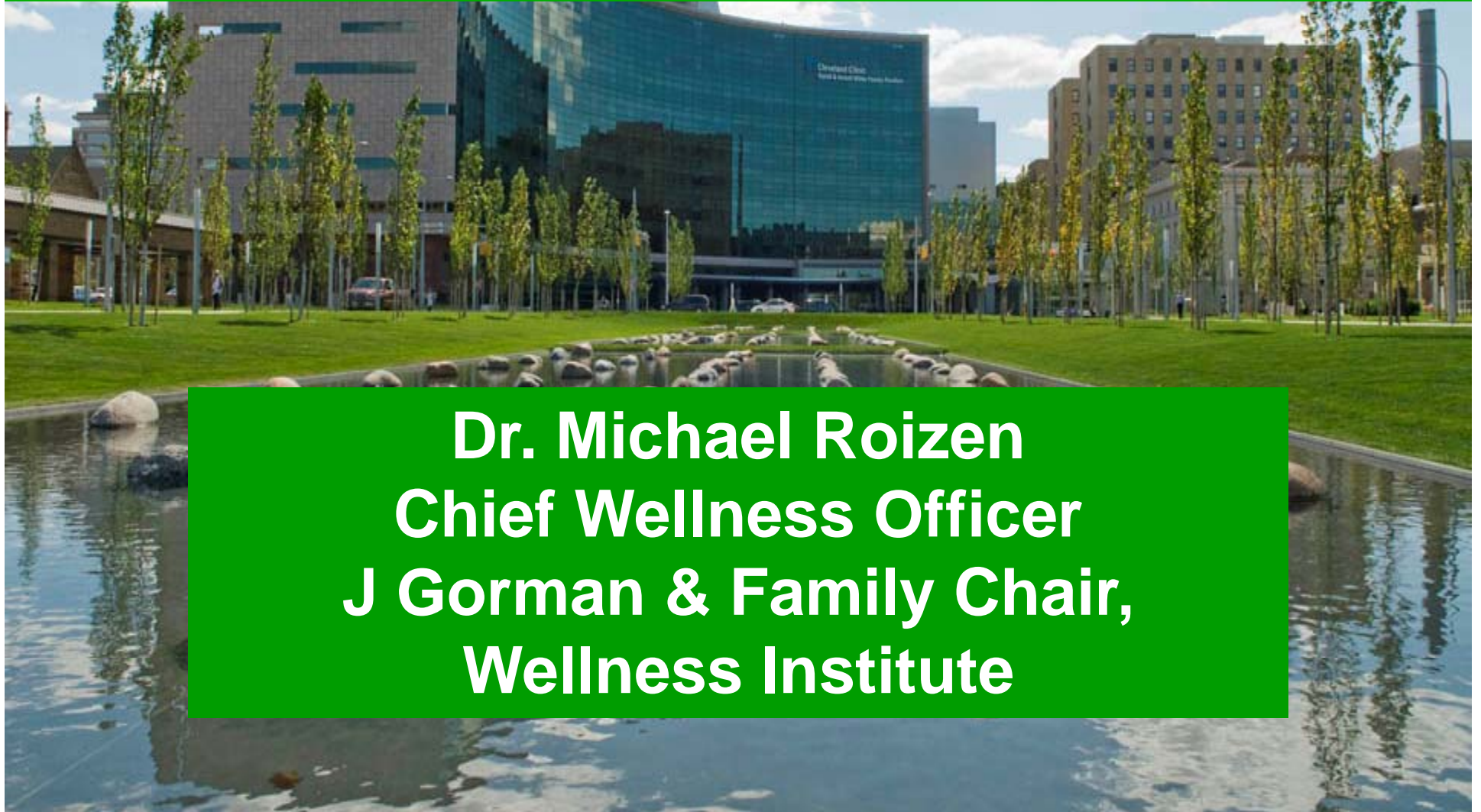


# **The Cleveland Clinic Experience: Improve Health, Save Big \$ For Social Programs, Ed & Defense**



**Dr. Michael Roizen  
Chief Wellness Officer  
J Gorman & Family Chair,  
Wellness Institute**

**Wellness :The Cleveland Experience:  
Vitality: Improve Health, Save Big \$ For  
Social Programs, Ed & Defense**



**Part of The Legacy of  
Toby Cosgrove**

## Diabetic Pre

- 1974: **4.2** million of 260
- 1983: **5.6** million of 260
- 1994: **7.8** m of 260
- 2004: **16.0** m of 290
- 2014: **29.0** m of 320
- 2050: Predicted **120** m

## The Choices We

(You?) Make

Aren't Getting

Better—Do We In

Medicine Need To

Coach Better?

## Obesity, Abdominal Obesity, Physical Activity, and Caloric Intake in US Adults: 1988 to 2010

Uri Ladabaum, MD  
Published Online: N

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Article Info

Abstract Full Text

### Abstract

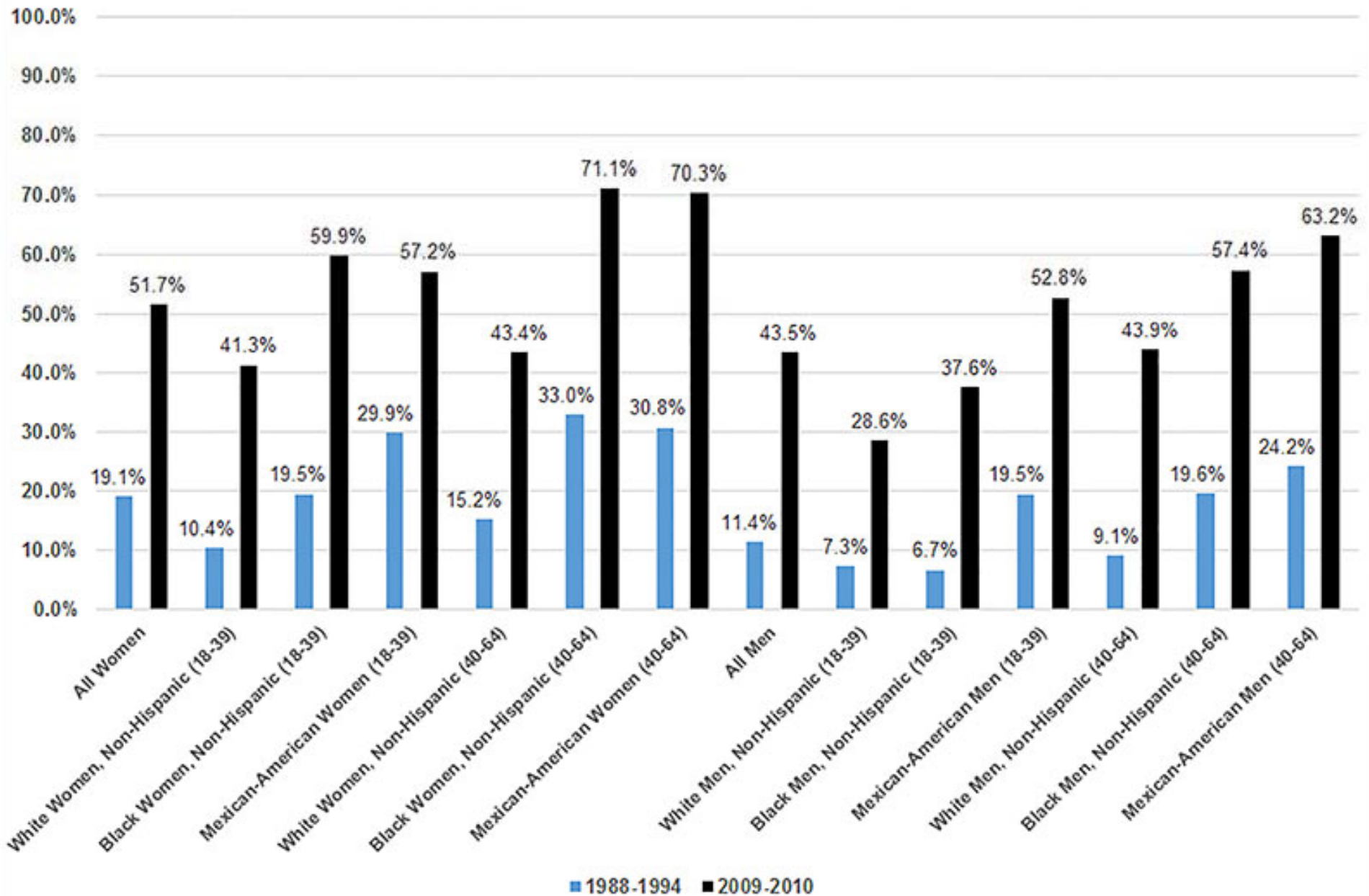
#### Background

Obesity and abdominal obesity are associated independently with morbidity and mortality. Physical activity attenuates these risks. We examined trends in obesity, abdominal obesity, physical activity, and caloric intake in US adults from 1988 to 2010.

**Calories Consumed Increased 2%  
Compounded Annually From 1983 To  
2000 (400+ More Calories A Day**

**Physical Activity Decreased To Zero  
(ZERO!!) In 47.5% In 2010 From 17% In  
1988!!!**

## Percentage of People Who Report No Leisure-time Physical Activity (Ladabaum et al data from 1988-94 vs 2009-2010 NHANES)



## Obesity, Abdominal Obesity, Physical Activity, and Caloric Intake in US Adults: 1988 to 2010

Net Result: US health care costs increased from 11.7% to 17.6% of GDP (50%+ Increase) as

**Body Mass Index increased** by 0.37% per year in both women & men from 1988 to 2010, and **Waist Circumference increased** by 0.37% and 0.27% per year in women & men, respectively.

these risks. We examined trends in obesity, abdominal obesity, physical activity, and caloric intake in US adults from 1988 to 2010.

# What Really Matters to Chronic Disease

- **If we do 5 Healthy Behaviors** have only 10-20 % of risk of all others for CV & Cancer -
  - **Only 4% Did 5 Behaviors** (88+K Nurses Health Study, NEJM, 2000 & 2015)
- **Swedish Men: Same Result 1% did 5** (35+K EHPJ, 2014)
- **How do we get many more to do 5 Healthy Behaviors ???? The Biggest & Most Important Question in Health Today!**

# Need All 5 To Sustain the Change

- 1) **Aha! Moments:** Culture Change
  - 2) **Environment:** Physical, Work (and Home)  
Culture that expects, supports & sustains well employees and family
  - 3) **Social & Fun:** Buddies through E-coaching, programs like Stress Free Now, social media
  - 4) **Coordinated Care Program:** to help those with chronic disease get “5 Normals”
  - 5) **Effective Incentive Strategy:** tied to programs and “5 Normals” Outcomes
-



# CC Employee Weight Management

## 445,000 LBS Lost

Weight Watchers

Curves

Shape Up & Go &  
**Stress Free Now**

Fitness Centers

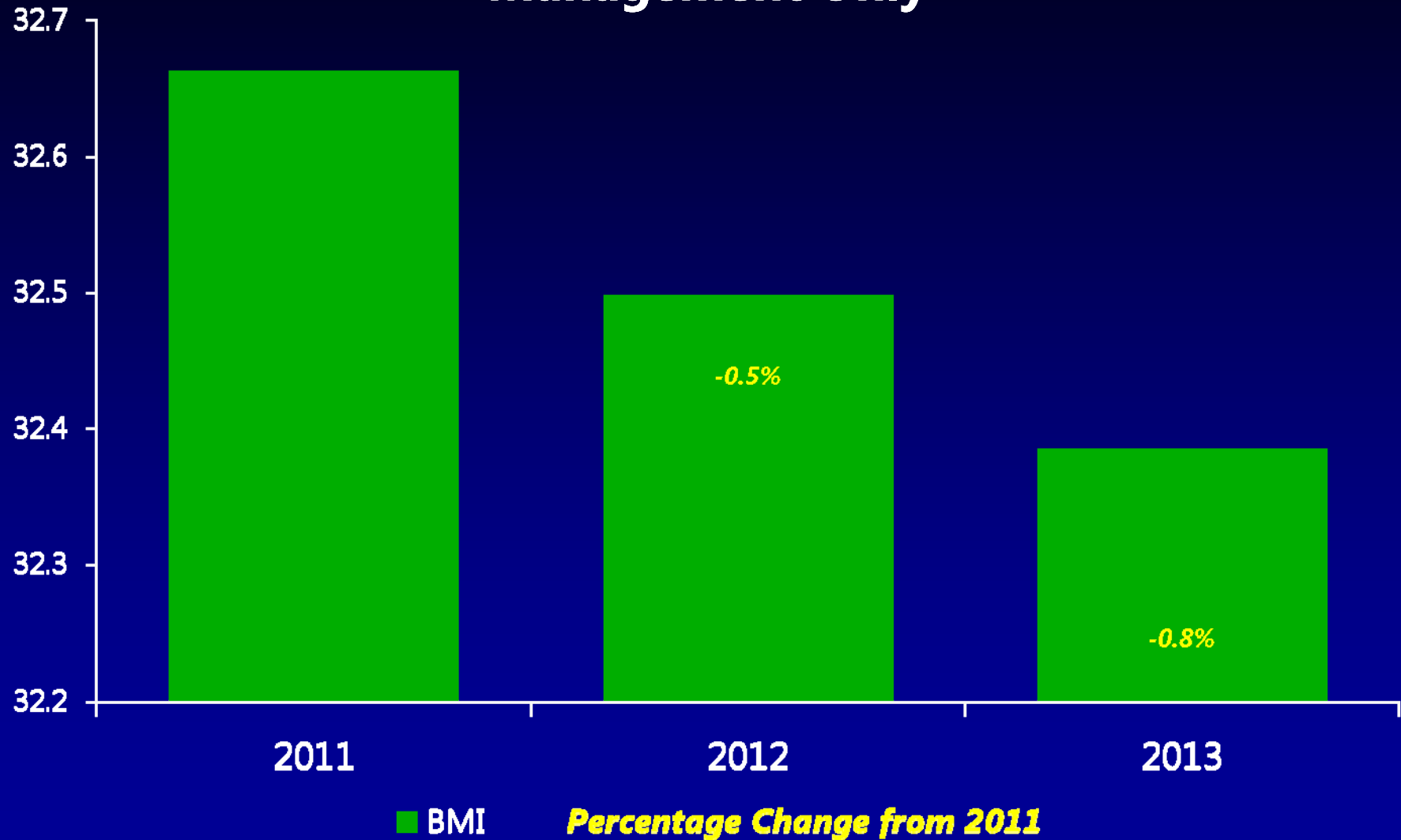
Yoga & E-Coaching

Farmer's Markets

Vending Machines

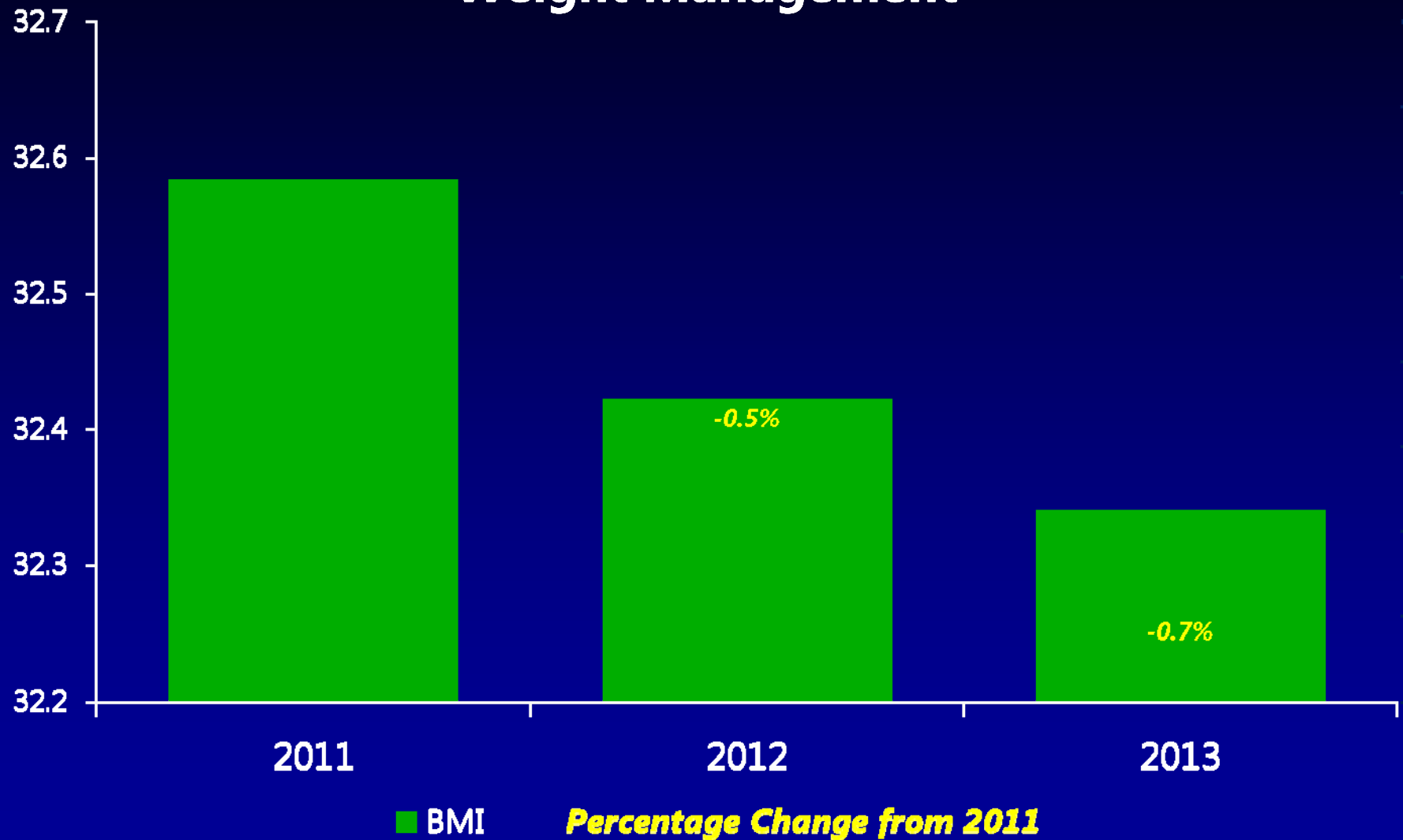
GO! Foods

# Reduction in Body Mass (BMI) by Year Employee Health Plan – Employees in Weight Management Only



Source: COACH  
Sample includes 4,713 members with BMI data each year from 2011 through 2013

# Reduction in Body Mass (BMI) by Year Employee Health Plan – Employees and Spouses in Weight Management



Source: COACH  
Sample includes 5,024 members with BMI data each year from 2011 through 2013

# Estimated Percent of Tobacco Users EHP Employees Only by Year



Sources: EPIC; EHP Eligibility  
 "Maximum Percent": Assumes that all members in EPIC without data are smokers

## Pre vs. Post Care Management Enrollment Utilization Trend

	Inpatient per 1,000				ED per 1,000			
	Pre	Post	% Change		Pre	Post	% Change	
Diabetes	221	181	-18.2%	↓	395	385	-2.6%	↓
HTN	142	111	-21.8%	↓	329	285	-13.4%	↓
Asthma	179	144	-19.3%	↓	530	424	-20.0%	↓

1. Number of employees: Diabetes → 1,321; HTN → 1,753; Asthma → 1,460
2. Non-normalized PMPM; claims incurred through 3Q14 and paid through 11/2014

## Not In vs. In Care Management Enrollment Utilization Trend

	Inpatient per 1,000				ED per 1,000			
	Not In	In	% Change		Not In	In	% Change	
Diabetes	210	151	-28.0%	↓	538	408	-24.2%	↓
HTN	233	92	-60.6%	↓	660	325	-50.7%	↓
Asthma	213	102	-52.1%	↓	1,020	418	-59.1%	↓

1. Number of employees: Diabetes → 1,466 In vs. 2,334 Not In; HTN → 1,846 vs. 5,452; Asthma → 1,540 vs. 1,472
2. Non-normalized PMPM; risk adjusted analysis; 10/01/13 – 09/30/14 (paid thru 11/2014)

**2014 WELLNESS REPORT CARD**  
Crum & Forster

**HEALTHY PERFORMANCE WITH STRESS FREE NOW**

Employees Registered: 186

Employees actively engaged in program. ....	175
Participants attended 3-6 team sessions. ....	145
Active participants completed post assessment. ....	130

**2014 FINANCIAL OVERVIEW**

Wellness Assessment . . . . .	\$25,000
Wellness Programming. . . . .	\$194,327
<b>Total Wellness Investment. . . . .</b>	<b>\$219,327</b>
Estimated Cost Savings. . . . .	\$966,797
Return on Investment. . . . .	341%

Employees synced with 50210.org. ....	650
Employees linked with Fitbit. ....	875
Total number of steps. ....	175.5 million

**KEY METRICS**

Number of People in CC Programs . . . . .	316
Approx Pounds Lost. . . . .	578 pounds
Approx Inches Lost. . . . .	188 inches
Number of People in In Motion. . . . .	952
Total Number of Steps. . . . .	175.5 million

**2014 FINANCIAL OVERVIEW**

Wellness Assessment . . . . .	\$25,000
Wellness Programming. . . . .	\$194,327
Total Wellness Investment. . . . .	\$219,327
Estimated Cost Savings. . . . .	\$966,797
Return on Investment. . . . .	341%

- **Working Populations Now Have Increased Use of Medical Care as Chronic Disease Manifesting Earlier**
  - **Without Programs For the “Healthy”, at Risk & Chronic Disease Mgmt, Populations with Chronic Disease Expand About 10% a Year (only 4% of US Population have 5 normals at Medicare entry)**
-



# Need All 5 To Sustain the Change

- 1) **Aha! Moments:** Culture Change
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