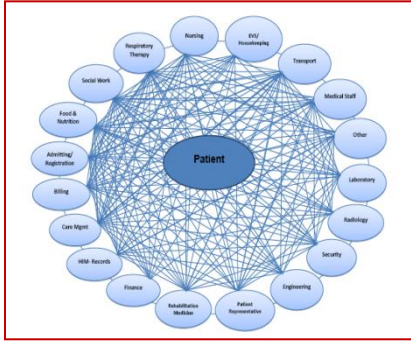


Workplace and Community Health Program

Caring for Our Healers: 1199SEIU Diabetes Prevention Program at Mount Sinai Beth Israel



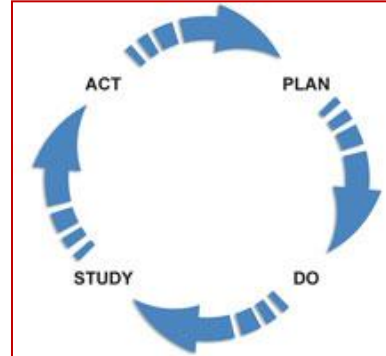
Labor Management Project



Joint Team Development



Facility Based L-M Consulting



Performance Improvement



Education & Sharing



CBA



Research & Evaluation

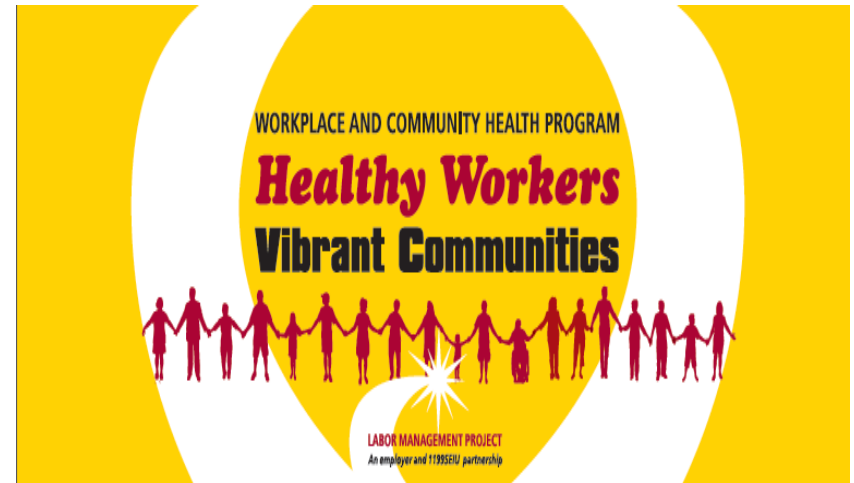


Workplace & Community Health

Labor Management Project (LMP)

Workplace and Community Health Program

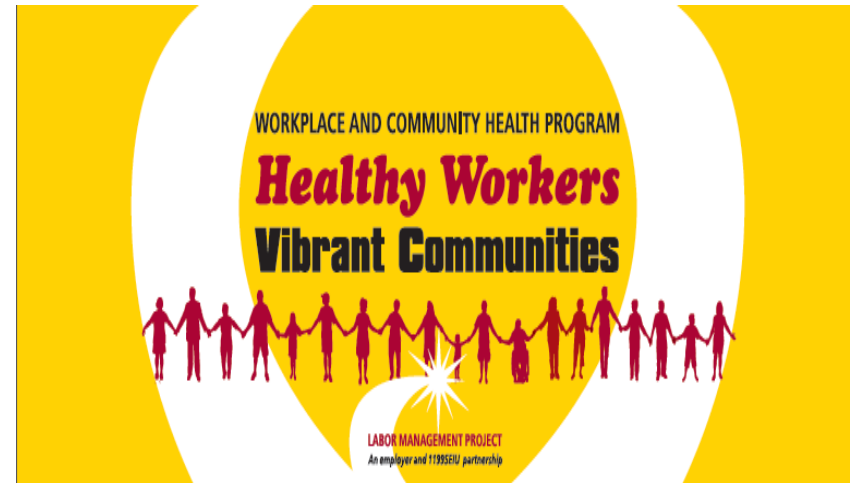
- **Goal:** To support the development of state-of-the-art healthy worksite and community programs for 1199SEIU members and families
- **Approach:** Provide technical assistance and implementation support to hospitals, homes and other organizations



Labor Management Project (LMP)

Workplace and Community Health Program

Program office: Program manager, project coordinator, evaluator, and expert consultants as needed





Worksite Wellness Framework

Integrates health and safety with health education and promotion

Drives a culture of health

Leadership support

Labor/Management Wellness Teams

Data to drive health efforts

An operating plan and adequate resources

Total Worker Health[®]

Effective Communications

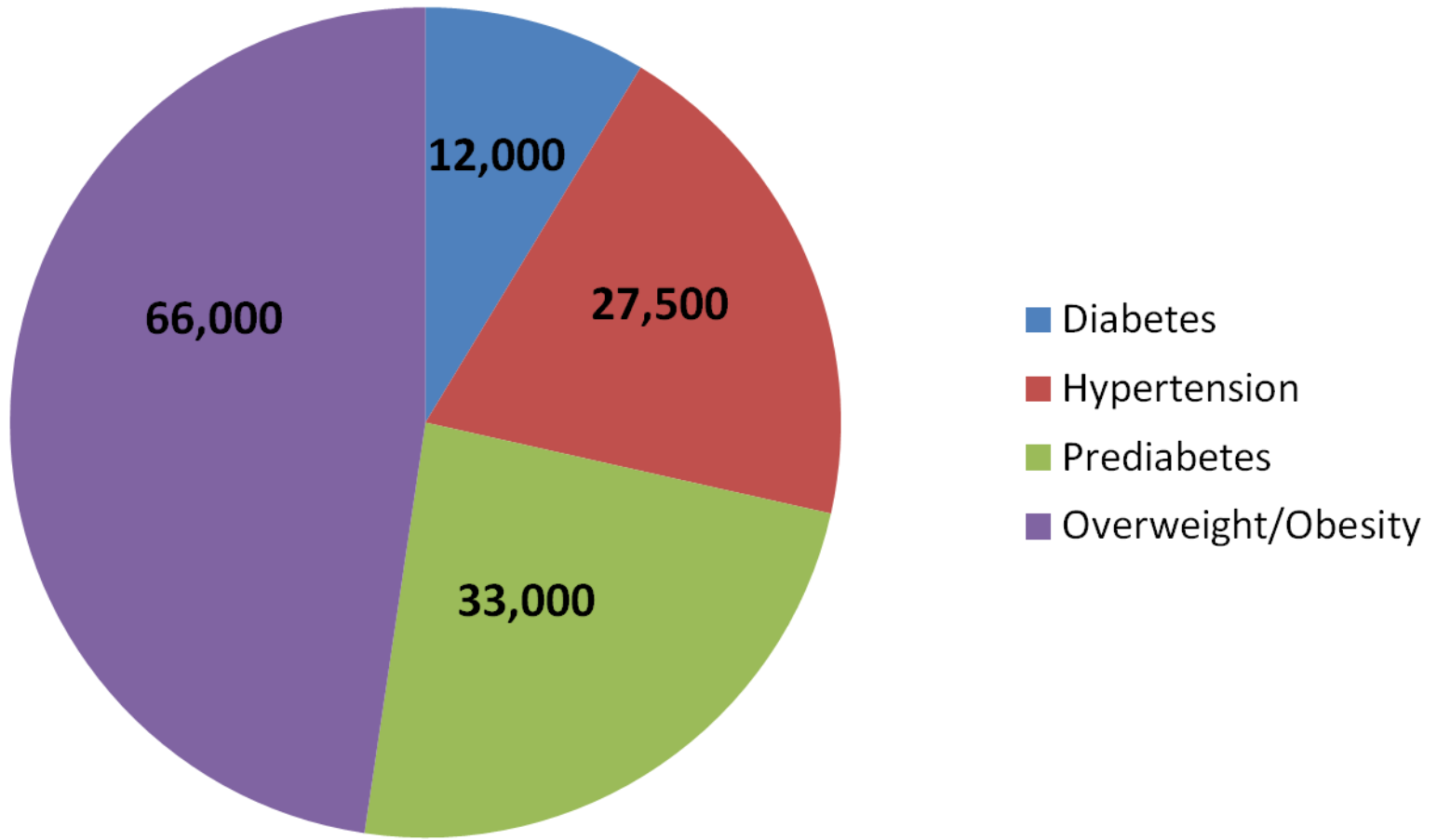
Programs tailored to risk

Supportive Environments

Evaluation



Estimated Number of 1199SEIU Members with Selected Chronic Health Conditions

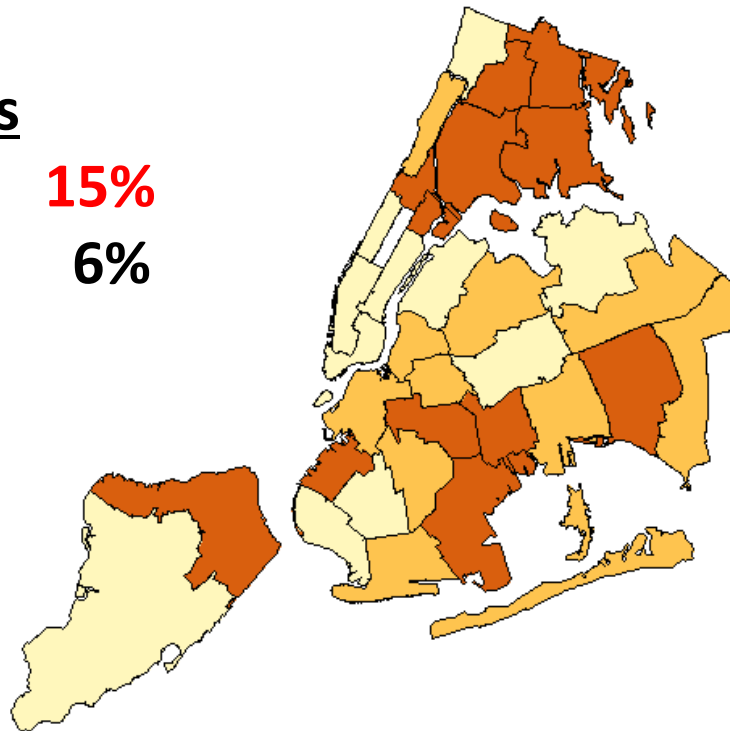


Diabetes Rates are 2.5 Times Higher in Low-Income Neighborhoods

NYC Community Health Survey 2012
Percentage ever been told they had diabetes by neighborhood

Diabetes Rates

Low income **15%**
High Income **6%**



Percent 2.4 - 7.6 10.3 - 13.6 13.9 - 20.1

Bureau of Epidemiology Services, NYC DOHMH



Diabetes Rates are Higher among Blacks and Latinos than Whites in NYC

Percent Reporting Ever Having Diabetes NYC Community Health Survey 2012

- Latino **15.4%**
- Black **13.7%**
- White **6.7%**



Road Map to Wellness

Health Promotion Activities:
National Diabetes Prevention
Program (NDPP)
Physical activity, nutrition and
weight loss classes

Program support:
Union and management
leadership support
Labor-management wellness
committees

Workplace and Community
Policies and Practices:
Healthy foods at work and in
community
Walk at work and in
community

- Cafeteria, vending, meetings, and events
- Bodegas, restaurants, and supermarkets

Stairwell prompts,
walking routes, and
walking challenges



What is the NDPP that will be offered at Mount Sinai Beth Israel?

- The NDPP is based on The Diabetes Prevention Program research study:
 - Participants had prediabetes
 - Modest lifestyle changes led to 5% to 7% reduction in body weight (10-14 lbs for person weighing 200 lbs)
 - These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people with prediabetes
- Participants attend classes with a lifestyle coach in a group setting for one year
 - 16 core one hour sessions (usually 1 per week, with make-up sessions)
 - 6 post-core one hour sessions (1 per month)



Overview of the 1199DPP

DPP pilot offers NDPP curriculum to employees with prediabetes

Delivered by 1199SEIU members and staff trained as “lifestyle coaches”

Delivered at the worksite during the workday in a classroom setting

Pilot at MSBI with goal of expanding to other hospitals



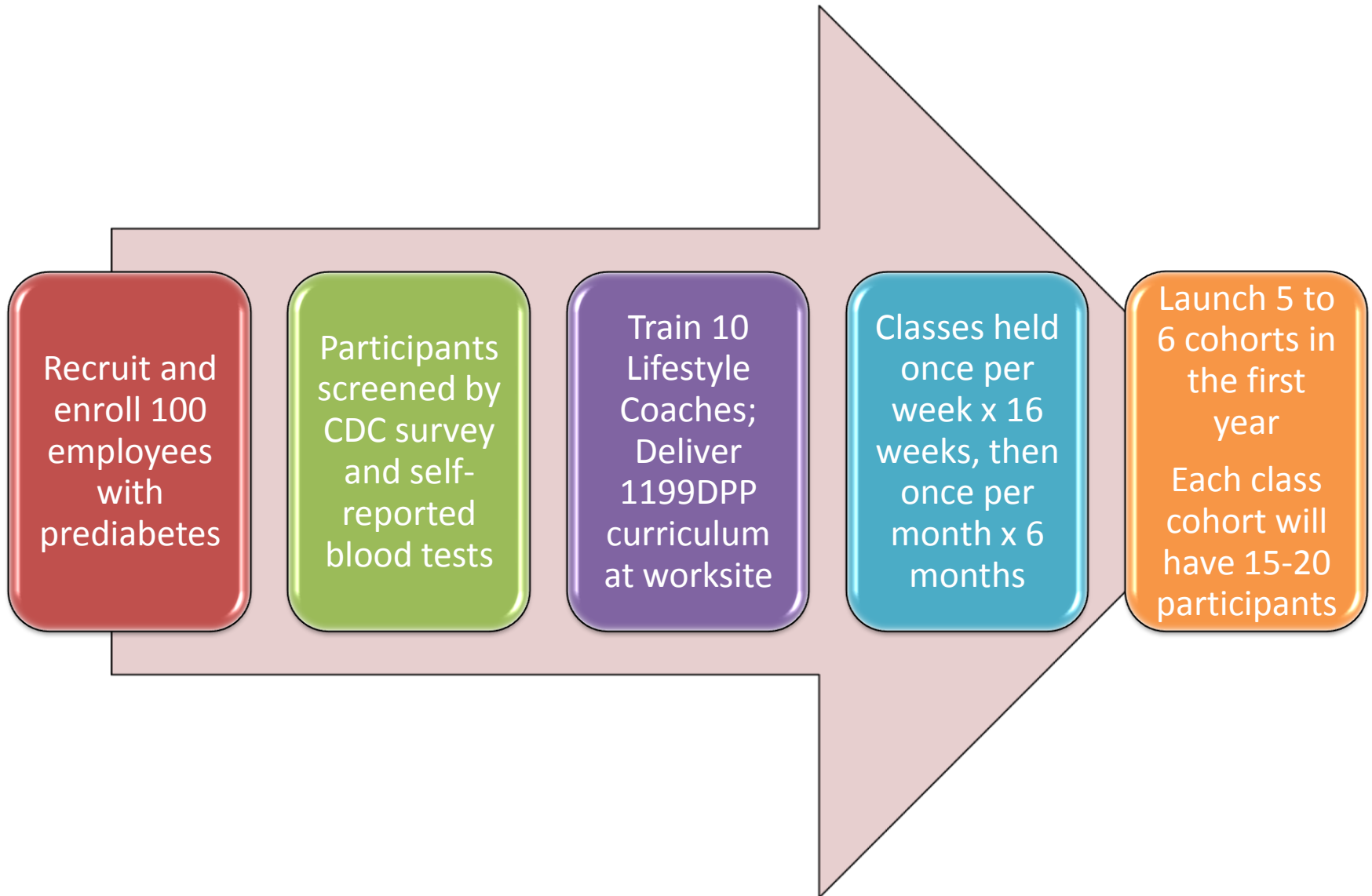
Overview of the 1199DPP

MSBI Labor-
Management
Planning
Committee
oversees
project

Work
release time
for coaches
and
participants
assured



Year One 1199 DPP Activities



Next Steps: Year One Nutrition and Physical Activity Interventions

Worksite Food and Beverage Interventions:

- Reduce the availability of unhealthy foods

- Employ use of visual aids in healthy food selection

Physical Activity Interventions:

- Promote stair use, walking routes and walking challenges



Acknowledgements

- **1199SEIU Training and Employment Funds**
- **1199SEIU/League Labor Management Project**
- **1199SEIU/League Workplace and Community Health Program**
- **Mt. Sinai Beth Israel**
- **1199SEIU United Healthcare Workers East**