The State of Health & Wellness in Academic Institutions with an Emphasis on Mental Health and Best Practices
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President and Founder, the National Consortium for BHAC

Time for Audience Participation!

From a Small Coal Mining Town to Buckeye Nation: My Story

Health Policy Brief

TEN MEDICAL CONDITIONS WITH THE HIGHEST ESTIMATED SPENDING

SOURCE Author’s analysis of study data. NOTES Institutionalized populations include nursing home residents, long-term patients in psychiatric hospitals, and prisoners. Trauma is fractures and wounds. Pulmonary conditions include chronic obstructive pulmonary disease, asthma, and other pulmonary diseases.

Charles Roehrig, Health Affairs 2016;35:1130-1135
What Does The Evidence Tell Us?
We are a Stressed and Depressed Society!

Depression and stress are poor predictors of health, wellness and academic outcomes.

Stress can be Positive

The Negative Effects of Stress on the Cardiovascular System

PHYSIOLOGIC RESPONSES
CARDIAC EFFECTS
PATHOLOGIC RESULT
CARDIAC EVENT

BACKGROUND FACTORS
• Atherosclerosis
• Prior MI
• Poor LV function
• Overwhelmed
• Burnout
• Fatigue

• V‐fib/V‐tach
• Ischemia
• Plaque rupture
• Coronary thrombosis
• Sudden cardiac death
• Myocardial infarction

Self-Care is Key for Great Care of Others

• Undergraduate
  – 51.9% felt overwhelmed by all they had to do within the past 2 weeks
  – 13.6% felt so depressed it was difficult to function in the past 2 weeks
  – 2.2% seriously considered suicide in the past 2 weeks; 1.6 in past 30 days
  – 54% had more than average or tremendous stress over past 12 months

2016 Data
**Undergraduate**
- 62.3% used alcohol in the past 30 days
- 20% used marijuana in past 30 days
- 5.1% ate 5 or more servings F/V per day
- 20.5% exercised moderate intensity 5 days per week (>30 minutes)
- 29.3% exercised vigorous intensity 3 days per week (>20 minutes)
- 33.9% considered overweight – obese

*2016 Data*

**Graduate/Professional**
- 72.5% used alcohol in the past 30 days
- 11.5% used marijuana in past 30 days
- 8.6% ate 5 or more servings F/V per day
- 16.7% exercised moderate intensity 5 days per week (>30 minutes)
- 24.6% exercised vigorous intensity 3 days per week (>20 minutes)
- 40.1% considered overweight – obese

*2016 Data*

**Graduate/Professional**
- 45.1% felt overwhelmed by all they had to do within the past 2 weeks
- 10.2% felt so depressed it was difficult to function in past 2 weeks
- 1% seriously considered suicide in past 2 weeks
- 59.7% more than average or tremendous stress over past 12 months

*2016 Data*

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**Results for Cohorts 1 & 2**

At baseline,
- 41% and 32% had elevated depressive symptoms;
- 28% & 45% had elevated anxiety
- 37% in both cohorts were overweight/obese
- 19% and 12% had elevated cholesterol

• 7 of the students reported suicidal ideation on the PHQ-9

**Results**
- Health coaching at least once a week resulted in healthier lifestyle behaviors and decreases in depressive symptoms and stress

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**Key Points!**

- USPSTF Recommends Screening for Depression
- Symptoms of stress, anxiety and/or depression that are interfering with functioning need immediate attention and intervention
- Get help if the symptoms are interfering with the ability to function!
- Prevention and early intervention are key
2017 BHAC Summit Wellness Survey

Sample Demographics
85% were from large 4 year institutions (over 10,000 students)
22% Faculty; 22% Staff
28% Administrators;
28% Health Promotion Professionals
52% reported an on-campus employee health center

Wellness Culture & Support of Health & Wellness

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<th>Individual Items</th>
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<th>2017 Mean</th>
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<td>4.2</td>
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<td>3.7</td>
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Healthy Lifestyle Beliefs and Behaviors

Healthy Lifestyle Beliefs 96.3
(range 16-112)
Healthy Lifestyle Behaviors 91.6
(range 16-112)

The highest reported healthy lifestyle behaviors were
• Choosing water instead of a sugared beverage
• Saying something positive to family members/friends daily

The lowest reported healthy behaviors reported were
• Not adding salt to my foods
• Eating at least three meals a week with my friends

The Data on PHAs and Tracking of Outcomes/Scorecards

• Only 60% of respondents said that their institutions offer a personalized health assessment
• Only 22% of respondents reported that their institutions have a wellness scorecard
• Only 37% of respondents reported that their institution tracks faculty/staff health status or health outcome metrics

Tracking of Outcomes, including ROI, Determines Impact

• Culture and Environment of Health and Wellness
  • CDC Worksite Scorecard
  • 11 Item Wellness Culture and Environment Scale (Melnyk & Amaya, 2012)
• Population Lifestyle Behaviors and Health Outcomes
  • Lifestyle behaviors (e.g., intake of fruits and vegetables; physical activity)
  • Prevalence data to show burden of illness
  • Incidence data to show rate of changes in burden of illness
  • Mental health data (PHQ and GAD-7)
  • Biometric Data (e.g., high blood pressure, high cholesterol, BMI)
  • Engagement in programming
• Fiscal Health
  • Per member Per Year (PMPY) costs of health insurance plans for faculty, staff and students
  • YP4H costs
  • Annual costs of absenteeism, presenteeism, and disability
  • Excess costs associated with obesity, hypertension, prehypertension, diabetes, pre-diabetes, depression and smoking
Presence of Institutional Policies that Support Health and Wellness

- No smoking/tobacco – 80%
- Seat belt use in company vehicles – 53%
- Lactation – 57%
- Work leave/flex time – 67%
- Drug free workplace – 83%

The CEO Cancer Gold Standard

I. Prevention
II. Screening
III. Cancer Clinical Trials
IV. Quality Treatment and Survivorship
V. Health Education and Health Promotion

Universities play a leading role in building a culture of health in their communities!

No-cost, employer-led health and wellness accreditation embraced by leading employers:

- Universities play a leading role in building a culture of health in their communities!
- Other Academic Gold Standard Accredited institutions:
  - University of North Dakota
  - Minot State University
  - Harvard T.H. Chan School of Public Health
  - Quinnipiac University – North Haven
  - Oregon Health and Science University
  - North Dakota State College of Science
  - Texas A&M School of Public Health
  - Texas A&M Health Science Center
  - Texas Tech University Health Sciences Center
  - www.cancergoldstandard.org

Health Screenings Offered to Employees

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<th>2017</th>
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<tr>
<td>Vision Screening</td>
<td>12%</td>
<td>20%</td>
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<tr>
<td>Hearing Screening</td>
<td>15%</td>
<td>17%</td>
</tr>
<tr>
<td>Blood pressure screening</td>
<td>47%</td>
<td>62%</td>
</tr>
<tr>
<td>Cholesterol screening</td>
<td>41%</td>
<td>42%</td>
</tr>
<tr>
<td>Prostate test (PSA)</td>
<td>9%</td>
<td>20%</td>
</tr>
<tr>
<td>Pap Smear</td>
<td>6%</td>
<td>17%</td>
</tr>
<tr>
<td>Mammography</td>
<td>15%</td>
<td>18%</td>
</tr>
<tr>
<td>Colorectal cancer screening</td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td>Blood sugar/diabetes test</td>
<td>32%</td>
<td>35%</td>
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Top Reason for Not Engaging in Wellness Programming

- Time

Top Factor that Would Help

- Time/flexible work schedule

The Time You Have in Jelly Beans

Top Reasons for Attending the Summit

- Faculty/Staff Wellness education - 68%
- Sharing of best practices - 60%
- Wellness innovation – 58%
- Wellness Activities - 55%
- Networking – 50%

91% of respondents reported interest in participating in BHAC
Time for Audience Participation!

In God We Trust, Everyone Else Must Bring Data!

Why Must We Accelerate EBP?
Despite an aggressive research movement, the majority of findings from research often are not integrated into practice to improve outcomes

- The gap between the translation of research into practice and policy is huge

CBT Works for Reducing Depression and Anxiety Yet Few Receive It

STRESSOR (Antecedent or Activator event)

↓

NEGATIVE THOUGHT TO STOP (Belief)

↓

REPLACE THE NEGATIVE WITH A POSITIVE THOUGHT

↓

POSITIVE EMOTION & BEHAVIOR (Consequence)

Positive Thoughts

Positive IN Thoughts

Positive OUT Thoughts
Talking Positively Works!

Mindfulness/Staying “In the Present Moment” Works

Abdominal Breathing Works

Guided Imagery Works

Based on Evidence 
What Do We Know?

Engaging in Healthy Lifestyle Behaviors Works!

Evidence supports just 5 deep breaths reduces stress and blood pressure.

People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress.

- Physical activity: 30 minutes 5 days per week
- Healthy eating: 5 fruits and vegetables per day
- No smoking
- Alcohol in moderation: 1 drink per day for women, 2 drinks per day for men
Behaviors are the #1 Killer of Americans

Percent of adults who engage in the 5 leading health behaviors that can reduce the risk of chronic disease. Nearly 83% of health-care spending could be cut if more people employed:

- Not Smoking
- Exercising regularly
- Avoiding alcohol or drink in moderation
- Maintaining a healthy body weight
- Getting sufficient sleep

- CDC, 2016

Contributors to Premature Death

Physical Activity Works!

Take the Sitting Fact Challenge

- The average U.S. adult spends 34 hours per week watching TV.
- Most of us spend more time sitting (9.3 hours) than sleeping.
- Smokers lose 11 minutes of life per cigarette they smoke.
- For every hour of sitting, we shorten our lives by 22 minutes.
- Epidemiological data from almost one million people links excess sitting leads to 34 chronic diseases and conditions.
- Excess sitting increases the risk of colon, endometrial and lung cancer.

We Must Turn Sick Care into Well Care

More Prescriptions for Physical Activity, Healthy Eating & Stress Reduction are Needed!
It takes only 30 days to break or make a new habit!

What habit will you make or break in the next 30 days that will enhance your wellbeing?

What Works Based on the Best Evidence

- Comprehensive well designed health promotion programs that are built on a culture and environment of health and wellness that support individual efforts at changing lifelong health habits by putting in place policies, programs, benefits, management, and environmental practices that intentionally motivate and sustain health improvement
- Leader and middle manager role modeling and support
- Grass roots wellness initiatives that build a culture of wellness (e.g., wellness ambassadors/innovators)
- Visual triggers at decision points
- Incentives (stimulate short-term positive outcomes, but not long-term behavior change)
- The more engagement, the better outcomes
- Cultures that make healthy choices the default

Culture Eats Strategy for Breakfast, Lunch and Dinner

Evidence was Translated into Action with the ABCSS

- Appropriate Aspirin Therapy
- Blood Pressure Control
- Cholesterol Management
- Smoking Cessation
- Stress Reduction**

** Ohio State’s additional “S”
Buckeye Wellness Innovators
A Culture Force in the Grass Roots

- Total Number:
  - 279 University
  - 210 Medical Center

- Units Represented
  - 52 Academic
  - 100 Medical Center
  - 5 Regional
  - 11 Extension

Percentage of Low-Risk Employees
According to Framingham Risk Scores
Employees with Five Health Assets
Normal BP, < 200 Cholesterol, HDL, Non-Smoker,
No Prior Diabetes or Coronary Artery Disease

Percent of OSU Faculty and Staff with Elevated Levels of Anxiety and Depression

Join the National Interprofessional Education and Practice Initiative to Advance Million Hearts®
and become a Million Hearts® Fellow
The Goal: To Educate and Screen 100,000 People by 2017

See information and access the free educational modules at https://millionhearts.osu.edu

Lou’s Story
- From dreams and risk to reality
- People do not typically regret what they did in life, they regret what they did not do
- What makes your heart sing?

Keep Your Reasons for Change in Focus
Call to Action

• Commit to making or breaking a healthy lifestyle habit in the next 30 days
• Commit to implementing evidence from this summit into practice at your institution in the next 90 days

Ask yourself:

• What will you do if you know you can not fail in the next 2 to 5 years?
• What is the smallest change based upon best evidence that you will make when you go back to your academic institution that would have the largest positive impact on health and wellness?
• In what way will you get more involved with our NCBHAC to create the healthiest country in the world?

The Next 5 Years

What can we do together in the next 5 years if we know that we can not fail?

Let’s shoot for the moon, even if we miss, we will land amongst the stars

There Is A Magic In Thinking Big!

Let’s End the 2017 BHAC Summit by Moving and Going Back to Work Next Week with Energy and Enthusiasm!

Contact Information

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