



Beyond Biometrics: Optimizing Academic Professional Well-Being



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Background/ Purpose

Adult obesity is on the rise; 1 in 3 adults today are obese.

The workplace is a priority health promotion setting; Americans spend 8 hours/day in work-related activities¹⁻³

The purpose of this poster is to:

- Describe an innovative approach to academic workplace wellness program
- Discuss longitudinal (5-year) impact on employees' biometric health screening data.

Wellness Program Highlights

- Approximately 4,000 employee participants annually
- Weekly mobile health screenings during academic year
- Collaboration with College of Nursing; contracted agency for lab work



Results

Employees who consistently participate in the program are healthier.

Employees do not experience a negative change in BMI at the same rate as the national average.

Data indicates that participation positively impacts biometric screening data.



Measuring Longitudinal (5-Year) Impact

- Research Question: “Does participation in Wellness Program positively affect biometric data over time?”
- Secondary data analysis of biometric data

	Target Range	2012		2013		2014		2015		2016	
		Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
BMI	<24.9	27.3	5.8	27.3	5.9	27.6	5.8	27.6	5.8	27.9	6.0
SBP	<120	117.8	12.4	115.8	9.8	117.9	11.6	118.8	10.6	120.0	9.7
DBP	<80	76.4	9.2	75.9	8.3	76.8	8.0	77.3	7.4	77.5	7.8
HDL (+)	<160	99.1	27.6	102.6	28.2	103.7	29.6	102.8	25.5	104.4	28.0
TC	Opt.>60 Acc.>40	55.5	16.5	56.2	18.2	56.4	16.5	58.7	16.9	59.6	17.8
TRG	<200	175.2	30.6	178.9	34.3	181.3	33.5	183.2	29.1	184.5	34.1
GLU	<149	107.3	57.3	107.6	62.1	106.9	59.7	110.1	59.9	110.5	72.9

References

1. U.S. Bureau of Labor Statistics. (2016). American Time Use Survey. From <https://www.bls.gov/tus/charts.htm>.
2. U. S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. (2014). *Healthy People 2020*. From <https://www.healthypeople.gov>
3. World Health Organization. (2018). Occupational health: Workplace health promotion. From http://www.who.int/occupational_health/topics/workplace/en/.

