



WELLNESS COMMITTEE

Saint Joseph's University -- Wellness Efforts

Listed below are the ongoing programs the committee offers and **NEW** programs and screenings that will be available in the next few months.

ONGOING PROGRAMS

- **Naturally Slim** – This is a 10-week, online weight management program that specifically targets metabolic syndrome via mindful eating. When a new phase is opened, the Office of Human Resources will send out a campus-wide notification. At this time, the program is only available to employees participating in one of the University's medical plans.
- **Maintain, Don't Gain Holiday Weight Maintenance Program** – This program is open to all employees, regardless of insurance coverage. It's a fun, easy way to manage your weight over the holiday season, where many celebrations often involve food—and lots of it! Details are announced in early November each year.
- **Wellness Challenge** – This program is open to all employees, regardless of insurance coverage. Each spring, an 8-week wellness-themed challenge is offered to help people make small, measurable behavior changes and become more mindful of making better health decisions every day. Details will become available in early spring.
- **Walking and Activity Tracking Program** – This program is open to all employees, regardless of insurance coverage. While this program is loosely structured into 12-week seasonal segments, participants can join at any time and will receive weekly informational e-mails, a pedometer, and access to an online activity tracking system. A fun event, the annual Walk@Lunch Day, is held each year as part of this Program as well. Starting in the fall, weekly lunchtime walks will be held on campus. For more

information and/or to join, please e-mail Suzanne Smith, MS, CHES, Wellness Coordinator, at ssmith@adcbenefits.com.

- **Annual Health and Wellness Fair** – Each fall, up to 500 people (students, faculty, staff, and alumni) attend the fair. Lots of health information is shared by the many vendors in attendance.
- **Wellness Screenings** – Metabolic screenings were available to all employees. Cholesterol/Glucose screenings required a (one) small finger prick and both tests were completed using the same finger at the same station. Blood glucose monitoring is the main tool you have to check your diabetes control. This program will be available throughout the year.
- **On-Site/At-Home One-on-One Nutrition Counseling** – Everyone with medical coverage is eligible for up to six free visits with a registered dietitian each year. Dietitians from Family Foods, LLC, are on campus each month to meet with SJU employees. For more information, contact Krista Yoder Latortue, MPH, RD, CSP, LDN, Executive Director at Family Food, LLC at krista@familyfoodllc.com.

NEW PROGRAMS

- **Wellness Workshops** – Running off the successful Spring 2013 workshop, “Eat This, Not That,” various nutrition and health-themed workshops will continue to be offered in the next few months. You can see more details on the following pages of this booklet. For more information and/or to register, contact Carl Saalbach csaalbac@siu.edu.

Wellness Screening – Total & HDL Cholesterol/Glucose Blood Pressure
September 5

Benefits Fair;

10:00 a.m. – 3:00 p.m.; free

The screening will be available at the Benefits Fair. You do not have to fast to complete these tests. Cholesterol/Glucose screenings require a (one) small finger prick and both tests are completed using the same finger at the same station. Blood glucose monitoring is the main tool you have to check your diabetes control. This check tells you your current blood glucose level.

Cancer Screenings: Knowing When to Take Action
September 16

Campion North Lounge;

12:00 p.m. – 1:00 p.m.; free

We have more control over our health than many people realize. This discussion will focus on primary and secondary prevention and the modifiable risk factors that we can all control. An overview of cancer screening recommendations by the American Cancer Society focusing on individual risk factors that influence when to take action will also be provided.

Diet and Nutrition for Cancer Prevention
October 3

Campion North Lounge;

12:00 p.m. – 1:00 p.m.; free

This workshop will focus on foods that make up a cancer-protective diet. The benefits of plant foods and the substances they contain will be reviewed. The role of vitamin and mineral supplements will also be discussed. Attendees should come away from this workshop feeling more informed about the role diet and nutrition can play in cancer prevention.

Yes, You CAN Prevent Obesity and Type II Diabetes!
October 29

President's Lounge, Campion;

12:00 p.m. - 1:00 p.m.; free

Do you have a history of Type 2 diabetes and/or obesity in your family? If so, then you are at a higher risk for developing the diseases than the general population. This workshop will help give you the knowledge you need to make preventive health decisions so that you can maintain or improve your current health status.

Translating Food Labels and Heart Health
November 6

Campion North Lounge;

12:00 p.m. – 1:00 p.m.; free

This workshop will help give you the skills you need to make it easier for you to use nutrition labels in order to make quick and informed food choices that contribute to a healthy diet. You should leave the workshop feeling confident in your knowledge to read and understand food labels, and make proper food choices for overall good health and to decrease your risk of cardiovascular disease.

Eat This, Not That for the Holidays
November 21

Campion North Lounge;

12:00 p.m. – 1:00 p.m.; free

This fun, interactive workshop will teach you about healthier holiday eating. Learn tips for keeping your nutrition on track, now and through the holiday season. You'll receive recipes and healthy cooking tips as well!

5-a-Day the Color Way
December 13

Campion North Lounge;

12:00 p.m. – 1:00 p.m.; free

Do you know whether you're getting enough color in your diet? Come to this workshop to learn about which fruits and vegetables make up the five color groupings (Blue/Purple, Green, White, Yellow/ Orange, and Red) and why having a variety of these types of foods in your diet each day can make a big difference to your health and aid in cancer and heart disease prevention. You'll also learn about food preparation tips and receive menu ideas to help you easily incorporate what you learn into your daily diet.

DISEASE CASE MANAGEMENT

Disease Case Management is a personal, confidential service that helps you get the support you need if you are experiencing complex health issues or challenges meeting your health care goals.

If you can benefit from this service, a case manager will contact you via telephone. Then, he or she works with you to:

- assess your current health status and history
- confirm your case management needs
- develop a care plan designed to meet your needs through home care
- education and coaching
- follow up with you and your doctor to review your plan and goals
- discharge you from the program when appropriate.

Utilization Review

Chronic Condition Adherence – Gaps in Care

Diabetes	St. Joseph's University April 2011 – March 2012	St. Joseph's University April 2012-March 2013	IBC Colleges & Universities Norm
Annual Reading	11.3%	17.5%	14.2%
Annual "bad" Cholesterol test	14.1%	25%	20.8%
Annual Kidney function test	23.9%	27.5%	40.4%
Heart Disease			
Annual "bad" Cholesterol test	10%	7.7%	13.6%

Utilization Review

Preventive Screening – Gaps in Care

	St. Joseph's University March 2012	St. Joseph's University March 2013	IBC Colleges & Universities Norm
Cervical Cancer Screening Gap	23.9%	29.8%	29.6%
Breast Cancer Screening Gap	28.6%	28%	28.9%
Colorectal Screening Gap	35.9%	38.5%	37.8%