



HEALTHY BODIES
ACTIVE MINDS
Columbus City Schools



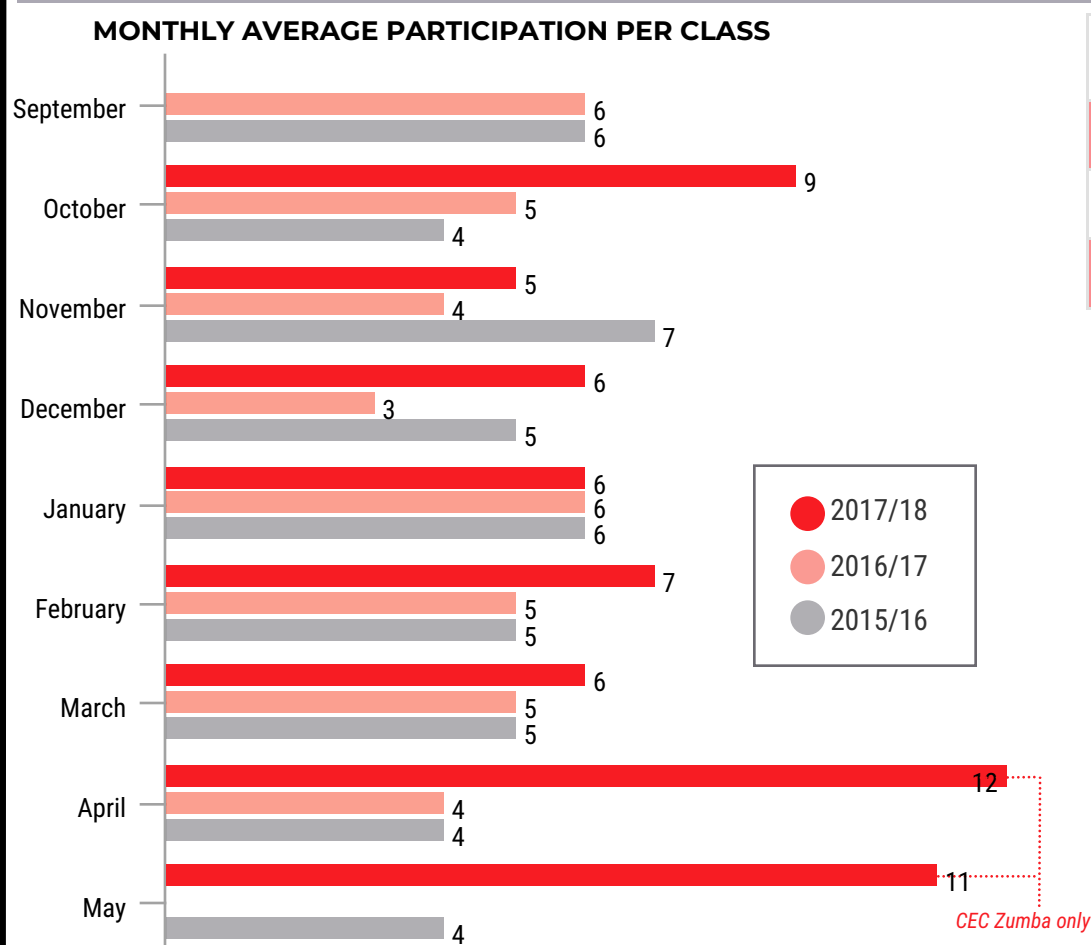
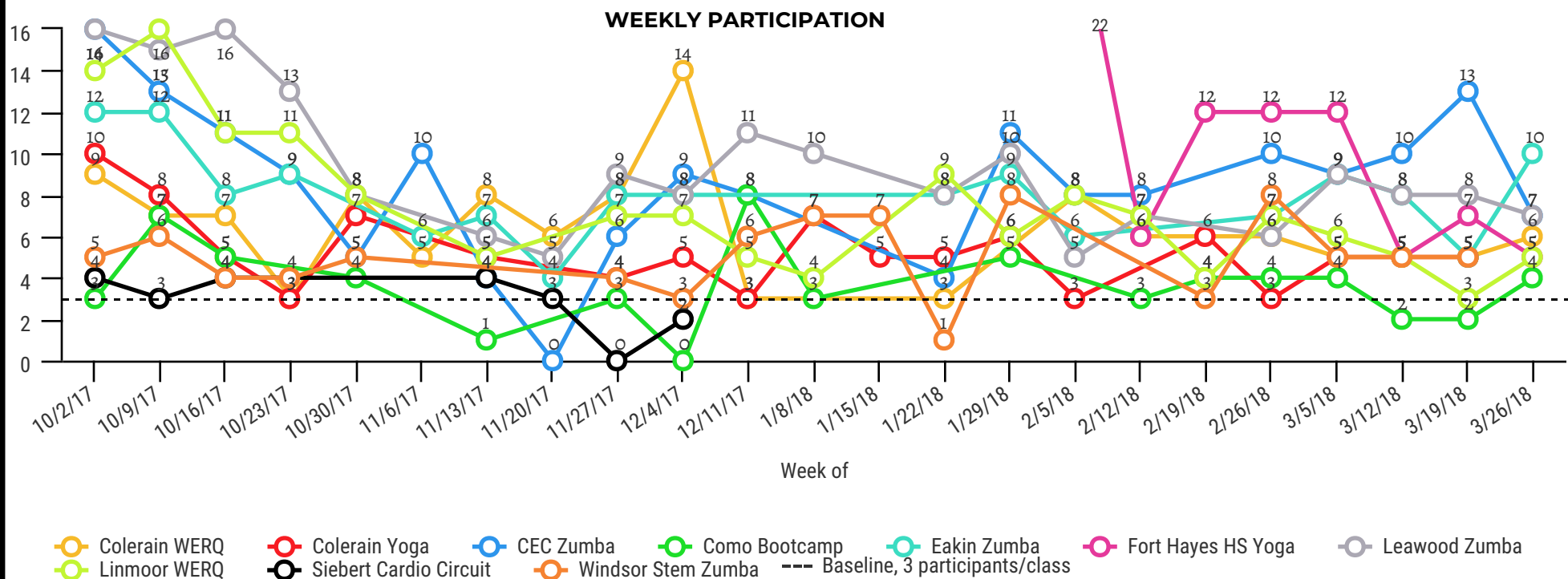
CCS WELLNESS INITIATIVE

AUGUST 2017 - MAY 2018

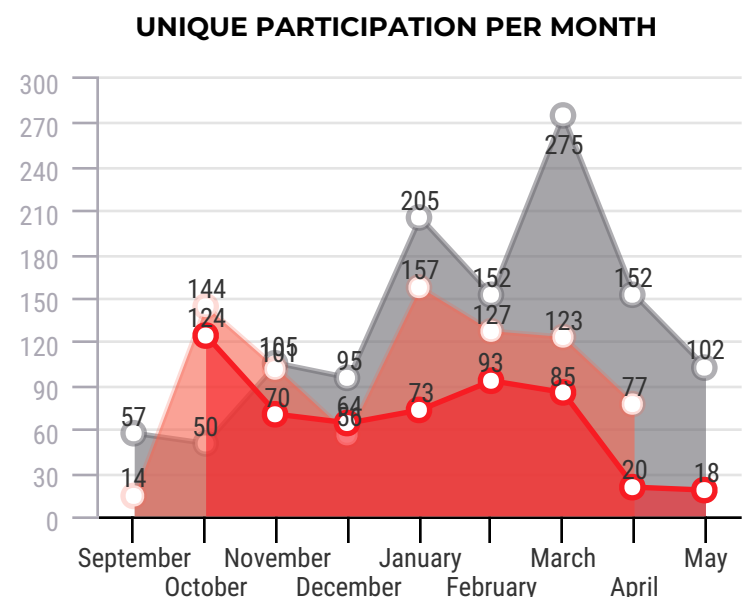


FITNESS CLASSES

School Year	Unique Classes	Total Classes Offered	Cumulative Participation	Unique Participants	New Participants	Returning Participants	Average Participants/class
2017/18	10	169	1,185	417	124	293	7
2016/17	19	403	1,903	293	N/A	N/A	5
2015/16	31	557	2,832	325	N/A	N/A	5



School year	Price Per Class	Price Per Participant
2017/18	\$ 94.50	\$ 13.48
2016/17	\$ 94.50	\$ 20.01
2015/16	\$ 94.50	\$ 18.59



Legend

Total Classes Removed from Schedule: Class location/date/time /type removed from the fitness calendar.
Total Scheduled: Cumulative scheduled events in a given month published on the programming calendar.
Total Planned Class Cancellations: Classes cancelled as indicated on the fitness schedule or more than 48 hours in advance. Includes: PD, Records Day, Parent Teacher Conferences.
Total Unplanned Class Cancellations: Classes cancelled within 48 hours prior to the scheduled date/time.
Total Offered: Cumulative events scheduled and completed.
Cumulative Participation: Cumulative number of participants. An individual can be counted more than once.
Unique Participation: Number of different individuals that participated.
New Participants: First time participants in the specific program during this programming year.
Returning Participants: Participants who have attended the specific program more than once during this programming year.
Programming Year: September - May



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HEALTH ASSESSMENT

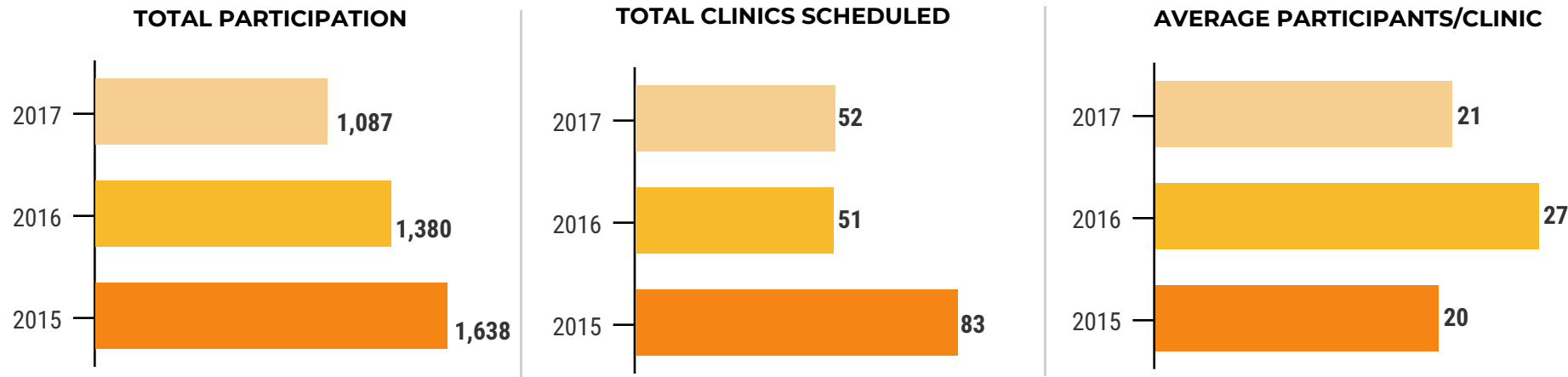
Period	Jan. 1 - Dec. 31 2017	Jan. 1 - May 31, 2018
Total Health Assessment Completions	839	1,260
Average Wellness Score	88	N/A
Average # of Risk Factors	3.18	N/A
# of Biometric Participants who Completed HA	N/A	1,240

78%

of employees who completed a biometric screening **also completed** their health assessment.



FLU SHOTS



WEIGHT WATCHERS

Calendar Year	2017	2018 YTD
Unique Locations	5	5
# of 12-Week Sessions Completed	13	5 (+ 3 currently in session)
Cumulative Participation	229	142 (excludes Moler 2nd session)
Unique Participants	139	100 (excludes Moler 2nd session)
Cumulative Weight Loss (lbs)	1,900	501.2 (excludes 3 in session)
Average Participants Joining a Session	17	20
Average # of Participants Staying for Meeting	10	7 (excludes 3 in session)
Total Cost	\$ 23,694.80	\$ 10,224.60 (excludes Moler)

2017 price per participant

\$103.47

vs.

2018 price per participant

\$72.00

+ 11

new Weight Watchers participants in 2018



WELLNESS PRESENTATIONS

	October	November	December	January	February	March	April	May
Total Presentations	1	1	-	3	-	1	3	2
Audience	Parkmoor	Colerain	-	Kingswood Data Center, East HS, Centennial HS	-	Althetic Directors	PAR	Social Workers, Wellness Champions
Vendor	Alyfe	Goode Solutions	-	Alyfe	-	Goode Solutions	(2)Alyfe, Goode Solutions	Alyfe, Goode Solutions
Total Participants	21	35	-	25 : ~354 : ~222	-	14	18	28, 38

Alyfe price per participant

\$9.04

*excludes January @ East and Cenntennial due to lack of sign in sheet

vs.

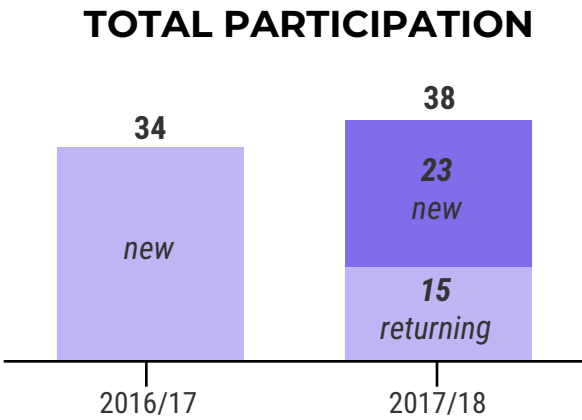
Goode Solutions price per participant

\$26.47

Wellness Champion Dinner

23%

of wellness champions invited attended the appreciation dinner.



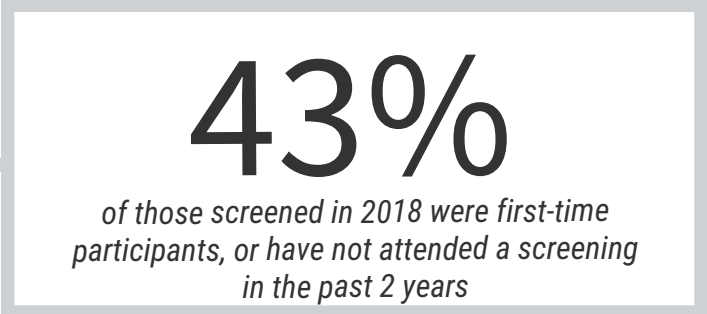
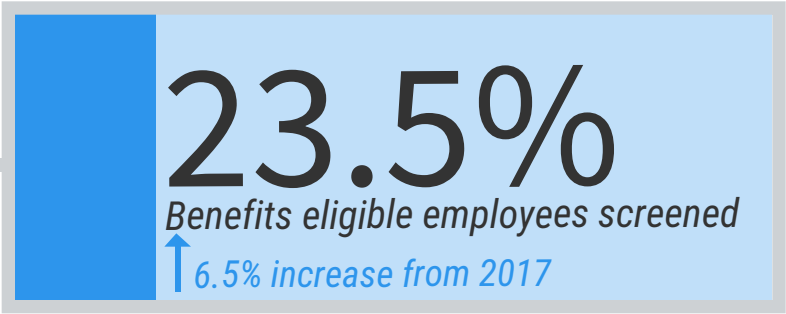


BIOMETRIC CLINICS

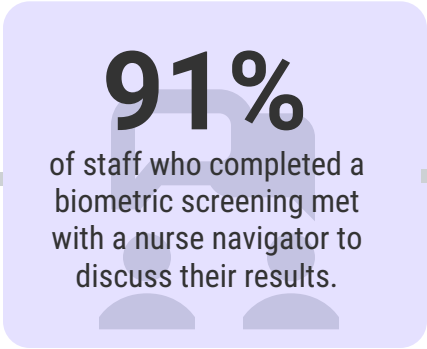
Year to Year Comparison

Calendar Year	2016	2017	2018
Round	3	4	5
Length of Round	7 months	5 months	4 months
Total Clinics Held	41	38	45
Unique Locations	19	19	3
Total Benefits Eligible Employees	6,627	6,789	6,720
Total Available Appointments	2,743	1,852	2,160
Total Employees Screened	1,890	1,126	1,582
Total Returning Participants	N/A	770	897
Average Participants per Clinic	46	30	35
% Benefits Eligible Screened	28.5%	16.6%	23.5%
Price Per Participant	\$ 25.00	\$ 25.00	\$ 45.00 (+ A1C)

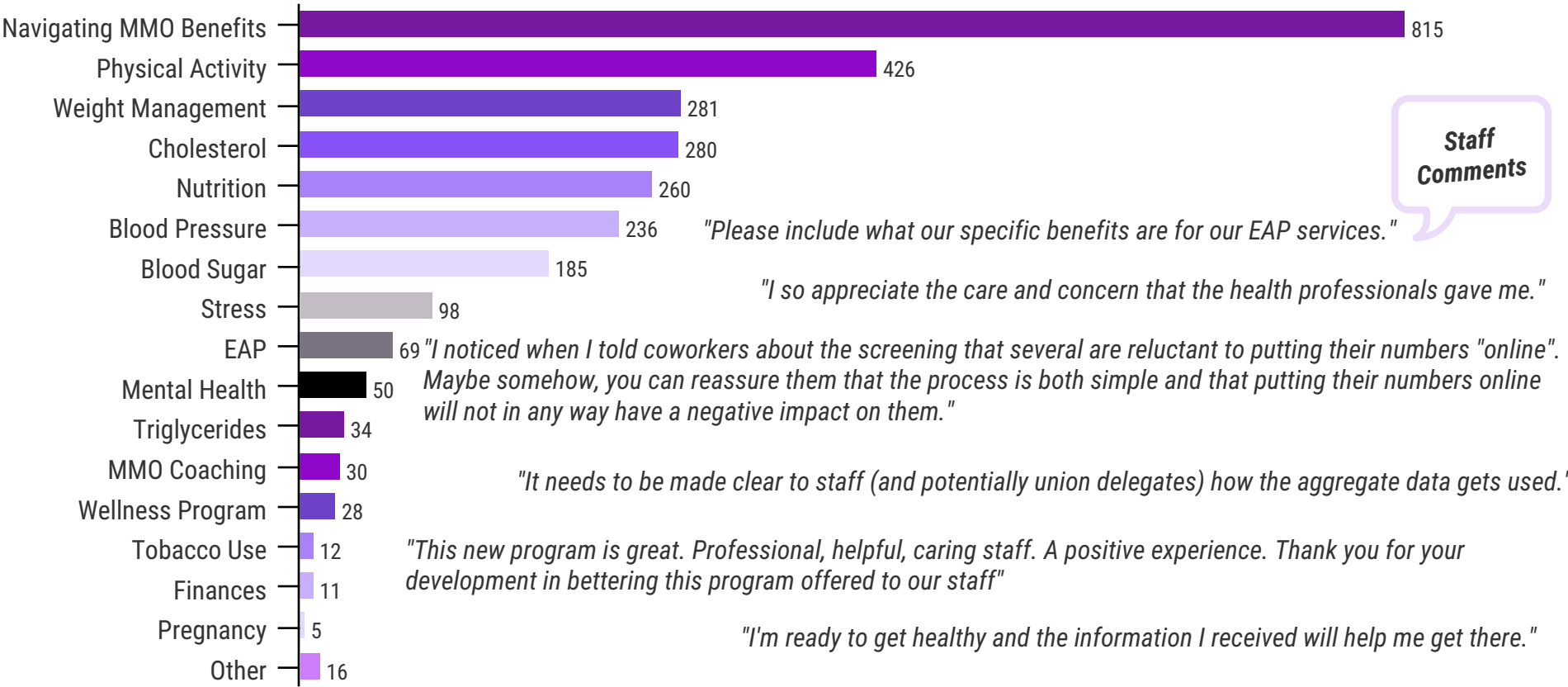
2018 Screenings



Impact



What did Nurse Navigators discuss with staff? *n*=1452



*Other:: medical procedure, family history, diabetes, flu, time management, women's health, alcohol, vision, cancer

NURSE NAVIGATOR RESULTS





67
Cumulative
Participants

15
Unique
Participants

78%
Attendance
Rate

Pre-Series Blood Glucose Results

62%
Normal

25%
Elevated

13%
Very Elevated

→

72%
Normal

28%
Elevated

0%
Very Elevated

End of Series Evaluation Survey Results

83%

felt that they had significant control over risks to their health

100%

believe that their personal efforts will help prevent or manage diabetes

100%

have made at least one change to their life with the intention of improving their health

83%

have confidence in following a diet and exercise plan successfully

Active users per day

Date	Active Users (approx.)
Thursday, 11/2	40
Tuesday, 12/19	80
Tuesday, 1/9	180
Thursday, 1/18	150
Tuesday, 1/30	160
Thursday 2/8	120
Thursday 3/1	100
Thursday 3/8	100
Monday 3/26	100
Tuesday 4/10	110
Monday 4/16	100

3,495
Unique Users
↑ 11.09% increase from 2017

6,193
Total Number of Sessions*
↓ -3.92% decrease from 2017

73,678
Total Number of Pageviews
↑ 0.48% increase from 2017

11.90
Average Number of Pages Viewed per Session
↑ 4.59% increase from 2017

*A session is a period of time a user is actively engaged in the portal. A session consists of multiple pageviews.

How do Users Access the Portal?

Access Method	Percentage
Direct (URL)	73.0%
Referral (Wellness website)	24.3%
Organic (Google search, etc.)	2.7%

Active Users by Time of Day

Time of Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
12am	10	10	10	10	10	10	10
2am	10	10	10	10	10	10	10
4am	10	10	10	10	10	10	10
6am	10	10	10	10	10	10	10
8am	10	10	10	10	10	10	10
10am	10	100	100	100	100	100	10
12pm	10	100	100	100	100	100	10
2pm	10	100	100	100	100	100	10
4pm	10	100	100	100	100	100	10
6pm	10	100	100	100	100	100	10
8pm	10	100	100	100	100	100	10
10pm	10	100	100	100	100	100	10

What Pages did Users View?

Page	Views
Login Page	14,335
Home Page	16,709
Biometric Screening	4,351
BWC Sign Off	2,328
Forgot Password	1,966
Calendar	1,700
Fitness Classes	1,368
Curriculum	983
Risk Factors	370
News	283
My Health Plan	53
Weight Management	36
Back and Biceps, Series 1	30



GYMS

Gym	Memberships to Date	Gym	Memberships to Date
TRAIN	~3-4	Ohio Health MHHC	6
Ashtanga Yoga	N/A	Premier	N/A
Modo Yoga	2 (34 drop-ins used)	OrangeTheory	~30-40
Ohio Health Grant	3	Shape Fitness	2,396 ↑154 since July 2017

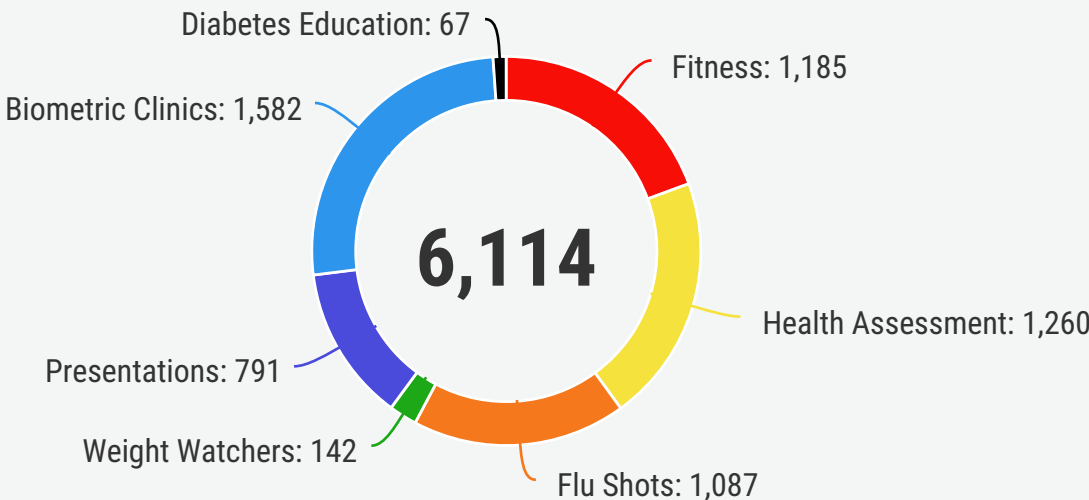


PARTNERSHIPS

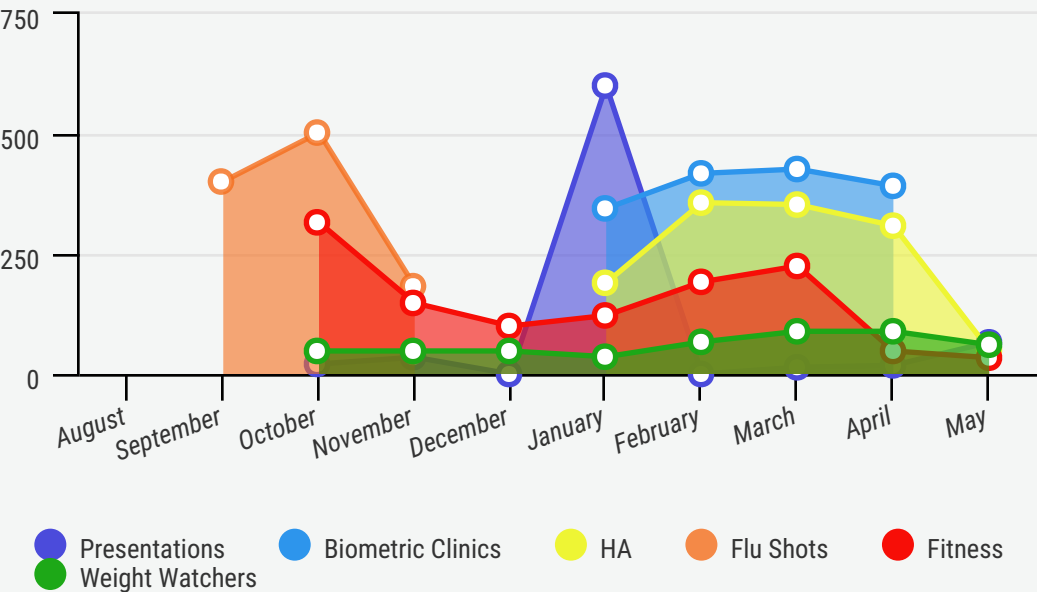


ALL PROGRAMMING

Cumulative Participants

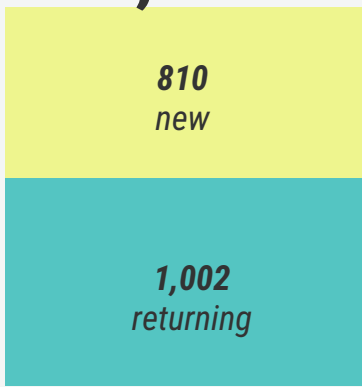


CUMULATIVE PARTICIPATION PER MONTH



Unique Participants*

1,812



*Excludes data not tracked in Portal: Flu Shots, Gyms

Cumulative Fitness Travelers

573

Active Wellness Champions

168

2017/2018 School Year VS 2016/2017 School Year

Cumulative Participation



Unique Participation



Unique Locations Hosted Wellness Programming



Cumulative Fitness Travelers



Active Wellness Champions

