



**Banner Health<sup>®</sup>**

# **Health Care in Your Future Summit**

**APRIL 5, 2017**





**Banner Health<sup>®</sup>**

# Population Health:

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# Definition: Population Health

- It is an approach to **Health** that aims to improve the **Health** of a Community

Where do you begin....



# Personal Accountability

## Low Risks

Great job! Based on your answers, you are at **LOW** risk for chronic health issues. These are the top health-related behavior changes you can make to improve your overall health risks.

**BMI** [Edit Answers](#)

[Top](#)



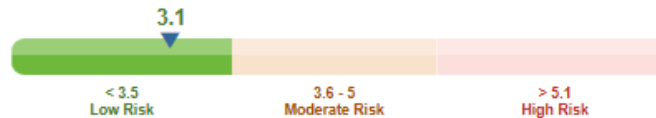
Your BMI of 24.0 is within the healthy range of 18.5 to 24.9. This means that your weight is not putting you at increased risk for health problems, such as heart disease, diabetes, and some types of cancer.

Additional Resources  
[More on Weight Management](#)

[▶ Learn More](#)

**Cholesterol (Cholesterol/HDL Ratio)** [Edit Answers](#)

[Top](#)



All Results: Total: 260, HDL: 85, LDL: 160, Triglycerides: 73, Ratio: 3.1

Your cholesterol values are in the normal range. Good job. You're on the right track. There are a variety of ways to keep your cholesterol under control, mainly via diet and exercise. It is also important to know your triglycerides and your "healthy" HDL, and "lousy" LDL cholesterol numbers.

# Personal Assessment Report

Personal Health Assessment Report [Health Articles](#) [Risk Advisor](#)

## My Personal Health Assessment Report

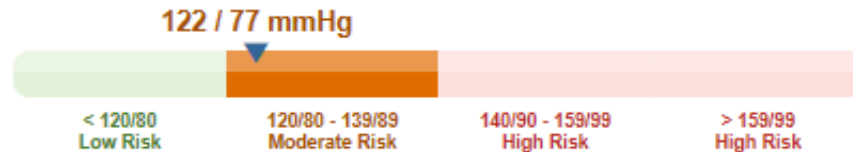
Report

### 🔴 Moderate Risks

Based on your answers, you are at **MODERATE** risk for chronic health issues. These are the top health-related behavior changes you can make to improve your overall health risks.

#### Blood Pressure [Edit Answers](#)

[Top](#)



Your blood pressure is above the ideal range and falls into the **Moderate Risk** category of **Pre-hypertension** or **borderline high blood pressure**. Higher than ideal blood pressure can increase your risk for health issues such as stroke, heart attack, and/or kidney problems. Consider talking with your healthcare provider about your blood pressure and changes you can make to help you reach your health goals.

Additional Resources  
[Learn About Blood Pressure](#)  
[Salt Intake and Health](#)  
[The DASH Diet](#)

# My Accountability

- Life Coach
- New Fitness Approach
- Dedicated Fitness Time
- Recommitment to healthy choices

# Wired 2 Wellbeing















# Wired2Wellbeing

- With Wired2Wellbeing, you can track your exercise and nutritional habits, determine your focus areas, watch videos and participate in workshops to help improve and maintain your health
- Upon signing up, participants complete a Personal Health Assessment in their initial interaction with the tool. This provides a Wellness Score as well as recommended areas to focus on
- You can access Wired2Wellbeing via your computer or mobile device. Sign up is easy; the site is easy to navigate with no advertisements or pop-up interruptions
- Participants can also easily consult Banner's employee wellness program, Employees Choosing Health Options, for free nutritional and fitness advice

### My Health Status

-  **Personal Health Assessment**  
Not Completed.
-  **Wellness Workshop**  
Enroll in a Wellness Workshop
-  **Weight Log**  
Up to date
-  **Blood Pressure Log**  
Overdue: [Set this interval.](#)
-  **Cholesterol Log**  
Overdue: [Set this interval.](#)
-  **Blood Glucose Log**  
Overdue: [Set this interval.](#)
-  **Cardio Log**  
Overdue: Update every 7 Days
-  **Strength Training Log**  
Overdue: Update every 7 Days
-  **Food or Meal Planner**  
Overdue: Update every 7 Days
-  **Steps Log**  
Overdue: Update every 7 Days


### Connect Your Apps & Devices

### HealthyNow App

Let's Talk Nutrition 

Let's Talk Exercise 

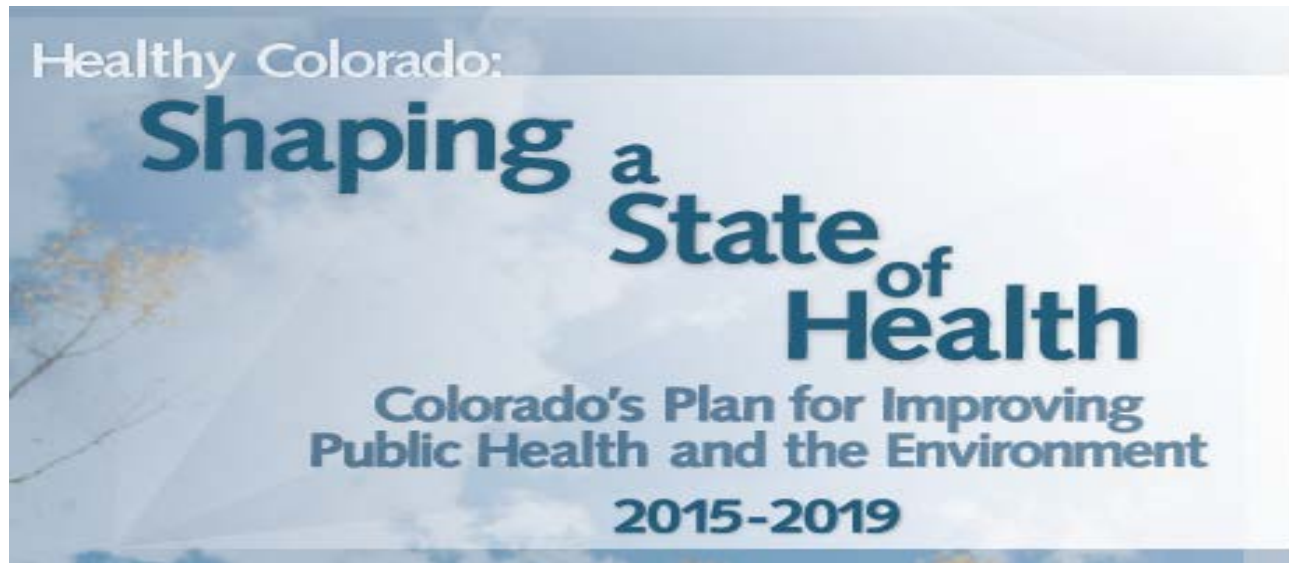
### Fruit and Vegetable Tracker



The tracker is a circular wheel divided into eight segments, each representing a food group: berries, broccoli, carrots, corn, citrus fruits, leafy greens, apples, and bananas. A central dial shows 'Servings 0' with a 'clear' button. A magnifying glass icon is located at the bottom right of the wheel.

# Current State of Health

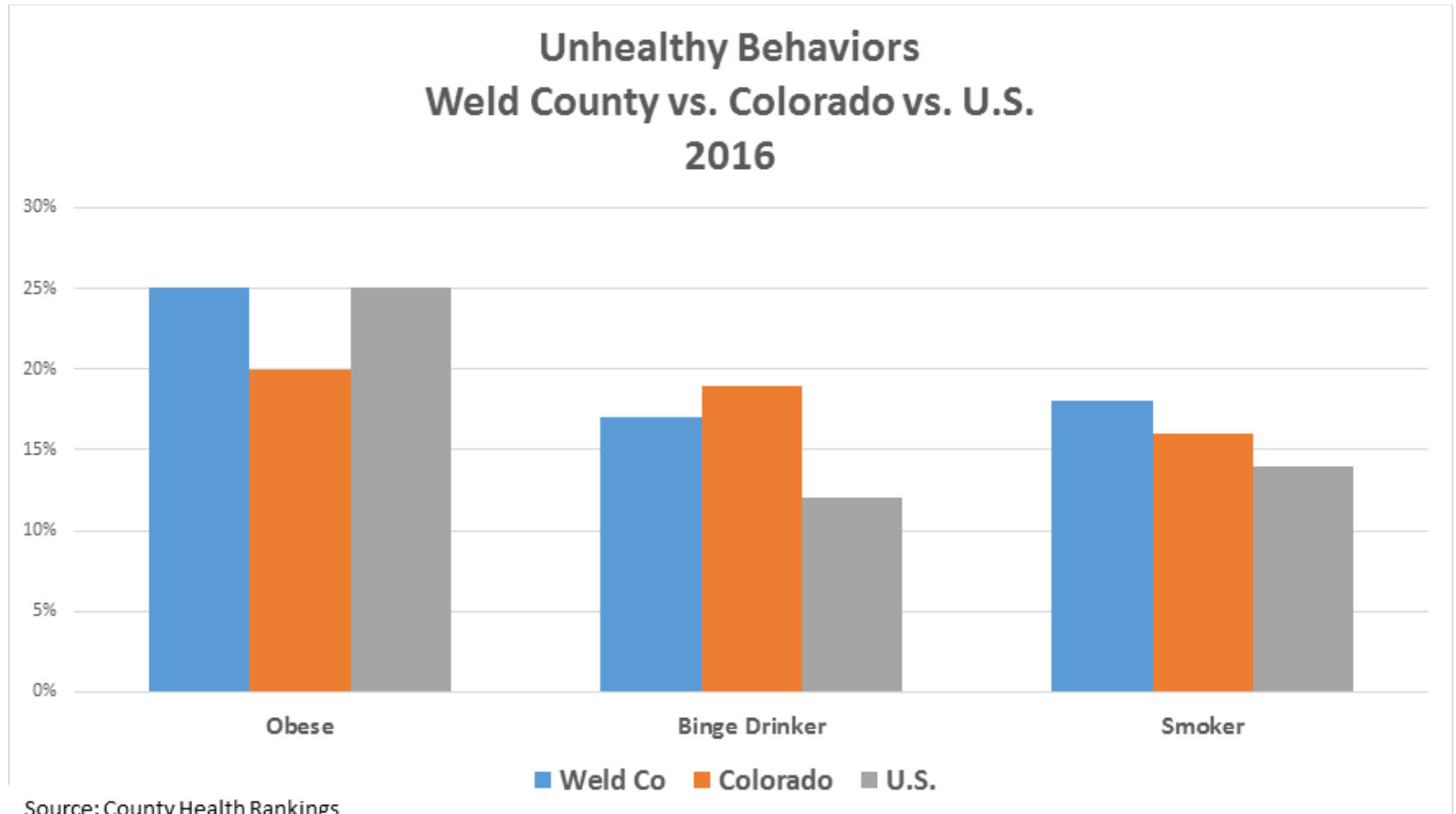




- Obesity
- Mental Health
- Substance Abuse

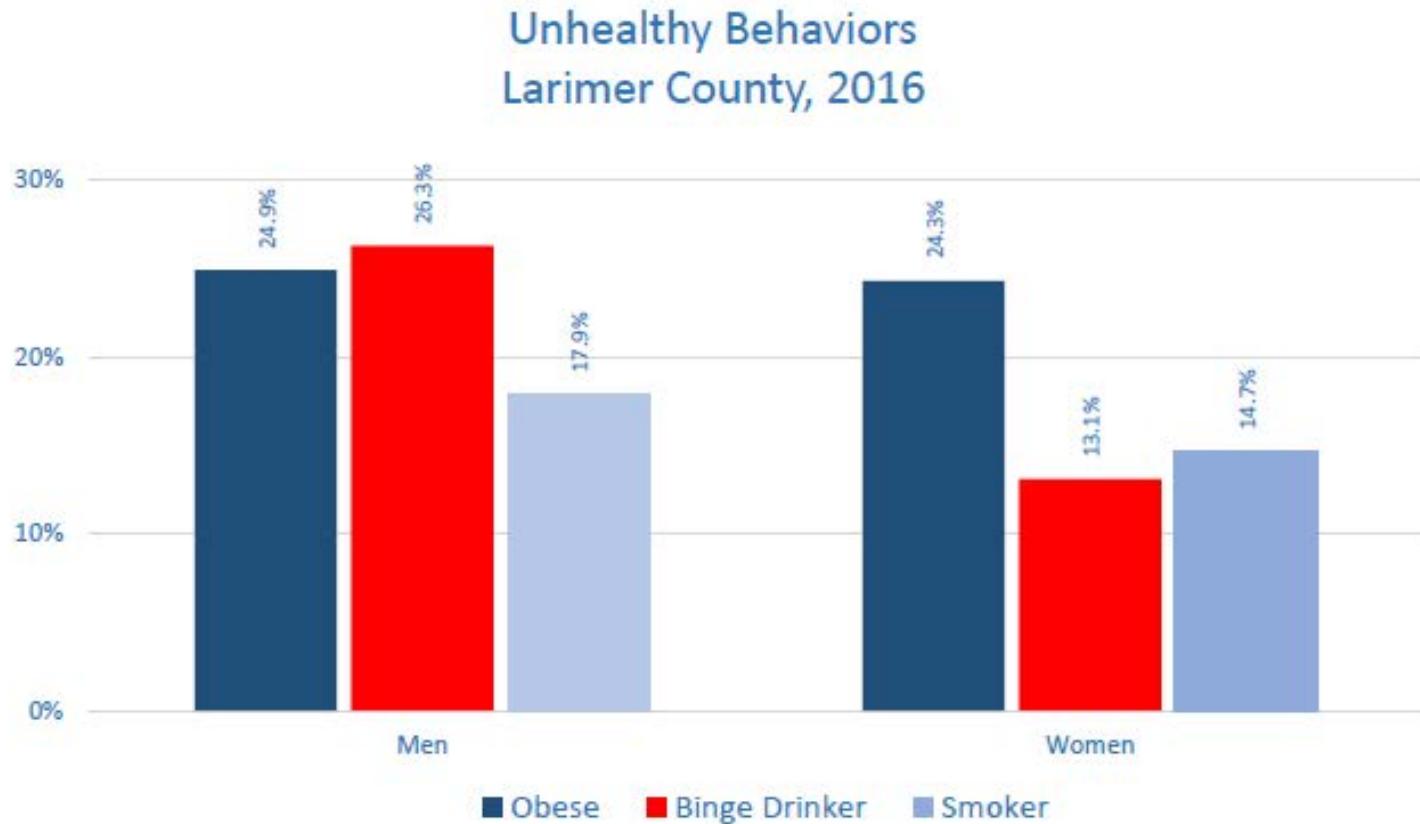
# Unhealthy Behaviors

## Weld County vs. Colorado vs. US 2016



# Unhealthy Behaviors

## Larimer County 2016



Source: Institute for Health Metrics & Evaluation at the University of Washington

# Creating Awareness

- Focus collective efforts on the unhealthy behaviors
- Employer Wellness Programs
- Bring Health interventions to the work site

# Creating Partnerships

- Schools: Suicide Rates: Preventive health strategies
- Public Safety: Loveland Police Chief, focus on Seat Belt Safety
- The Vulnerable: Under-served and elderly

# Your Thoughts





Happy To Help

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National Walking Day Today!

