



Healthy School, **Healthy Staff**, Healthy Students

Steps for Improving Employee Health

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Presentation Overview

- Chronic Disease Needs Assessment Results
- Health Assessments Overview
- How To Measure Height, Weight and Blood Pressure
- Measurement Stations
- Wrap Up – Questions, Concerns, Ideas



Highlights from Chronic Disease Needs Assessment May 2019

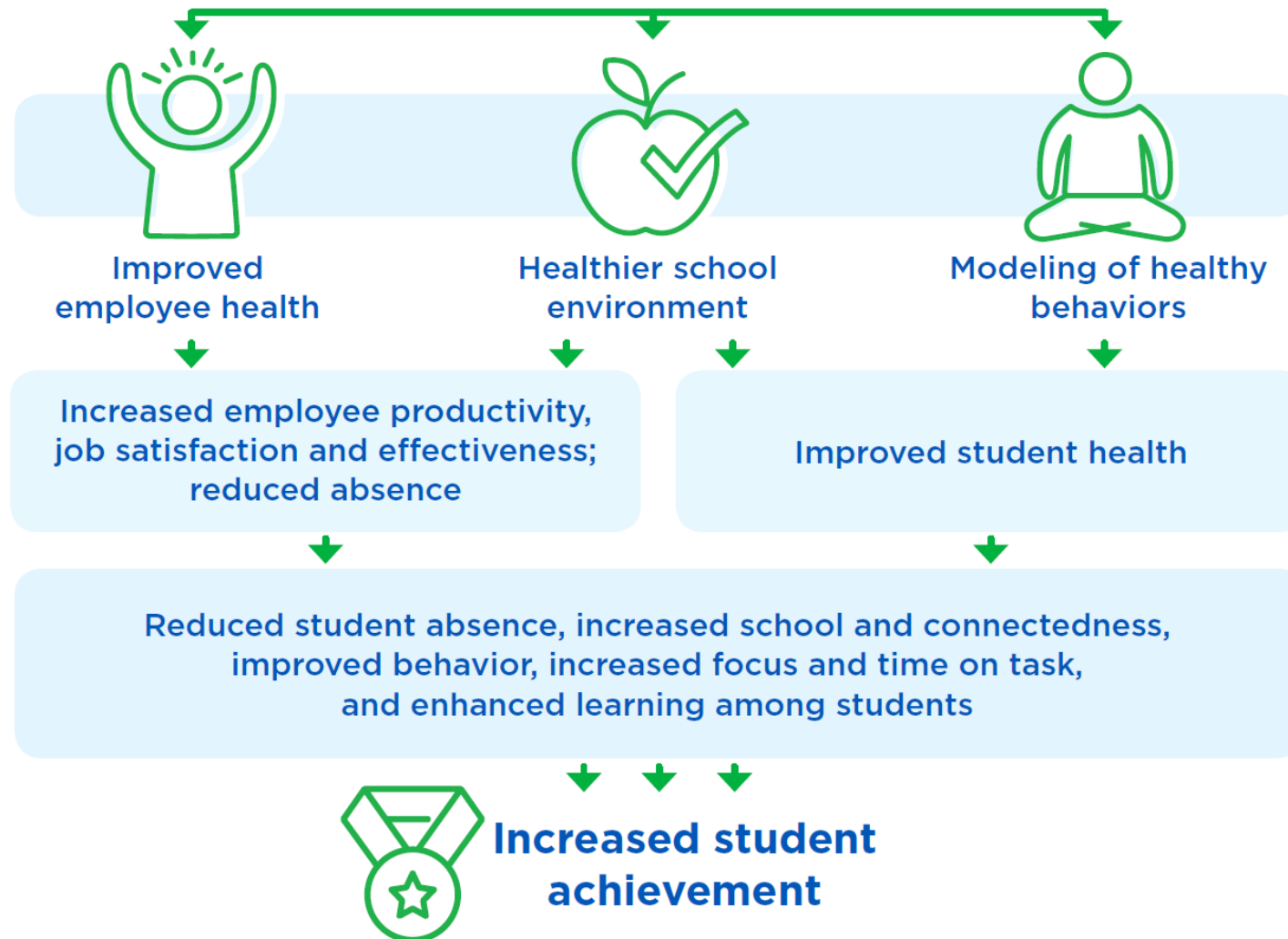
- ▶ Improve Employee Wellness and Health Promotion
- ▶ Increase access to health assessments and stress management
- ▶ Develop wellness program
- ▶ Establish yearly health assessment for staff



Employee Wellness Initiatives

- Improve employee health
- Increase productivity and performance
- Reduce absences
- Lower healthcare costs
- Benefit students

Employee wellness initiatives



Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness, National Association of Chronic Disease Directors, 2018

Getting Started

- ▶ Wellness includes physical, emotional, social, spiritual, environmental, intellectual, career, and financial health
- ▶ Start small - one area, one activity
- ▶ Build over time
- ▶ Show impact – participation, satisfaction, results
- ▶ Find out if an existing committee will help coordinate one or two employee wellness activities

Wellness Activity: Staff Health Assessment

- ▶ Onsite assessment - staff meeting, health fair
 - ▶ Basic assessments can be done with minimal training:
 - ▶ We will train you today and may be able to send support staff
- Height
 - Weight
 - BMI
 - Waist circumference
 - Blood pressure
 - Aerobic fitness

Why do a health assessment?

- ▶ Become aware of health risks
- ▶ Identify opportunities to improve health
- ▶ Motivation to improve health
- ▶ Target wellness initiatives to match needs
- ▶ Provide a starting measurement so that progress can be measured at the end of a wellness initiative, for the individual or for the group



Body Mass Index (BMI)

- ▶ Calculated from height and weight
- ▶ Estimate of body fat
- ▶ Limitations:
 - Overestimates body fat in athletes (muscular build)
 - Underestimates body fat in persons who have lost muscle

Body Mass Index (BMI)

	BMI
Underweight	Below 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obesity	30.0 and Above

BMI
Calculator

Higher BMI = Higher Risk

heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, certain cancers



High Blood Pressure

- Usually has no symptoms - can't be detected without being measured
- Greatly increases risk of heart disease and stroke
- What is it?
 - Force of blood pushing against the walls of your arteries as the heart pumps. High blood pressure, or hypertension, is when this force against the artery walls is too high.
- A diagnosis of high blood pressure must be confirmed with a medical professional
- A doctor should evaluate any unusually low blood pressure readings

Blood Pressure

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Controlling or lowering blood pressure can prevent or delay complications, like chronic kidney disease, heart attack, heart failure, stroke, and possibly vascular dementia

Stage 1 Treated with lifestyle changes, adding medication based on your risk

Stage 2 Treated with combination of blood pressure medications and lifestyle changes.

Waist Circumference

- Risk for heart disease and type 2 diabetes goes up with waist size:
 - greater than 35 inches for women
 - greater than 40 inches for men
- Looking at waist rather than hips
- How to measure: stand and place a tape measure around your middle, just above your hipbones
- Measure just after you breathe out

Risk for Type 2 Diabetes

- ▶ National Diabetes Prevention Program
 - Could you have prediabetes? Take the test
- ▶ Fasting Blood Glucose (if resources available)
 - Desirable target is <100 mg/dl. If history of diabetes, target set by physician.

Fitness Test: Rockport 1 Mile Walk Test

- ▶ A way to check progress during a fitness program
- ▶ Measures aerobic (cardiovascular) fitness level based on how fast you can walk a mile at a moderate exercise intensity

Equipment Needed:

- ▶ Comfortable clothing
- ▶ walking or running shoes
- ▶ stopwatch or clock with second hand
- ▶ flat walking surface - quarter-mile track (four laps equals one mile) or flat road where you've measured the one-mile distance
- ▶ Optional: heart rate monitor

Before the test:

- ▶ Do not do this test until you are routinely walking for 15 to 20 minutes several times per week.
- ▶ Do not do this test on a treadmill
- ▶ Warm up - walk slowly for 3-5 minutes.

Fitness Test: Rockport 1 Mile Walk Test

Test: Walk one mile as quickly as possible

- ▶ Start the clock and begin walking as fast as you can while maintaining a steady pace.
- ▶ You can slow down and speed up as you wish, but the goal is to complete the mile as quickly as possible.
- ▶ Check and record your time at the end of the mile to the nearest second.
- ▶ Optional: Check and record your heart rate at the end of the mile
- ▶ When finished, keep walking for a few minutes to cool down. Follow up with a few stretches.

Rockport Walk Test Scoring

Ratings for Men

Age	20-29	30-39	40-49	50-59	60-69	70+
Excellent	<11:54	<12:24	<12:54	<13:24	<14:06	<15:06
Good	11:54-13:00	12:24-13:30	12:54-14:00	13:24-14:24	14:06-15:12	15:06-15:48
Average	13:01-13:42	13:31-14:12	14:01-14:42	14:25-15:12	15:13-16:18	15:49-18:48
Fair	13:43-14:30	14:13-15:00	14:43-15:30	15:13-16:30	16:19-17:18	18:49-20:18
Poor	>14:30	>15:00	>15:30	>16:30	>17:18	>20:18

Or you can calculate your score using your time, heart rate and weight [here](#)

Ratings for Women

Age	20-29	30-39	40-49	50-59	60-69	70+
Excellent	<13:12	<13:42	<14:12	<14:42	<15:06	<18:18
Good	13:12-14:06	13:42-14:36	14:12-15:06	14:42-15:36	15:06-16:18	18:18-20:00
Average	14:07-15:06	14:37-15:36	15:07-16:06	15:37-17:00	16:19-17:30	20:01-21:48
Fair	15:07-16:30	15:37-17:00	16:07-17:30	17:01-18:06	17:31-19:12	21:49-24:06
Poor	>16:30	>17:00	>17:30	>18:06	>19:12	>24:06



- Ratings based on information collected from the Cooper Institute, American Council on Exercise and other sources.
https://www.sparkpeople.com/resource/fitness_articles.asp?id=1496
- <https://exrx.net/Calculators/Rockport>



Asthma Management

Breathe Well Live Well (American Lung Association)

- ▶ ALA's core program for adult asthma education
- ▶ learn to take control of asthma and feel better
- ▶ Understand your asthma; what can make it worse; build support team; how and when to take medications

How to Measure Height and Weight

Tips

- Remove heavy jackets or sweaters
- Remove items from pockets (phones, keys)
- Remove Shoes

Height

- Take a deep breath and stand tall
- Make sure back of head, shoulders, buttocks and heels are touching the wall
- Head should be level – look down slightly so that ears are level with the nose
- Measure at the top of the crown of the head
- Take down pony tails or buns that get in the way of the back or top of head

Equipment Needed

- Weight scale
- 3 options for height:
 - Stadiometer
 - Weight Scale with a beam
 - Pencil and tape measure

How to Measure Blood Pressure

Tips

- ▶ Do not exercise, drink coffee, or smoke cigarettes for 30 minutes before the test
- ▶ Go to the bathroom before the test
- ▶ For at least 5 minutes before the test, sit in a chair and relax
- ▶ Make sure your feet are flat on the floor
- ▶ Do not talk while you are relaxing or during the test
- ▶ Uncover your arm for the cuff
- ▶ Rest your arm on a table so it is supported and at the level of your heart

Equipment Needed

- ▶ Automatic Blood Pressure Cuff
- ▶ Chair
- ▶ Table



Measurement Stations for Height Weight and Blood Pressure

- ▶ participants do their own measurement (except for height) and, if desired, write down their own results



Wrap Up

- ▶ Questions, concerns, ideas, etc



Thank You!

Your Time and Participation are Very much Appreciated