



Bismarck-Burleigh Public Health

**City of Bismarck
Board of Health Meeting
Agenda
December 13, 2016
5:15 PM**

- I. Call to Order**
Mayor Seminary

- II. Strategic Plan Update**
 - a. CDC Worksite Health Scorecard**
Renae Moch, MBA, FACMPE, Director

 - b. Worksite Wellness – “How Far We’ve Come”**
Katie Johnke, RD,LRD, Nutrition Services Coordinator

- III. Adjourn**

Strategic Plan Update

Priority: Improving Employee Health & Wellness

Goal 1 of 1: Encourage a healthy and active work environment.

Objective 1 of 4: By December 2016, BBPH will identify gaps in the City of Bismarck's worksite wellness program.

Complete 10/27/16

Objective 2 of 4: By December 2016, BBPH will educate the City Board of Health on the gaps and strategies identified through the CDC Worksite Health Scorecard.

Will be complete on 12/13/2016

Objective 3 of 4: By December 2017, BBPH and BEAT (Bismarck Employees Active & Thriving) will implement City/County approved strategies identified through the CDC Worksite Health Scorecard.

Implementation of identified strategies in 2017.

Objective 4 of 4: By December 2018, BBPH will assess the outcomes of strategies implemented to address gaps in worksite wellness program.

Evaluation to be completed following implementation of strategies.

CDC Worksite Health Scorecard

What is The CDC Worksite Health Scorecard?

The CDC Worksite Health Scorecard is a tool designed to help employers assess whether they have implemented **evidence-based health promotion interventions or strategies** in their worksites to prevent heart disease, stroke, and related conditions such as hypertension, diabetes, and obesity.

The approach that has proven most effective is to implement an **evidence-based comprehensive health promotion program** that includes individual risk reduction programs, coupled with environmental supports for healthy behaviors, and is coordinated and integrated with other wellness activities

What can The CDC Worksite Health Scorecard tell you?

The tool contains 125 questions that assess how evidence-based health promotion strategies are implemented at a worksite. These strategies include health promoting counseling services, environmental supports, policies, health plan benefits, and other worksite programs shown to be effective in preventing heart disease, stroke, and related health conditions.

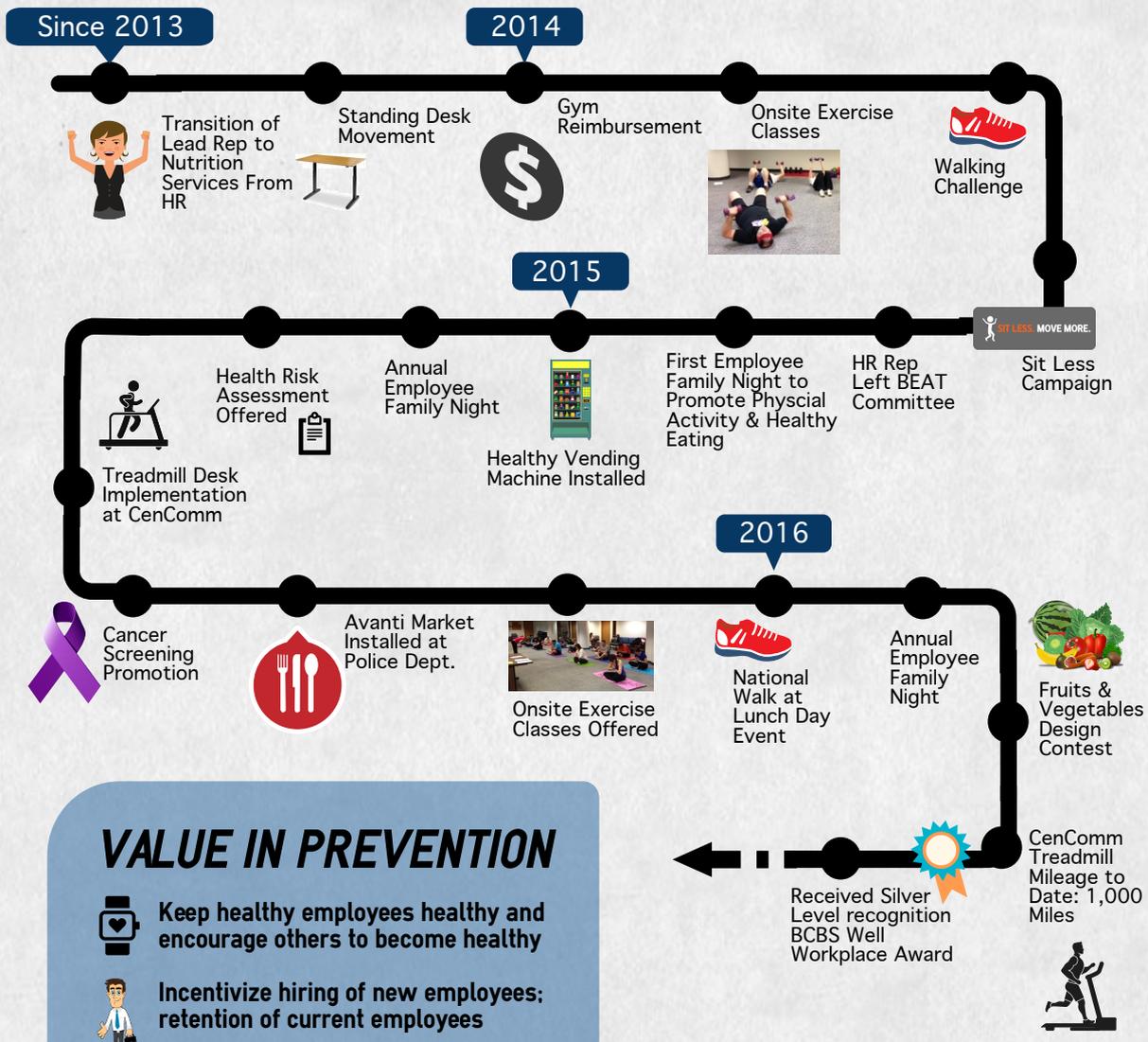
Employers can use this tool to assess how a comprehensive health promotion and disease prevention program is offered to their employees, to help identify program gaps, and to prioritize across the following health topics:

- Organizational Supports (18 questions)
- High Cholesterol (6 questions)
- Tobacco Control (10 questions)
- Diabetes (6 questions)
- Nutrition (13 questions)
- Signs/Symptoms of Heart Attack & Stroke (4 questions)
- Lactation Support (6 questions)
- Emergency Response to Heart Attack & Stroke (9 questions)
- Physical Activity (9 questions)
- Weight Management (5 questions)
- Occupational Health & Safety (10 questions)
- Stress Management (6 questions)
- Vaccine-Preventable Diseases (6 questions)
- Depression (7 questions)
- High Blood Pressure (7 questions)
- Community Resources (3 questions; not scored)



Worksite Wellness

How Far We've Come



VALUE IN PREVENTION

- Keep healthy employees healthy and encourage others to become healthy
- Incentivize hiring of new employees; retention of current employees
- Increased productivity and decreased health care costs and absenteeism