CHA Employee Health and Wellness Symposium Draws Large Crowd

On September 19, 2012, nearly 100 healthcare leaders from across the state attended the CHA symposium, Creating a Culture of Employee Health and Wellness.

The Connecticut Department of Public Health Commissioner Jewel Mullen, MD, MPH, MPA, opened the day by encouraging Connecticut hospitals to be leaders in employee wellness, saying that wellness efforts influence not just staff but communities. Dr. Mullen lauded Connecticut hospitals for being leaders in their commitment to collaborating and conducting community health needs assessments, and for their ongoing commitment to health equity.

“Public health is redefining itself in the 21st century. We must focus on health, not sickness care,” said Dr. Mullen. “With that comes a growing need to partner public health and healthcare. There are many ways Connecticut can demonstrate for others how to get that done.”

Patrick Charmel, CEO of Griffin Hospital, reiterated this thought, saying, “We have a moral obligation to care for our caregivers and an economic imperative to improve the health of our workforce.” Effectively addressing employee and community health and wellness helps hospitals fulfill their mission, improve the health of their community, reduce healthcare costs, and maintain a productive workforce necessary to ensure the delivery of patient care services.

Keynote speaker David L. Katz, MD, MPH, FACDM, FACP, discussed the obesity epidemic and the numerous severe and chronic health problems that arise from it. He described how a collective effort must be made to improve diet and increase physical activity, saying, “The master levers of good health are feet, forks, and fingers. Used well, these things can change everything.” Dr. Katz said that simple lifestyle improvements can lead to an 80 percent reduction in heart disease, a 90 percent reduction in diabetes, and a 60 percent reduction in cancer.

Dr. Katz is known internationally for his expertise in nutrition, weight management, and chronic disease prevention. He is the founding director of the Yale-Griffin Prevention Research Center and directs the Integrative Medicine Center at Griffin Hospital.

Throughout the day, hospitals heard practical advice and personal stories. Deborah Gogliettino, Senior Vice President and Chief Human Resources Officer at Eastern Connecticut Health Network, described how important it is to constantly share the message of wellness.

Richard Babcock, Principal at Mercer, described the challenge faced by hospitals – they are dealing with a population that has knowledge and access, but personal behavior is a barrier to keeping people healthy. “As you think about employee health, keep in mind that it is all about behavior and social connectivity,” he said. Mr. Babcock provided tangible advice on putting together a strategic framework around employee health and wellness, with components that include a broad-based and population-based plan that incorporates useful incentives and measurable goals.

Other speakers included Janet Brown, Director of Content and Outreach, Practice Greenhealth; John Stoddard, MS, Healthy Food in Health Care Coordinator, Health Care Without Harm; and Thora Khademazad, Manager of Health Enhancement, Tenet Healthcare Corporation.
New Study: Obesity Rate in Connecticut Could Dramatically Increase

The number of obese adults, along with related disease rates and healthcare costs, is on course to increase dramatically in Connecticut over the next 20 years, according to *F as in Fat: How Obesity Threatens America's Future 2012*, a report released this week by Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). The analysis, conducted by the National Heart Forum, is based on a peer-reviewed model published last year in *The Lancet*.

If obesity rates continue along current trajectories, the obesity rate in Connecticut could reach 46.5 percent by 2030. This would contribute to: 412,641 new cases of type 2 diabetes; 1,014,057 new cases of coronary heart disease and stroke; 941,046 new cases of hypertension; 597,155 new cases of arthritis; and 147,883 new cases of obesity-related cancer in the state.

CHA data from FY 2006 to FY 2011 show similar trends in utilization, co-morbidities, and treatment modalities. Obesity-related hospital utilization has increased substantially. Inpatient discharges for patients with principal and secondary diagnoses of obesity and severe obesity increased by 71%; emergency department (ED) non-admissions increased 50%; and ambulatory surgeries increased 73%. For the same patient population, there was an increase in services to manage their obesity-related major chronic conditions such as Type II diabetes, hypertension, and stroke – an increase ranging up to 115% in inpatient discharges for stroke. Regarding treatment modalities, there was a 47% increase in bariatric surgery, which is one of several treatments for severe obesity.

According to TFAH/RWJF report, by 2030, obesity-related healthcare costs in Connecticut could climb by 15.7 percent, which could be the 22nd highest increase in the country.

Alternately, if Connecticut's population lowers its body mass index by five percent, the state could save seven percent in healthcare costs, which would equate to savings of $7,370,000,000 by 2030. The number of Connecticut residents who could be spared from developing new cases of major obesity-related diseases includes:

- 83,932 people spared from type 2 diabetes.
- 79,528 people spared from coronary heart disease and stroke.
- 75,911 people spared from hypertension.
- 38,564 people spared from arthritis.
- 6,374 people spared from obesity-related cancer.

The full report is available [here](#).

CHA Offers Diversity Collaborative Anniversary Symposium and Cross Cultural Training

This October, as part of the CHA Diversity Collaborative: *From Intent to Impact*, CHA will offer programs to increase diversity in hospital governance and senior management, improve cultural competence in the delivery of care, and increase supplier diversity.

High-profile speaker Bernice J. Washington, MBA, will deliver the keynote addresses at the October 23, 2012,
Diversity Collaborative Anniversary Symposium. The Symposium will present sessions on strategies and practices that hospitals can implement to achieve the goals of the collaborative.

Mrs. Washington, President and CEO of BJW Consulting Group, is a nationally acclaimed speaker, television and radio talk show commentator, and healthcare advocate. She has served as the Board Chair for Texas Health Presbyterian Hospital Plano, as Vice Chair of Presbyterian Healthcare Resources, and as a member of the American Hospital Association's Regional Policy Board.

The Symposium will be held on October 23, 2012, from 9:00 a.m. - 3:30 p.m. View the save-the-date flyer here. Register here.

On October 15, 2012, CHA presents the first of a four-part series: Cross Cultural and Diversity Inclusiveness Training. The program, designed and delivered by the Hispanic Health Council (HHC), establishes the foundation of knowledge, attitudes, and skills participants need to interact effectively with patients and clients of diverse backgrounds.

The program comprises four training sessions, each three hours in duration, delivered twice a week over a two-week period. Participants must attend all four sessions, and registration for the October 15 session will automatically register attendees for the entire program. The curriculum is highly interactive and will be limited to 20 participants. Clinical leaders, operational and administrative managers, and professional support staff are all encouraged to register.

The program will be held on October 15, 2012, from 9:00 a.m. - 12:00 p.m. Additional dates are October 17, October 22, and October 24. View the save-the-date flyer here. Register for all four sessions here.

Follow CHA on Twitter

Spread the CHA word by following us on Twitter. CHA distributes the latest information about what member hospitals are doing each day via Twitter and Facebook. In addition, we are happy to share member news via our social media channels. Simply e-mail the information to Michele Sharp, Director of Communications and Public Affairs, at sharp@chime.org.

Education Updates

Nurse Manager Leadership Academy: Managing the Business (Part 2)
September 27, 2012 9:00 a.m. - 4:00 p.m.

In response to member requests, CHA is pleased to again offer its popular Nurse Manager Leadership Academy, a five-part series modeled after the American Organization of Nurse Executives (AONE) Nurse Manager Leadership Collaborative Learning Domain Framework. The series is designed to meet the development needs of new and aspiring nurse managers.

Five comprehensive and successive learning modules build upon each other to focus on the link between clinical background and the leadership, business, and interpersonal skills needed in the role of the nurse manager.

View the brochure here for session details. To register, click on the date(s) below.

The program dates are:
September 27, 2012
October 4, 2012
October 5, 2012

The Healthcare Environment
October 19, 2012 9:00 a.m. - 12:00 p.m.
The Healthcare Environment, presented by George Mills, Director of Engineering at The Joint Commission, will include an update on trends related to hospital survey experiences and lessons learned, as well as general interpretations related to the healthcare environment. This program will also include discussion related to risk assessments associated with behavioral healthcare units, fire safety (including the Life Safety Code), and equipment management.

View the save-the-date flyer by clicking here. Click here to register.