



WELLNESS COUNCIL WEBINAR

September 2021



[/WFHTN](#)



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[@WorkingForAHealthierTN](#)



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Encouraging and enabling state employees to lead healthier lives.

Today's Agenda

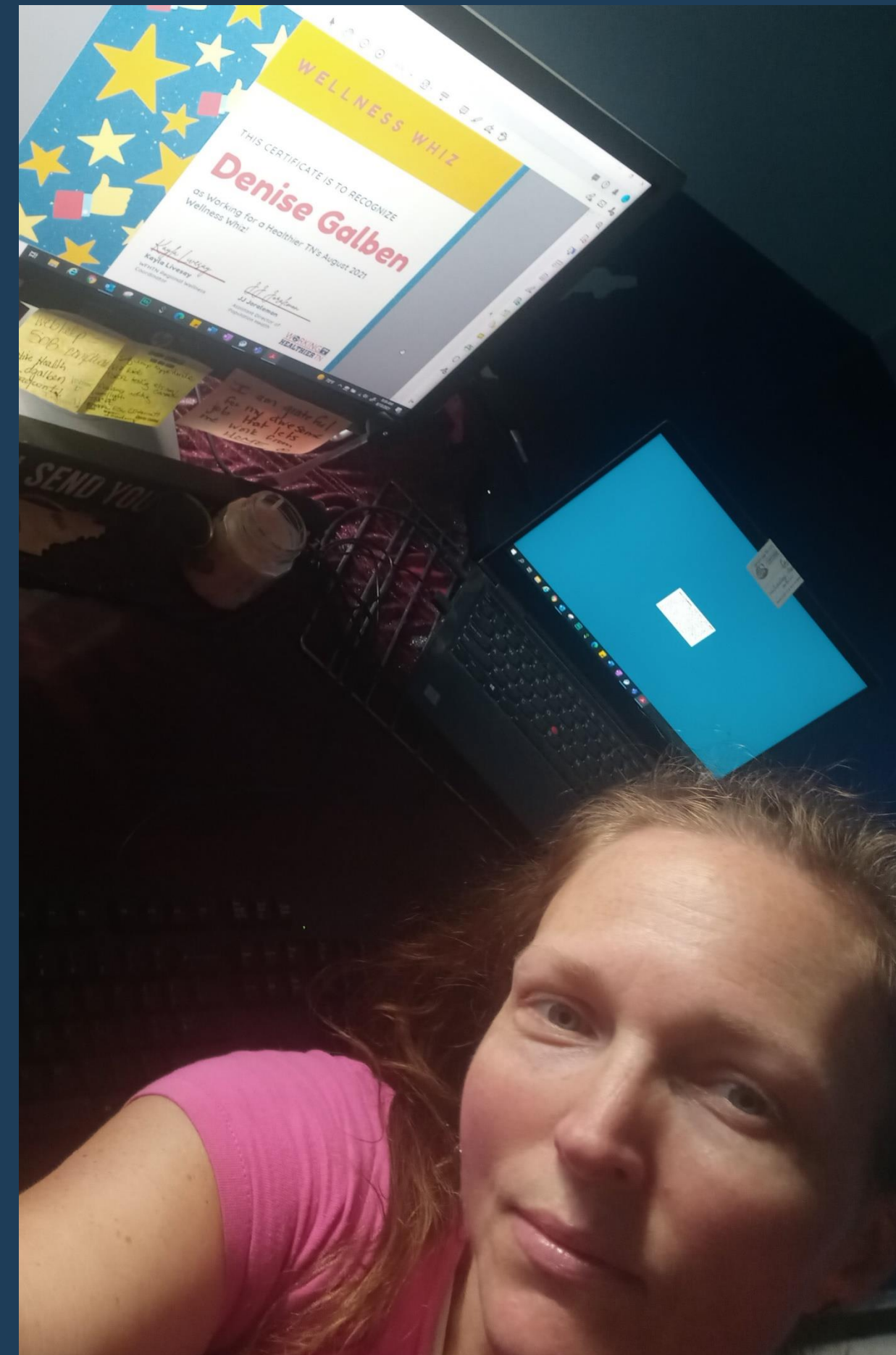
Wellness Whiz Quiz
Wellness Council Spotlight
September Health Observances
Upcoming WFHTN Schedule
ActiveHealth Index
Sharing

Wellness Whiz Quiz

Congratulations to our August 2021 Wellness Whiz Quiz winner:

Denise Galben

Department of Human Services



WFHTN Wellness Whiz Quiz

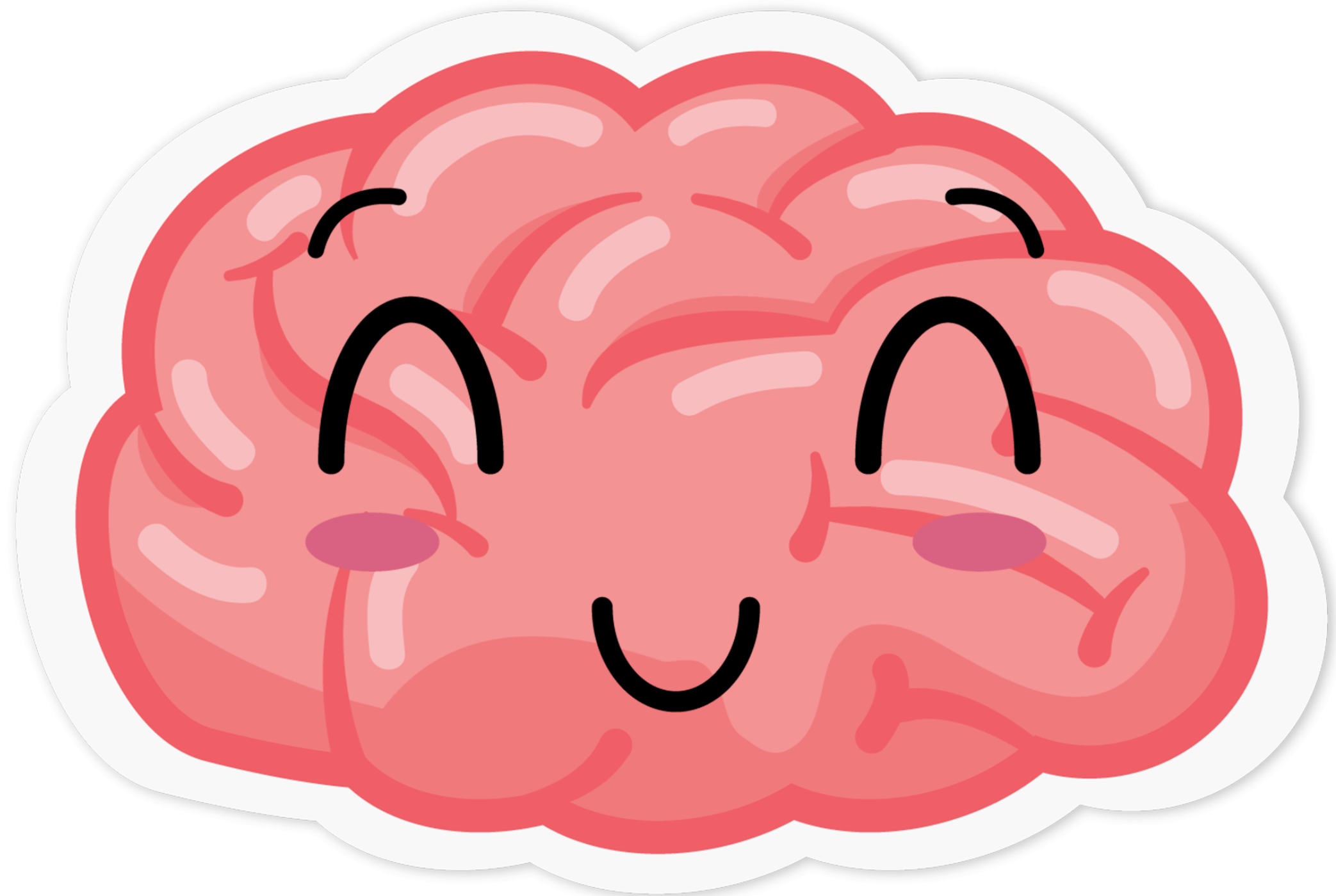
The Rules

The first Wellness Council representative to get 2 out of the 3 answers correct using the chat feature will be crowned this month's "WFHTN Wellness Whiz."

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer.

WFHTN Wellness Whiz Quiz



Wellness Whiz Quiz

Question #1

When is World Heart Day?

September ____



Wellness Whiz Quiz

Question #2

Name one award up for grabs this fiscal year.

(Hint: we shared these during last month's webinar.)



Wellness Whiz Quiz

Question #3

The Working for a Healthier TN focus areas include Physical Activity, Healthy Eating and

_____.

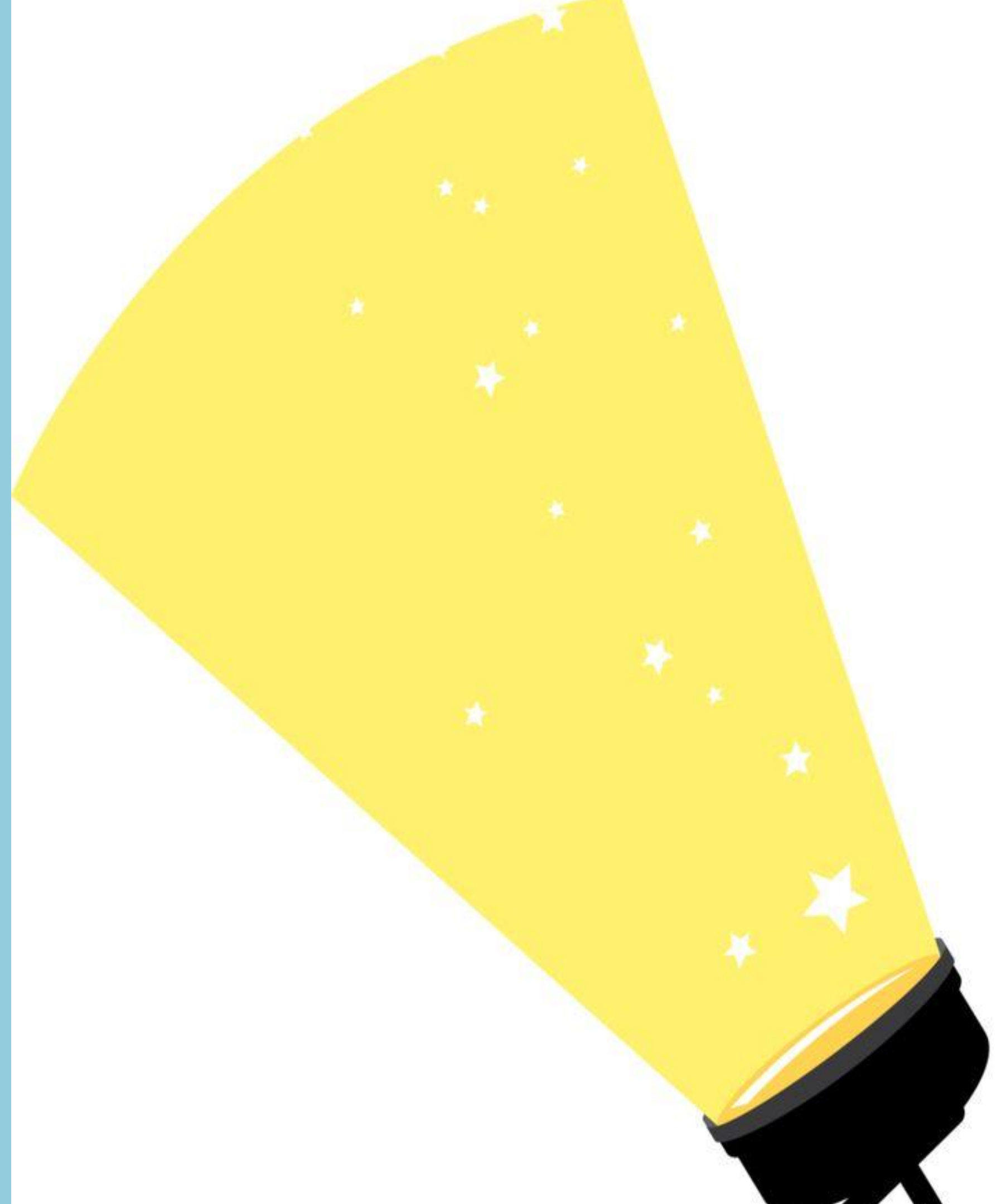
Wellness Whiz Quiz

Tie Breaker

True or False. Here4TN offers resources and services to help you and your family feel, live and work better.



Wellness Council Spotlight





TBI



DIDD

TDCI-lympics



Children's Services



DCS WELLNESS COUNCIL

WHAT MAKES YOU SMILE?

Did you know that smiling can help relieve stress, elevate your mood, and give you a boost of positivity?! In honor of **National Smile Week** (2nd week of August), show off your smile! You can capture a selfie, loved ones or things, pets, and/or activities (like family or sporting events and hobbies) that make YOU smile.

Please share your smile(s) with us at dcswellness.council@tn.gov by EOD Friday 8/20.

September Health Observances

Better Breakfast Month

Family Meals Month

Healthy Aging[®] Month

National Cholesterol Education Month

National Food Safety Education Month

National Fruits & Veggies Month

National Suicide Prevention Month

- [TN Crisis Services and Suicide Prevention](#)

National Yoga Awareness Month

Whole Grains Month

National Suicide Prevention Week (September 6–12)

World Suicide Prevention Day (September 10)

Better Breakfast Day (September 26)

World Heart Day (September 29)

Upcoming WFHTN Schedule

October Wellness Council Webinar

Thursday, October 7 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central

Quarter 1 Activity List

Due Monday, October 4



ActiveHealth Index



The Active Health Index

An ActiveHealth[®] Management presentation



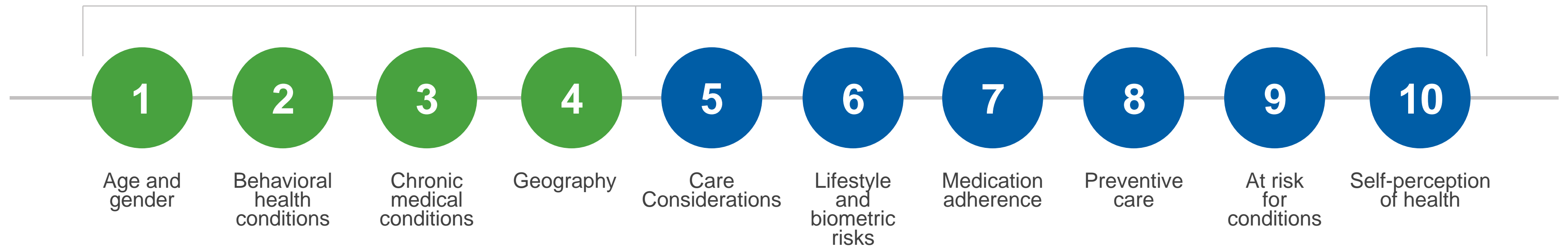
The Active Health Index

helps us find opportunities that have the most immediate impact.



Established

Impactable



Assessing opportunity

The Active Health Index

A single value metric (0 – 100) that reflects the health of an individual or a population based on assessment of ten dimensions of health.


The Impactable Health Index

A single value metric (0 – 100) that measures the six impactable dimensions of health. It reflects the percentage of ideal health that an individual or population has achieved.

More than just a number

The Active Health Index has wide applicability and delivers value

 For members

 For agency leaders and wellness champions

 For clinicians



Finds opportunities for health improvement



Personalizes the digital health experience



Measures population and individual health



Identifies areas for population health improvement

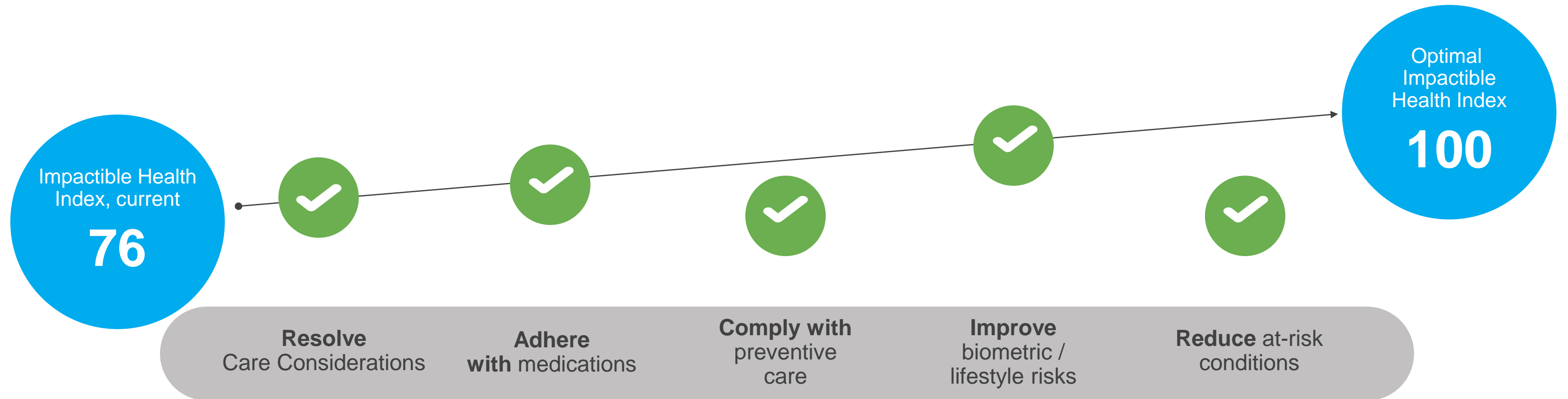


Identifies specific health improvement opportunities



Helps nurses and coaches support clinician and member efforts to reduce risks

The personalization of what comes next

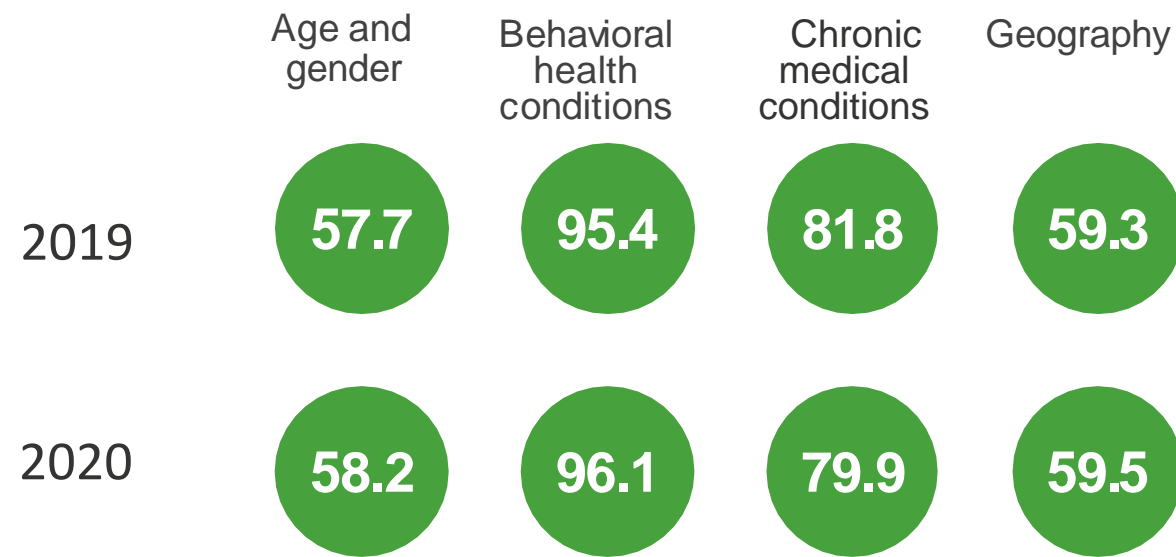


Health index values are illustrative.

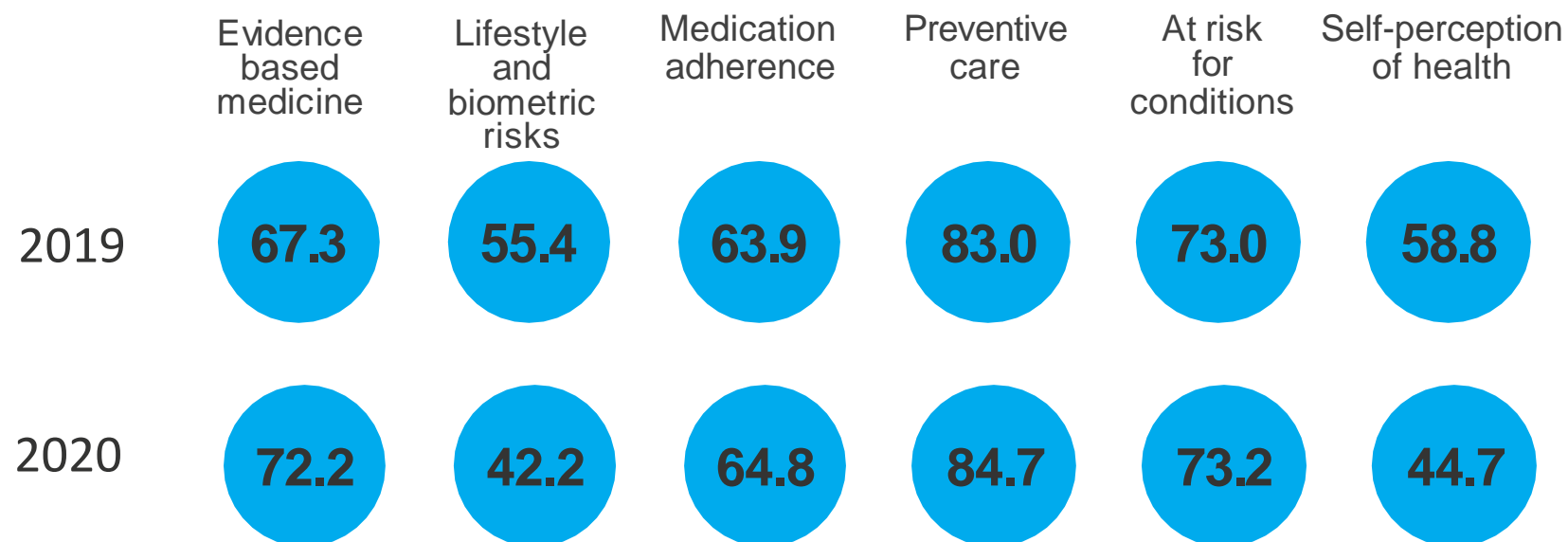
Active Health Index

Aggregate – All Agencies

Established Dimensions



Impactable Dimensions



2019



ActiveHealth Index

2020



ActiveHealth Index

84.4

Impactable Health Index

86.4

Impactable Health Index

15.6

Health Improvement Opportunity

13.6

Health Improvement Opportunity

Thank
you



Questions



Your Updates!





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