



OREGON HEALTH & SCIENCE UNIVERSITY

Proven Effective HPSM Team-Based Programs

- ATLAS** Athletes Training & Learning to Avoid Steroids
- ATHENA** Athletes Targeting Healthy Exercise & Nutrition Alternatives
- HEALTHY** Middle School Program to Prevent Type 2 Diabetes & Obesity
- PHLAME** Firefighter Wellness Program
- SHIELD** Wellness Program for Police Officers

Promoting Healthy Lifestyles: Alternative Models' Effects
Safety & Health Improvement: Enhancing Law Enforcement Departments

Healthy Programs at OHSU

Healthy TEAM Healthy U

- Evidence-based
- Twelve 30-minute sessions
 - Team-based
 - Peer-led
- High touch and high tech
- Sequential curriculum
 - Interactive/fun
 - Goal-setting
 - Feedback

Healthy Steps

- Individual tracking program designed to encourage & reward healthy behaviors.



Four small images showing materials for the Healthy TEAM Healthy U program, including a blue booklet, a yellow booklet, a green booklet, and a purple booklet. Below them is a logo for Healthy TEAM Healthy U featuring a tree and the text 'Healthy TEAM Healthy U' and 'OHSU'.

Why A Stair Climbing Campaign?

- Engage workforce in healthy activity
- Demonstrate that physical activity can be built into the workday
- Physical activity does not have to be vigorous to have benefits



Stair Climbing Benefits

- 2010 study of sedentary hospital workers
 - Increasing 5 to 20 flights per day →
 - ↑ Cardiovascular capacity
 - ↓ fat mass
 - ↓ body weight
 - ↓ blood pressure



Meyer P, Kaysler B, Kossovsky MP, Sigaud P, Carballo D, Keller PF, et al. Stairs instead of elevators at workplace: cardioprotective effects of a pragmatic intervention. *Eur J Cardiovasc Prev Rehabil.* 2010 Oct;17(5):559-75.

Stair Climbing Benefits

- Harvard Alumni Study (1998)
 - Prospective cohort study (1997 to 1988)
 - Climbing 3-5 flights of stairs a day is associated with ↓ stroke risk in men



Lee IM, Paffenbarger RS. Physical activity and stroke incidence: the Harvard alumni health study. *Stroke.* 1998;10:2049-54.

Stair Climbing Interventions

CDC's StairWELL to Better Health

- Initially conducted in 1998 at the CDC
- Total cost of intervention = \$16,000
- Intervention included:
 - Stairwell appearance & environment (largest cost)
 - Motivational signs (no monetary inducement)
 - Music
- Proximity sensors monitored activity
- 8.9% increase in stair usage from baseline



Source: www.cdc.gov/nccdphp/dnpao/hw/foodits/stairwell/

Stair Climbing Interventions

NYC Dept. of Health & Mental Hygiene Stair Prompts

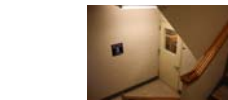
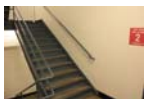
- ~30,000 signs distributed throughout NYC
- ~18,000 observations
- 9.2-34.7% relative increase in stair climbing after posting signs
- 42.7% relative increase 9 months after post signs in public housing building; 20.3% in health clinic



Source: <http://www.nyc.gov/html/doh/html/pr2008/pr08-stair.html>

Stair Climbing Campaign at OHSU

- Stair prompts (point-of-decision) signs near elevators and staircases in select OHSU buildings
- Mt. Hood Stair Climbing Challenge



Stairs Prompts at OHSU

- Signs posted through OHSU non-patient buildings March-June 2013
- Four observations times- over 1,000 observations
- Observations took place in five buildings on Marquam Hill




Stairs Climbing Prompts at OHSU




Mount Hood Stair Climbing Challenge (individual)



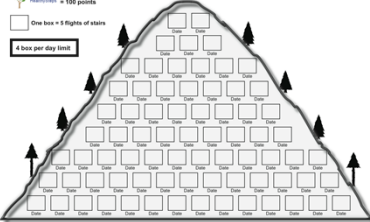
Mount Hood Challenge

 **MT. HOOD CHALLENGE** NAME: _____
Date Completed: _____

 **100 points**

One box = 1 flight of stairs

4 bars per day total





- The Mt. Hood Challenge Stair Climbing Challenge worksheet included over 370 flights of stairs
- Two Mt. Hood Challenge raffle events/parties (July and October 2013)
- Approximately **600 participants**
- All received Bob's Red Mill Steel Cut Oatmeal & Zing Nutrition Bars
- 41 individual raffle winners



2014 Mount Rainier Stair Climbing Challenge (individual)





- The Mt. Rainer Challenge Stair Climbing Challenge worksheet includes 120 boxes for 600 total flights climbed
- Finishers receive 150 HealthySteps points; 14 finishers





- Teams of 3-7 people join to climb 2,900 flights of stairs or 580 boxes
- Participants have until September 31, 2014 to submit evidence of completing the challenge
- 89 Mt. Everest posters delivered to teams- **32 teams** have completed the challenge- **10X participation**
- Finishers receive 100 Healthy Steps points and chance to win a Fitbit One for everyone their team

Lessons Learned

- Team-based vs. individual programs
- Marketing & communication
- Incentivize (monetary inducement, raffles)
- Fun & interactive
- Target sign messages (focus groups)
- Comprehensive program is best for lasting benefits

"That which is measured improves. That which is measured & reported improves exponentially."
- Karl Pearson



Resources

- CDC StairWELL Resource Kit:
http://www.cdc.gov/hccdp/hwi/toolkits/stairwell/motivational_signs.htm
- Let's Go.org- Childhood Obesity Non-Profit- Stairwell Campaign Kit:
<http://www.lets-go.org/wp-content/uploads/12-WPStairWELLInitiativeTab2-COLOR.pdf>
- NIHCM's Building a Stronger Evidence Base for Wellness Programs
<http://www.nihcm.org/pdf/Wellness%20FINAL%20electronic%20version.pdf>
- Healthy Team Healthy U
<https://pebb.healthyteam-secure.com/public/learn-more>

References

Lee IM, Paffenbarger RS. Physical activity and stroke incidence: the Harvard alumni health study. *Stroke* 1998;10:2049-54.

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Kerr, N.A., Yore, M.M., Ham, S.A., & Dietz, W.H. (2004). Increasing Stair Use in a Worksite Through Environmental Changes. *American Journal of Health Promotion*, 18 (4): 312-315.

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Zimring C, Joseph A, Nicoll GL, Tsepas S. Influences of building design and site design on physical activity: research and intervention opportunities. *Am J Prev Med* 2005;28(2S2):186-193.

Thank you!

For any questions, please contact:

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OHSU Environment



Healthy TEAM Healthy U (HTHU) is a program for employees to achieve and maintain a healthy lifestyle.



Look for the tree to select HTHU approved meals, snacks and drinks

HTHU approved items can help you:

- ✓ Achieve and maintain a healthy weight
- ✓ Lower blood pressure
- ✓ Improve cholesterol
- ✓ Be healthier & feel better!

HTHU approved items also earn HealthySteps points!



This meal is approved by the Healthy TEAM Healthy U employee wellness program!

VEGETABLE OMELET

☆ An omelet made with egg substitute and fresh vegetables

☆ 1 slice whole wheat toast

☆ Fresh fruit





OHSU Environment

Healthy TEAM Healthy U

Every "Blink" Minute Counts

It's not just your eyes that need attention. Your vision is a precious asset, and taking care of it is essential. Regular eye exams can help you detect and prevent eye problems before they become serious. The American Optometric Association (AOA) recommends that you have a comprehensive eye exam every two years, or more often if you have certain risk factors. An eye exam can help you identify and treat eye problems early, which can prevent vision loss and other complications. It can also help you determine if you need glasses or contact lenses. Regular eye exams are a simple and effective way to protect your vision and overall health.

Healthy Eating Costs Only \$1.50 More Per Day

It's a common misconception that eating healthy is expensive. In fact, eating healthy can be just as affordable as eating unhealthy. The key is to focus on whole, unprocessed foods like fruits, vegetables, whole grains, and lean proteins. These foods are often the most nutritious and can be purchased in bulk or frozen to save money. Avoiding processed foods, sugary drinks, and fast food can also help you save money while improving your health. Eating healthy doesn't have to be a financial burden.

Low Vitamin D Linked to High Blood Pressure?

Research shows a link between low levels of vitamin D and high blood pressure. Vitamin D is a nutrient that is essential for many bodily functions, including bone health and immune system support. Studies have found that people with low levels of vitamin D are more likely to have high blood pressure. This may be because vitamin D helps regulate the production of renin, a hormone that can lead to high blood pressure. Getting enough vitamin D through diet or supplements may help lower blood pressure and improve overall health.

Healthy TEAM Healthy U

Will a Harder Workout Cause Us to Eat Less?

Exercise is a great way to improve your health and lose weight. But does a harder workout mean you'll eat less? The answer is not necessarily. While some people may feel hungrier after a workout, others may feel satisfied. This is because exercise can affect your metabolism and appetite. For some people, the energy expended during a workout leads to an increase in hunger. For others, the endorphins released during exercise can suppress appetite. It's important to listen to your body and eat when you're hungry. Eating a balanced meal after a workout can help replenish your energy and support your recovery.

Protective Effect of Total Water Intake Shown on Kidney Function, But Not Cardiovascular Disease

Drinking enough water is important for overall health. A new study shows that higher total water intake is associated with better kidney function. The study found that people who drank more water had higher levels of creatinine clearance, a measure of kidney function. However, the study did not find a link between water intake and cardiovascular disease. This suggests that while staying hydrated is important for kidney health, it may not be enough to protect against heart disease. Other factors like diet and exercise are also important for cardiovascular health.

High Oil Foods Increase Hunger and Food Cravings

High-fat, high-calorie foods can be satisfying, but they can also lead to increased hunger and cravings. This is because these foods are often high in saturated fats and simple carbohydrates, which can cause a rapid spike in blood sugar followed by a crash. This crash can lead to feelings of hunger and a desire to eat more. Additionally, these foods are often high in calories, which can lead to weight gain if consumed in excess. Choosing healthier, lower-calorie options can help you feel satisfied and avoid cravings.

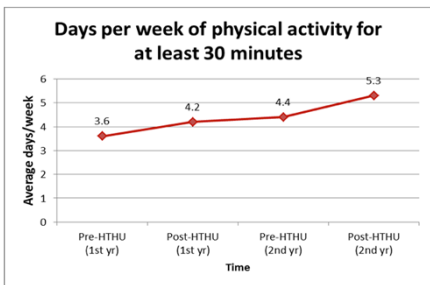
High Oil Foods

High oil foods are often high in calories and saturated fats. Examples include fried foods, fast food, and certain types of nuts and seeds. While these foods can be part of a healthy diet, they should be consumed in moderation. Replacing high oil foods with healthier options like fruits, vegetables, and whole grains can help improve your diet and overall health.

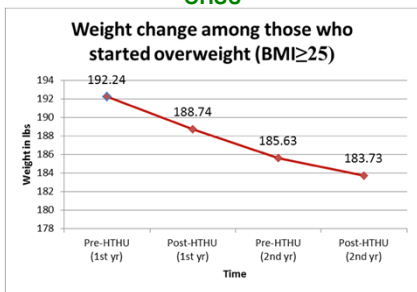
Low Oil Foods

Low oil foods are generally healthier and lower in calories. Examples include fruits, vegetables, whole grains, and lean proteins. These foods provide essential nutrients and can help you maintain a healthy weight and improve your overall health. Making these foods a larger part of your diet is a key strategy for better health.

The Healthy Behaviors Stick!
(1.0 + 2.0 Program)
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