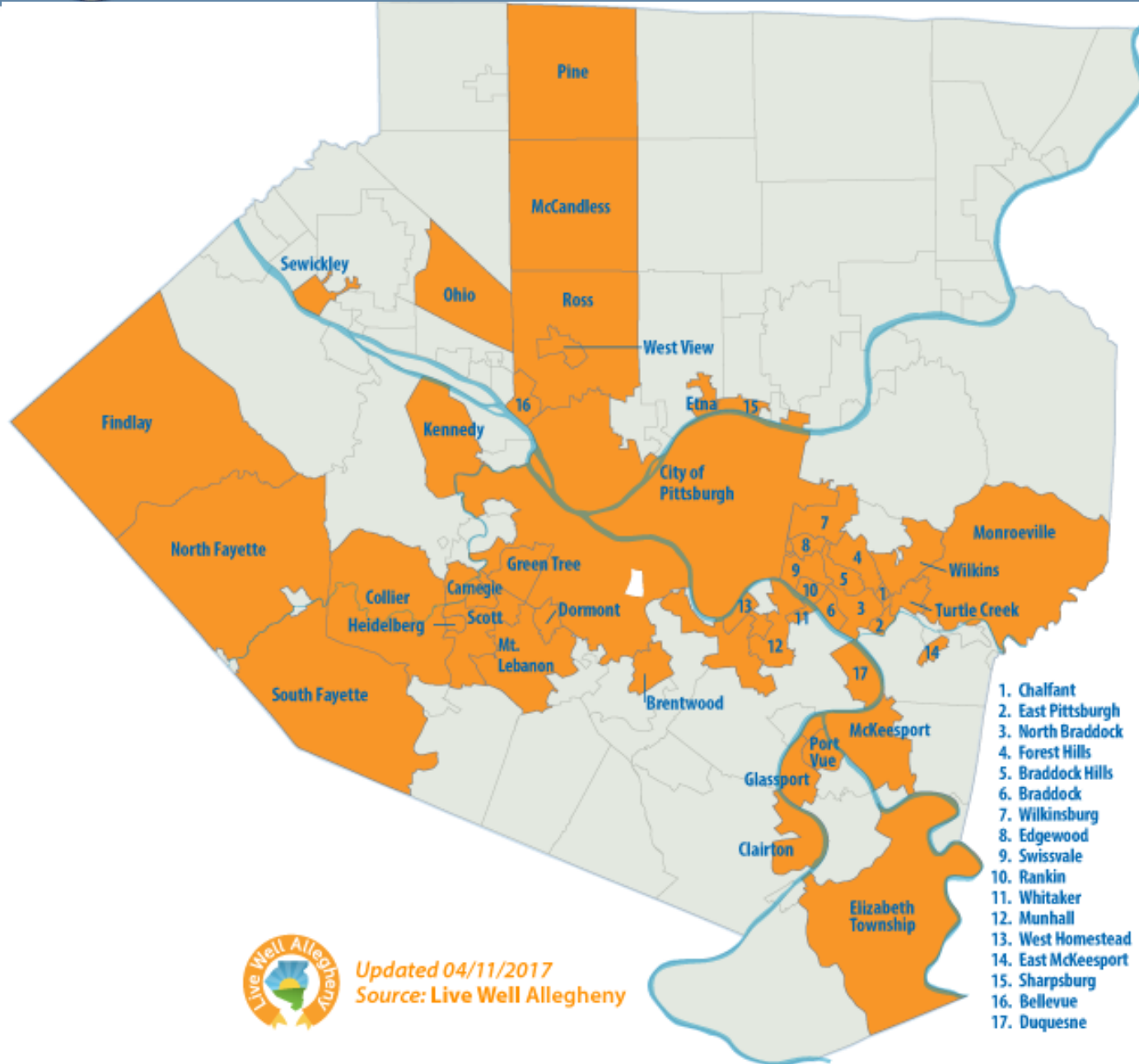


- The *Live Well Allegheny* campaign highlights increasing physical activity, healthy eating, and reducing smoking rates
- We believe that through collective action, we can make Allegheny County a healthier place, the healthiest County in the nation



# Live Well Members

## Allegheny County Health Department



1. Chalfant
2. East Pittsburgh
3. North Braddock
4. Forest Hills
5. Braddock Hills
6. Braddock
7. Wilksburg
8. Edgewood
9. Swissvale
10. Rankin
11. Whitaker
12. Munhall
13. West Homestead
14. East McKeesport
15. Sharpsburg
16. Bellevue
17. Duquesne



Updated 04/11/2017  
 Source: Live Well Allegheny



# Becoming a Live Well Workplace

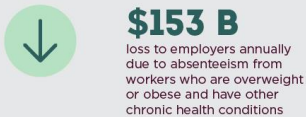
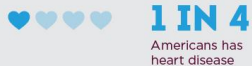


# PREVENTION MEANS BUSINESS

A healthy, thriving workforce makes for a healthier business. Investing in health—in the workplace and in the community—reduces health care costs, improves productivity and makes businesses stronger.

## POOR HEALTH IS BAD FOR BUSINESS

Chronic disease drives health care expenditures, which cuts into company profits and productivity.



## PREVENTION PAYS AT WORK

Even small investments in health within the workplace can create big returns:



### WORKPLACE WELLNESS

For every **\$1** spent on workplace wellness programs, employers can save up to

**\$6**

### ADDRESS HEALTH RISKS

**1%** reduction in health risks would save as much as **\$83-103** annually in medical costs, per person.

### SAVE MONEY

Workplace wellness programs can reduce sick leave, medical costs and worker's comp claims by as much as:

**25%**

## HEALTHY COMMUNITIES = HEALTHY BUSINESSES

Building a healthier community saves lives and money.



### BIKING SAVES MILLIONS

Do you have bike racks? Are there bike lanes on your streets? Bicycle commuters saved Iowa \$13.2 million a year in health care costs and \$73.9 million for those who cycle recreationally.



### SMOKE-FREE SPACES SAVE LIVES

Are your shared community spaces and workplace smoke-free? Smoke-free strategies and education prevented 800 thousand deaths related to lung cancer between 1975-2000.



### WALKABLE SPACES + ECONOMIC GROWTH

Do your workplace and community make physical activity easier? In one California city, \$10 million spent on more walkable public outdoor spaces spurred a \$125 million economic investment in the local downtown area, which led to the creation of 40 new businesses and 800 new jobs.



### HEALTHY OPTIONS. HEALTHY CHOICES.

Are healthy foods affordable and accessible at work meetings, in vending machines and in your community? Research shows that making the healthier option the default can lead to healthier choices.



# **Health in All Policies (HiAP):** *Building a Culture of Health*

**Adapted from NACCHO**  
**(National Association of City County Health Officials)**





# What is Health?

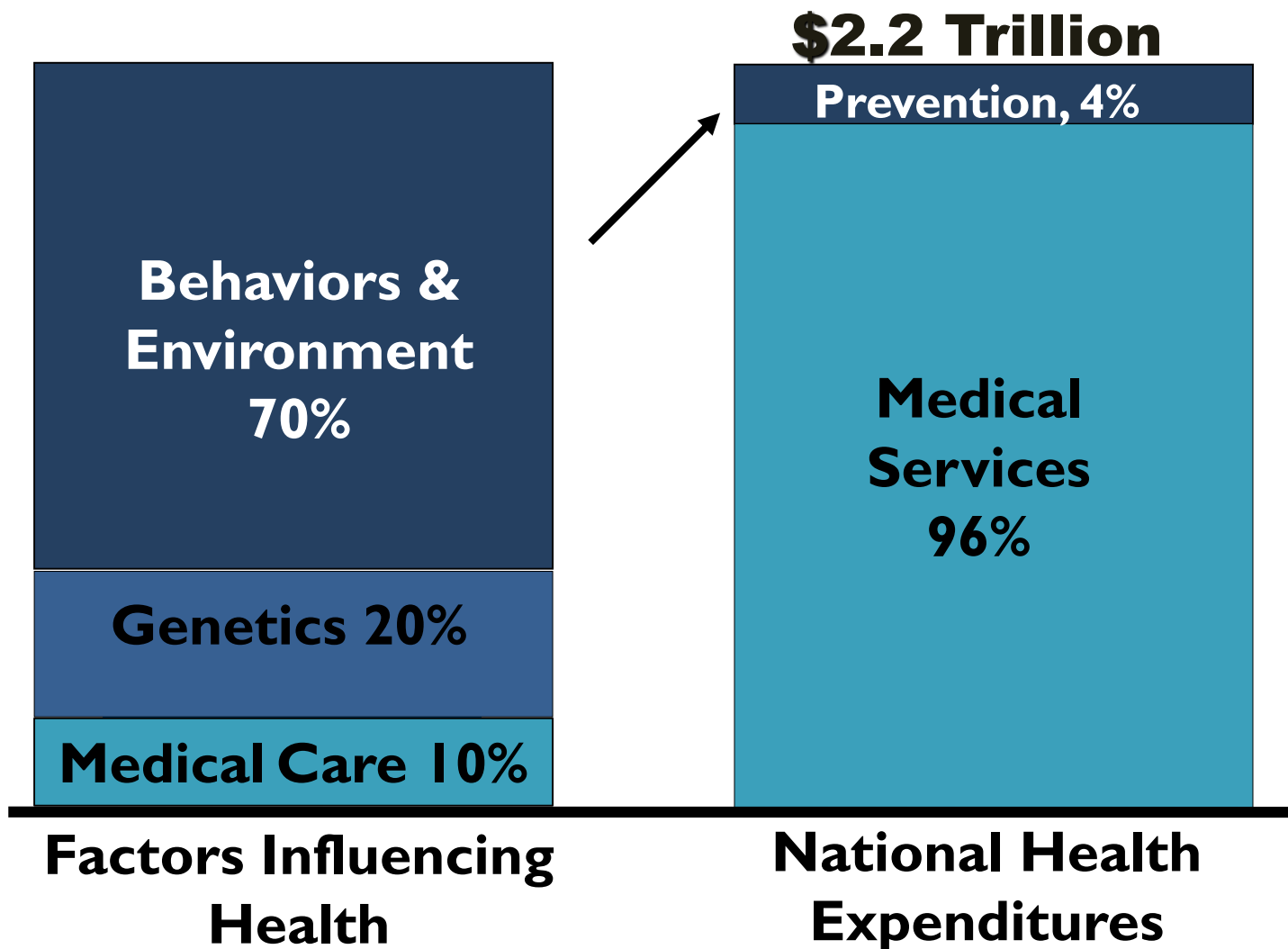
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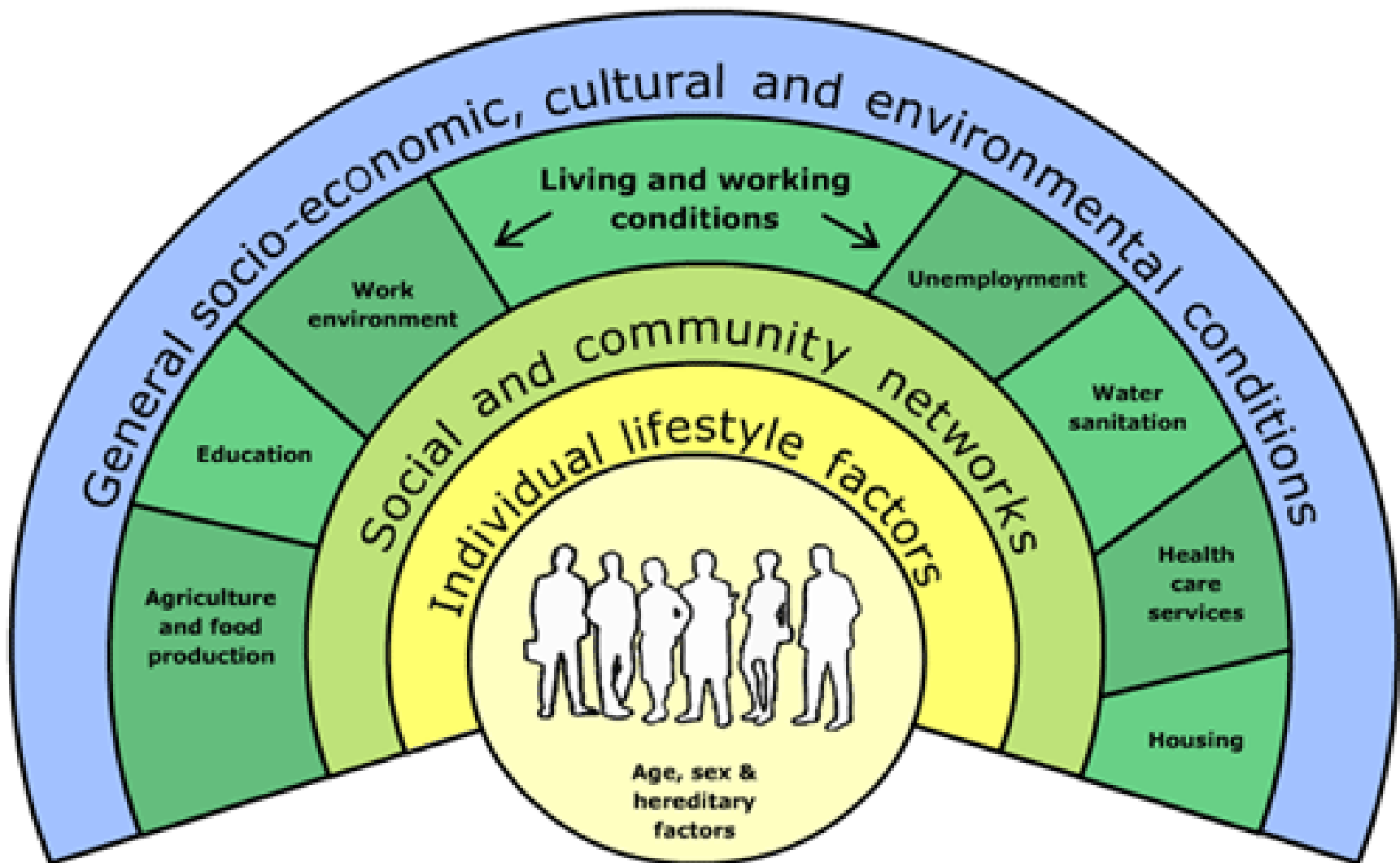
Health is the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

~ World Health Organization



# What Factors Determine Our Health?









# Health in All Policies

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Health in All Policies is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas.

~Public Health Institute



# How Do Decisions Impact our Health?

**Policies &  
Programs**



**Encourage people  
to make healthy  
choices**



# Learning Collaborative

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# Implementing HiAP

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- Train staff at different agencies on health issues and how public health is related to their discipline
- Identify local leaders who can play the role of champion for HiAP in their communities
- Provide an environment to share tools, resources and data to that can be used by local leaders to improve health



# Connecting & Health in All Policies

- **Tobacco Use** – add e-cigarette language to policies, encourage PA Quitline
- **Physical Activity** – support multi-modal transportation, walking programs
- **Healthy Foods** – offer healthy menu alternatives, update vending machines



# What Can You Do?

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- Join the *Live Well Allegheny* campaign!
- Spread the word to partners, employers, and restaurants in your community
- Become a champion and improve your own health





# Next Steps

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- Learn more about workplace health initiatives
- Take steps to implement Health in All Policies
- Fill out our Referral Form:

The screenshot shows the Live Well Allegheny website. The navigation menu includes: HOME, ABOUT US, LIVE WELL PARTICIPANTS, SEARCH LOCAL RESOURCES, START LIVING WELL, EVENTS, and JOIN US. The 'JOIN US' link is circled in black. Below the navigation, the main content area features the heading 'How Can We Support You?' and a paragraph: 'As Live Well Allegheny continues to grow, we want to support your health initiatives and connect you to our network of resources. Please fill out the referral form below:'. The form has two input fields: 'Organization:' and 'Full Name: \*'. On the right side, there is a 'SEARCH LOCAL RESOURCES' section with a 'SEARCH NOW' button, and a 'HOW DO YOU LIVE WELL?' section with the hashtag #howdoyoulivewell and social media links for South Fayette Twp (@SouthFayetteTwp) and Allegheny County (@Allegheny\_Co).

<http://www.livewellallegheny.com/referralform/>



# Allegheny County is living well!







# Questions?

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Health Department

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