Wellness Collaboration: Creating a Culture of Health
Who is Cuyahoga Community College? (Tri-C)

- Ohio’s oldest and largest public community college
- Our tuition is lowest in Northeast Ohio and among lowest of all colleges in the state of Ohio
- We serve more than 52,000 credit and non-credit students annually
Geographically Desirable

- Four Campuses
- Two Corporate College sites
- District Administration Office
- Brunswick University Center
- New Hospitality Management Center
- Institutional Advancement Building
The mission of the college is to provide high quality, accessible and affordable educational opportunities and services—including university transfer, technical and lifelong learning programs—that promote individual development and improve the overall quality of life in a multicultural community.
Who are our students?

- Ages range from 15-75+
- 61% are female
- 39% are from minority groups
- More than 370 students from 70 countries attend one of our campuses
- 56% seeking associate degree or preparing for transfer to 4-year institution
- >85% work and live in NE Ohio after graduation
Who are our Employees?

- 3,996 Employees
  - 34% FTE, 66% PT
  - 44% Male, 56% Female

- 61% Staff, 39% Faculty
  - 398 Full Time Faculty

- 4 Union groups

- Only Full Time employees are eligible for College’s Medical Plans
Health and Wellness Initiative

- 13 years
- Within Department of Human Resources
  - Director of Health and Wellness
  - Health and Wellness Coordinator
  - Strong collaboration with Benefits
- Senior Leadership Support
- Partnership with the University of Michigan Health Management Research Center since 2002
- For all employees
CREATE YOUR OWN ROUTE WITH THE

WELLNESS ROADMAP

$175

- Biometric Screening
- Health Risk Assessment
- 1500 WellSteps Points*

600 pts ..... Personal Tracker (monthly)
300 pts .... Wellness Screening Card
200 pts ..... One Wellness Challenge
400 pts ..... Four Workshops

1500 WellSteps Points*

*This is only one potential path. There are many other routes available.

Visit the curriculum guide at www.wellsteps.com
How do we accomplish?

COLLABORATION

COLLABORATION

COLLABORATION
Why Collaborate?

- Budget
- Wealth of Resources
- Student Success
- Started a movement
And so it began...
Health Careers

- Over 30 health career Associate in Applied Science degrees programs and certificates (not including nursing)
- Approximately 1000 students
- 2011 - 677 degrees conferred

#1 Producer of HC AAS among public community colleges in US
#2 Producer of HC AAS among all public and private 2 year colleges
#9 Producer of HC AAS among all colleges (2 & 4 year, public/private)
Limited enrollment in health career programs (PTAT, OTAT, MA, HIM and PA) due to limited lab space and clinical experiences.

Need to improve the preparedness of students before they participated in clinical rotations.

Community residents lacked insurance for sufficient number of rehab sessions and/or preventative care measures (i.e. cholesterol and/or glucose checks).

Improve the health and wellness of the campus employees and students.
Significant shortages identified in five job categories for which the College has the ability to increase training capacity with the assistance of Department of Labor and other leveraged funding.

These are:

- Health Information Technician
- Physician Assistant
- Medical Assistant
- Occupational Therapy Assistant
- Physical Therapist Assistant
Preventative Care Center (PCC)

- New laboratory facilities also used as Health, Wellness and Preventative Care Centers for community members who are uninsured or underinsured – only community college facility of this kind in the nation.
**MY NUMBERS**

<table>
<thead>
<tr>
<th>Metric</th>
<th>Unit</th>
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<tbody>
<tr>
<td>Total Cholesterol</td>
<td></td>
</tr>
<tr>
<td>HDL (Happy Cholesterol)</td>
<td></td>
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<tr>
<td>LDL (Lousy Cholesterol)</td>
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<tr>
<td>Triglycerides</td>
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<tr>
<td>Glucose</td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td></td>
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<tr>
<td>BMI (Height and Weight)</td>
<td></td>
</tr>
</tbody>
</table>

**KNOW YOUR NUMBERS**

A Guide to Your Health!

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**PREVENTIVE HEALTH SCREENING AND IMMUNIZATIONS FOR ADULTS**

<table>
<thead>
<tr>
<th>Exam and Test</th>
<th>Recommended Minimum Guidelines for Adults</th>
<th>Date</th>
<th>Health Professional Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Glucose</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Sugar</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Colorectal Cancer Screening</td>
<td>Starting at age 50 and continuing to age 75.</td>
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<tr>
<td>Mammogram</td>
<td></td>
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<tr>
<td>Papanicolaou (PAP)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Pap Smear</td>
<td>Every one to three years for women who have been sexually active or are older than 21 and have had a cervix.</td>
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</tr>
</tbody>
</table>

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**FREE Health Monitoring**

**START YOUR SHAPE-UP WITH US**

We’ll Get You Started and Help Keep You On Track!

- Blood Pressure
- Body Temperature
- Respiratory Rate
- Pulse Rate
- Weight Assessment
- Monthly Tracking
- Earn Wellness Credits
- No Appointment Needed

Open Tuesdays 3:00pm - 6:00pm
Cuyahoga Community College Metropolitan Campus Health Careers Sciences Building (MHCS104)

Staffed by health career students, supervised by licensed healthcare professionals

Community Health, Wellness and Preventative Care Center
Health Careers/Health & Wellness Collaborations

- **Biometric Screenings** (EMT, Medical Assisting, Phlebotomy)
  - Lipid Profiles
  - Blood Pressure
  - Glucose
  - Weight/BMI

- January-April during HRA – **College-Wide**

- PCC’s open once a week year round (?)
Health Careers/Health & Wellness Collaborations Continued...

- Healthy Cooking Made Easy (Diet Tech)
- Meet Your Veggies (Aramark, Hospitality and Diet Tech)
- Couch to 5K (Sport and Exercise Studies)
- Webinars (Dental Hygiene and Respiratory Therapy)
- Bone Density and Foot Screenings (Medical Assisting)
- Holiday Challenge and Nutrition Coaching (Diet Tech)
Celebrate National Nutrition Month

with a new 4 part VIDEO series:
Healthy Cooking Made Easy!

Eligible employees can earn 150 Health and Wellness points on WellSteps.

Topics include:
- Cooking with the Mediterranean Food Guide Pyramid
- Eating Healthy When Dining Out – Ask the Chef
- Trim the Fat but Not the Taste
- I Don’t Have Time for Breakfast….Oh Yes You Do!

Link to the webinars can be found in the Health and Wellness program.
Improved student’s preparedness before clinical experience in a non threatening, nurturing environment

Provided interdisciplinary opportunities

Great exposure to administration and staff

“I am currently enrolled here at Tri-C’s Phlebotomy Program. Today I was invited to be part of the wellness screenings. This event allowed me perform capillary draws, which gave me some great experience. By being a part of this event I feel more confident about myself going into the healthcare field. Events like these should be open for all future students because it really made me feel good and I think the future participants will feel the same.”

“Preventative medicine is one of the most important pieces of healthcare and it was good to be a part of that. As an EMT-B in paramedic training, I often see the aftermath of poor health habits, and it was nice to see Tri-C taking a proactive approach. I was able to practice some basic skills, but more importantly patient relations. Thank you for this opportunity.”
Two-time HRA, Full-time employees (N=430)

- **Low Risk (0 - 2 risks)**
  - 2010: 258 (89%)
  - 2012: 303 (70%)
- **Medium Risk (3 - 4 risks)**
  - 2010: 92 (21%)
  - 2012: 103 (24%)
- **High Risk (5+ risks)**
  - 2010: 291 (68%)
  - 2012: 36 (8%)

**KEY**
- **2010**
- **2012**
Data Continued...

- Average number of risks was lower for wellness participants than non-wellness participants.

- Wellness participants engaged in 5+ programs each year were the healthiest.

- +3.3%-employees who actively participate in the “physical activity” offered through Health and Wellness.