

GUAM EMPLOYEES LOWER THEIR RISK FOR CHRONIC DISEASES

Wellness program established by executive order helps workers Get Up and Move

Public Health Problem

- Many public and private employees in Guam have risk factors for chronic disease such as elevated blood pressure.
- Although government offers workplace wellness activities, some agencies haven't brought quality programs to their employees.

Program

- The Guam Chronic Disease Prevention and Control Program worked with the Office of the Lt. Governor's Healthy Guam Initiative, and the Bureau of Professional Support Services of the Department of Public Health and Social Services to spearhead the reintroduction of a government-wide wellness program for employees - adding to the original plan to make it more results-oriented. Preventive Health & Health Services Block Grant dollars support implementation of key components such as free health screenings, incentives and staff time.
- An executive order established this Guam Employee HEALTH Program.
- Program participants have enhanced opportunities to learn about and improve their health status such as time off from work to participate in fitness and wellness activities and attend health and wellness classes.
- Evaluation tools measure employee's health status indicators such as weight, body mass index, body fat percentage, blood pressure, blood sugar and/or blood cholesterol.
- A health coach within each agency ensures on-site guidance and appropriate implementation of the program.

Impact

In a little over a year of operation:

- Almost all Guam government agencies and departments joined the program and assigned a departmental health coach - 43 out of 49.
- Eleven agencies fully implemented the program and almost all are drafting wellness 'best policies' for their individual work places.
- More than 250 employees enrolled and received health screening services to enable their participation in the program.
- More than 100 employees have joined classes on health topics such as blood pressure and cholesterol control, diabetes, fitness, nutrition, wellness, and H1N1 flu.

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