

Maine CDC/DHHS Cardiovascular Health Program



Worksite Component

- Healthy Maine Partnerships Worksite Initiative
- Blood Pressure and Cholesterol Worksite Pilot

HMP Worksite Initiative

Background



An integrated project of multiple partner programs:

- ❖ Cardiovascular Health Program
- ❖ Diabetes Prevention and Control Program
- ❖ Office of Substance Abuse Prevention
- ❖ Coordinated School Health Program (DOE & DHHS)
- ❖ Physical Activity and Nutrition Program
- ❖ Partnership For-A-Tobacco Free Maine
- ❖ Comprehensive Cancer Control Program
- ❖ Asthma Control Program

HMP Worksite Initiative

Background



Worksite Subcommittee formed in 2006

- Integrates multiple departments/state programs
- Charged with developing a more efficient model for guiding local public health work with employers
- Commitment to use evidence-based practices
- Goal to create an efficient delivery model with high value to employers

HMP Worksite Initiative

Worksite Framework



- Framework made up of worksite interventions from each of the 9 program areas (ex. CVD, Diabetes, Substance Abuse, Tobacco, PA & Nutrition)

- Utilized peer reviewed research study to categorize interventions
(Matson Koffman et al., Heart Healthy and Stroke Free. *Am. J. Prev Med.* 2005;29(5S1):113-121
 - ✦ Environmental interventions to support healthy lifestyles
 - ✦ Corporate policies that support healthy lifestyles
 - ✦ Frequent and simple prevention messages
 - ✦ Health education classes, workshops, medical self-care
 - ✦ Screenings, health risk appraisals (HRAs) and referral leading to risk factor follow-up education and counseling.

- [Worksite Framework](#)

HMP Worksite Initiative

Web Application and HMP Process



- Designed a delivery model in form of a [web-application](#)

- Created a clear process for Healthy Maine Partnerships
 - Convene employers – Partner with employer group(s)
 - Facilitate employer completion of worksite inventory and workplan
 - Provide technical assistance and support related to implementation of workplans
 - Assist in completion of assessments, reporting and planning

HMP Worksite Initiative

Value



State level

- Integrates 9 programs into one model – more efficient
- Value and utility of the tool = more worksites implementing priority interventions
- Reporting capability allows for improved tracking and evaluation

HMP

- Adds considerable marketing tool for HMPs to leverage with employers
- Common model used across all HMPs
- Efficiency of using one model to meet objectives for 9 HMP programs

Employers

- Easy process to begin or enhance worksite wellness programs
- Utilizes evidence-based approaches proven effective in worksite literature

HMP Worksite Initiative

Status



- Convened Worksite Subcommittee to manage the HMP Worksite Initiative
- Worked with software vendor to produce a beta-version of the HMP Worksite Initiative web-application (January – July)
- Held 3 regional trainings in June for local Healthy Maine Partnerships staff – 90 participants
- Currently holding follow-up trainings to assist HMPs in preparing to use the tool with local employers
- Preparing to move web-application to a live server

Blood Pressure/Cholesterol Worksite Pilot



The Facts

What: Two-year pilot project partnering with a business group to facilitate the development of employer programs to control high blood pressure and high cholesterol

When: July 2008 through June 2010

Who/Where:

- The Wellness Council of Maine – Maine’s WELCOA (Wellness Councils of America) affiliate council. Winner of WELCOA “Well-Region” award
- Northeastern Log Homes – Log home manufacturer based in Kenduskeag and Old Town with approximately 100 employees
- Mathews Brothers – Maker of wood and vinyl windows and doors with plant in Belfast and retail stores in Belfast, Rockland and Bangor. Approximately 150 employees.

Blood Pressure/Cholesterol Worksite Pilot



Desired Outcomes

- Assure detection and/or follow-up services to control high blood pressure and cholesterol provided at the worksite
- Promote linkages with health care providers in the management of blood pressure and cholesterol
- Develop self-management support systems specific to blood pressure, cholesterol, heart disease and stroke
- Encourage adequate health care coverage for preventive services, prescription drugs and rehabilitation
- Disseminate promising practices to WLCME member worksites and other Maine employer groups

Blood Pressure/Cholesterol Worksite Pilot



Status

- Conducted baseline interviews with MCVHP evaluator and key staff from pilot sites – July/Aug
- Administering surveys to pilot site employees – September
- Developing employer action plans for year 1 – Sept/Oct.
- Conduct mid-point interviews and employee surveys – Sept '09
- Develop year 2 action plans – Sept/Oct. '09
- Conduct post interviews and employee surveys – Sept 2010
- Evaluate pilot project
- Share results with WLCME and other employer groups

Questions?

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