A Healthier You

University of Central Missouri's health and wellness program
Beginning January 30, 2007, Central Missouri introduced a new health and wellness program sponsored by Blue Cross and Blue Shield of Kansas City.

Together, Central Missouri and BCBSKC are offering this program, because we are committed to helping you improve your total health and well-being.

This program is being provided free of charge.

A Healthier You is a comprehensive portfolio of information, tools and services you can access both at your workplace and online.
Why has Central Missouri decided to offer a health and wellness program?

- As the cost of providing health insurance continues to increase, we are constantly looking for ways to keep coverage affordable.
- As a community, we have a great opportunity to improve our health status.
- By improving the health of our own employees, we can help:
  - Stabilize the cost of providing health insurance.
  - Improve overall job satisfaction for employees.
Can you really make a difference in your health?

- Being overweight can take 3 years off your life expectancy – and being obese can take off 6-7 years.
- Smoking can reduce your life expectancy by at least 10 years.
- Eating 5 fruits or vegetables a day helps lower your LDL, your “bad” cholesterol level.
- Exercising for 30 minutes a day on most days reduces your chance of a heart attack, maintains healthy blood pressure, and helps control weight.
- Exercising and eating right promotes a healthy mental state and reduces stress.
• **A Healthier You** starts with a customized, comprehensive health portfolio, including blood glucose & cholesterol testing.

• Next, complete the confidential, online Health Risk Appraisal.

• Use your wellness score to identify positive areas, and where there is room for improvement.

• Follow up with one of the **Healthier You** program series designed to help you reach your wellness goals including online resources, onsite health programs and telephonic coaching.
• Plan to make an appointment to complete the Healthier You comprehensive health portfolio and on-line Health Risk Appraisal at the Healthier You event March 3rd & 4th in the University Union Ballroom.

• Watch your email for information on how to schedule an appointment - coming soon!
The remainder of this presentation is dedicated to educating you on the overall health status of our community.

This information provides background on why Central Missouri and BCBSKC have decided to introduce A Healthier You to our community.

A Healthier You is an important initiative and we strongly encourage you to participate.
Overall Health of Kansas City

- The health of Kansas City residents nearly mirrors that of the nation.
- 15% report fair to poor health, with about a quarter of all Kansas Citians reporting they don’t exercise and are obese.
- Unfortunately, Kansas City has more smokers, on a percentage basis, than the Nation.

Source = www.cdc.gov

Kansas City, MO-KS Metropolitan Statistical Area: Bates County, MO; Caldwell County, MO; Cass County, MO; Clay County, MO; Clinton County, MO; Franklin County, KS; Jackson County, MO; Johnson County, KS; Lafayette County, MO; Leavenworth County, KS; Linn County, KS; Miami County, KS; Platte County, MO; Ray County, MO; Wyandotte County, KS.
Fifteen diseases have driven the majority of the healthcare spending increase.

Percent Change in Total Healthcare Spending Associated with Condition (1987-2000)

- Heart Disease: 8.1%
- Mental Disorders: 7.4%
- Pulmonary Conditions: 5.6%
- Cancer: 5.4%
- Trauma: 4.6%
- Hypertension: 3.5%
- Cerebrovascular Disease: 3.3%
- Arthritis: 3.0%
- Back Problems: 2.4%
- Diabetes: 2.3%
- Pneumonia: 2.3%
- Skin Disorders: 1.4%
- Infectious Disease: 1.2%
- Endocrine: 1.0%

15 diseases accounted for 55.6% of total healthcare spending increase

Prevalence of Chronic Disease in Missouri vs. Other States

- Heart Disease Deaths
- Poor Mental Health Rates
- Asthma Rates
- Cancer Rates

1. Deaths per 100,000 population, 2001
2. Percent of adults experiencing poor mental health during the past 30 days, 2001
3. Prevalence of diagnosed current asthma, 2002

Source: Health Affairs, 2004; Foundation for Health, 2003
Obesity Trends Among U.S. Adults

(Body Mass Index $\geq 30$, or about 30 lbs overweight for 5’4” person)

Source = www.cdc.gov
Obesity – A Growing Driver to Health Care Cost

*Obesity - Body Mass Index > 30*

Source = www.cdc.gov
Impact of Obesity

Obesity increases the risk of many diseases and health conditions, including the following:

- Hypertension
- High Cholesterol
- Diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)
Diabetes is one of the fastest-growing health problems in the Western world, with a cost of over $28 billion in 2002.

Source: www.cdc.gov
High Cholesterol & Esophageal Disorders

- Costs to control high cholesterol increased by 212% from 1996 to 2002.
- Heart attacks were cut by a third, but cholesterol diagnosis increased by 145%.
- Nationally, costs for esophageal disorders increased by 479% from 1996 to 2002.
Does it really make a difference?

- Lack of regular exercise can lead to chronic health problems that cost billions of dollars each year.
- Increasing the exercise levels of the inactive might reduce annual healthcare costs by as much as $76.7 billion.
- When done briskly on a regular basis, walking can:
  - Decrease the risk of a heart attack.
  - Reduce the risk of developing type 2 diabetes.
  - Help control weight.
  - Improve muscle tone.
  - Reduce stress and promote an overall sense of wellness.

Being overweight can take 3 years off your life expectancy – and being obese can take 6-7 years.
Healthcare costs of smokers are 25% higher than nonsmokers.

Smokers have increased absenteeism.

If you smoke, stop now! If you don’t smoke – don’t ever start!
- When a smoker quits, their health risks fall over time to approximately that of a nonsmoker.
- Risk of heart disease is reduced by 50% after you have quit for one year.
- After 15 years, the risk is similar to that of someone who never smoked.
- Risk of lung cancer 10 years after quitting is 30% to 50% that of current smokers.
5 Simple Steps to “A Healthier You”

1..... Eat smarter
2..... Drink less alcohol
3..... Walk more
4..... Quit smoking
5..... Buckle up
Sources

- Blue Cross and Blue Shield of Kansas City Business Case, “Reducing the Burden of Smoking on Employee Health and Productivity,” John Heryer, M.D., FACS, 2004