Community on the Globe

Bernadette Melnyk
Larry Lewellen
Kathleen McCutcheon
Depression is a predictor of medical outcomes, academic failure, earlier death (NIH) as well as medical errors and burnout in healthcare providers.
Current State of Health in the U.S.

Poor behaviors are the number 1 killer of Americans, due to smoking, lack of physical activity, alcohol and drug use, non-adherence to medications and suicidal gestures.

Overweight and obesity will soon surpass tobacco as the number 1 cause of preventable death and disease in the United States. 20% of Americans will be obese by 2030 (CDC, 2012); 1 out of 4 Americans will have diabetes by 2050.

One out of 4 Americans have a mental health disorder.

One out of 2 Americans have a chronic disease.
2010 PHA Results:

- 27.1% of employees had a BMI indicating obesity (>30)
- 31.6% of employees had a BMI >25 and <30
- 24.4% of employees have total cholesterol >200
- 4.8% of employees have total cholesterol >240
- 48.4% of employees had a derived stress risk
- 16% of employees had a derived emotional health risk
- 5% of employees smoke tobacco
8.9% reported having more than average or tremendous stress over the last 12 months.

A higher percentage of graduate or professional students experienced higher levels of stress than did upperclassmen or first-year students.

7.5% of students reported that their academic performance was negatively affected because of stress.
HEALTHY AND HAPPY WORKERS ARE PRODUCTIVE WORKERS!
Wellness

The optimal state of living well, regardless of an individual’s spectrum of health, encompasses physical, intellectual, mental, emotional, social, occupational, financial, environmental and spiritual well-being.
Every dollar invested in worksite wellness is a return of more than $4.00 in reduced healthcare costs, higher engagement, improved productivity and lower absenteeism.

Effective Communication

One University Health & Wellness Council & Health & Wellness Discover Theme
Vision: The healthiest University and community on the globe

Mission: We exist to facilitate the highest levels of wellness for faculty, staff and students across the University and community
Moving Forward

Moving forward with a strategic plan with innovative and evidence-based implementation strategies, fueled by a transdisciplinary approach building on what has worked/best evidence; eliminating what is not working.

Targeting individuals with health risks and chronic conditions.

Re-boarding faculty, staff and students in wellness.

Execution of our health and wellness discovery theme.

The “Health Athlete” Program.
Moving Forward

Careful outcomes monitoring and rapid quality improvement.

Wellness warriors in all units

Buckeye Wellness Packs

Buckeye Wellness Tips

Wellness Wednesdays – launching fall of 2012

Leaders’ Wellness Program
Wellness Firsts for OSU

- The first University with a Chief Wellness Officer
- The first University to partner with the Million Hearts Campaign (CDC/CMS Innovation Center)
- The first University in the U.S. to be accredited by US Healthiest – Special Event on June 12
Buckeyes say that “Pigs can fly!”

I need your leadership, support and innovative ideas to make our vision of the healthiest University to become reality.