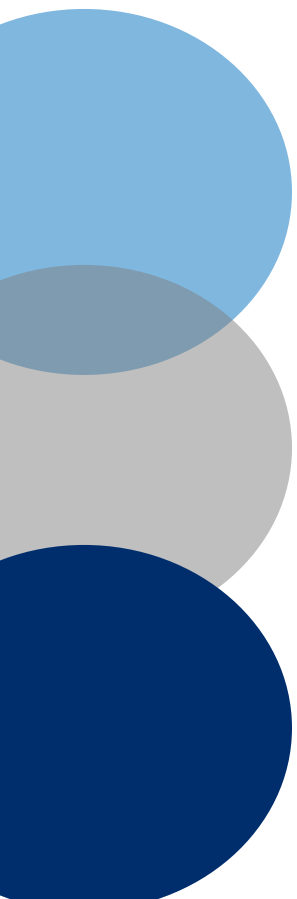


FIND YOUR FIT

Take Action Guide

Organizational Pledge

CLINICAL PREVENTATIVE SERVICES





Organizational Pledge Clinical Preventative Services

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Organizational Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthytcounty.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

We pledge to take an active role in the health and well-being of our organization's employees, their families, and their communities.

We pledge to make health and well-being a cornerstone of our organization's culture.

We pledge to provide safe and reputable education and resources to our employees regarding health topics associated with our work and their lives.

We pledge to hold our organization accountable as a key stakeholder in our employees' healthcare outcomes.

Healthy Tri-County

Mission: Improve the health and well-being of every person and community within the Tri-County region

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.



Available Services

- Offer CPR and Basic First Aid training to employees
 Bi-annually [Links to reputable training providers given on page 7](#)

- Sponsor health-related activities during work hours to make education and participation accessible for prevention of chronic disease (fitness competitions to prevent type II diabetes and hypertension, provide incentives for employees to quit smoking as a means of lowering blood pressure, etc.)
 Ongoing [Ideas for workplace activities provided on page 8](#)

Awareness






- (Faith-based Groups Only) Use weekly service announcements as an opportunity to remind people of the importance of cancer, diabetes, and hypertension screenings
 Weekly [Talking points provided on page 9](#)

Culture



- (Business Sector Only) Create a confidential suggestion box for employees to recommend ways that the office could help improve preventative health awareness or access
 Ongoing





Available Services

- Host mobile flu vaccine clinic to promote seasonal flu and pneumococcal vaccinations
 Annually
- (Academia and Education Sectors Only) Hold a student forum to educate students on available preventative services specific to their age group
 Semesterly
- (Academia and Education Sectors Only) Talk to students about what challenges they are facing outside of school with access to vaccines like HPV and other CDC-recommended immunizations for adolescents
 Semesterly
- (Faith-based Groups Only) Start and host diabetes prevention programs for members of your congregation
 Monthly
  [Resources provided on page 10](#)

Culture




- Promote cancer screening as part of your organization's wellness culture
 Ongoing
- Talk to employees about their issues with accessing appropriate preventative care – try to achieve solutions in the context of their work environment and/or office culture
 Ongoing

Policy

- Allow employees structured time out of the office as part of the PTO/Sick Leave policy to attend annual physicals and clinical screening appointments
 Annually
- Review provided health insurance's clinical preventative services coverage, update if necessary
 Annually or with start of new coverage



Policy

- (Academia and Education Sectors Only) Reduce sodium in school-prepared meals to prevent early onset hypertension and encourage low-sodium diet behaviors
 Ongoing
- (Academia and Education Sectors Only) Reduce sugars in school-prepared meals so as not to contribute to risk of type II diabetes
 Ongoing
- (Education (k-12) Sector Only) Send CDC-recommended vaccine schedule home with report cards, requiring that parents sign for awareness
 Ongoing

FIND YOUR FIT

Appendix

CLINICAL PREVENTATIVE SERVICES



RESOURCE

Contact for Hosting CPR Training

Why become CPR certified? CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. In one year alone, 475,000 Americans die from a cardiac arrest. Globally, cardiac arrest claims more lives than colorectal cancer, breast cancer, prostate cancer, influenza, pneumonia, auto accidents, HIV, firearms, and house fires combined.

According to 2014 data, nearly 45 percent of out-of-hospital cardiac arrest victims survived when bystander CPR was administered.

American Red Cross is a leading provider of CPR certification classes in the county. When it comes to CPR, it's important to know how to treat both kids and adults.

“This course will prepare you to recognize and care for breathing and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 1 hour 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric CPR/AED valid for two years.” The cost of these certification courses can range from \$68 to \$104 depending on type of class selected. *from redcross.org/take-a-class/cpr*

[Click to Register for a Scheduled Course](#)

[Click for More Information](#)

Contacts for Hosting Basic First Aid Training

The American Red Cross offers an online course to “help you recognize the signs that someone needs help and administer the right type of care.” The cost of this online course is either \$86 or \$104 depending on the type of course selected. *from redcross.org/take-a-class/first-aid*

[Click to Register for a Scheduled Course](#)

[Click for More Information](#)

RESOURCE

Ideas for Health-related Workplace Activities



Start a daily step challenge

Encourage your organization to ditch the elevator and get walking to reduce the risk of chronic diseases like heart disease, obesity, diabetes and hypertension.



Incentivize smoking cessation

Reduce the risk of heart disease, cancer and hypertension by incentivizing your organization to go smoke-free. Consider giving an extra day of PTO to those not taking smoke breaks, for example.



Publish a wellness newsletter

Engage your organization by collecting healthy habits and success stories from your employees and mixing those in with education on topics like fitness, nutrition and preventive medicine.



Host standing hours

Schedule an hour or two per day that the entire organization makes use of standing desks or ergonomic alternatives to traditional desk chairs.



Host an employee field day

Combine teambuilding activities with wellness events and healthy food options.



Hold weekly fitness challenges

Rotate small, quick fitness challenges weekly to keep interest and goals moving forward. Things like daily wall sit time competitions are fun and healthy ways to foster healthy competition and goal setting.

RESOURCE

Preventative Screening Quick Facts

We've provided you with some examples of quick facts and resources that you can use to spread the word about the benefits of preventative screenings.

Cancer Screening Facts

Early detection of cancer through screening reduces mortality from cancers of the colon and rectum, breast, uterine cervix, prostate, and lung. Screening refers to testing individuals who have no symptoms for a particular disease.

Breast Cancer

Analysis of controlled trials of breast cancer screening, with varying outcomes, has demonstrated an overall reduction in breast cancer deaths of about 20%.

Cervical Cancer

Between 2000-2015 cervical cancer screening prevalence in women ages 21-65 years modestly declined. In 2015, approximately 14 million women were not up-to-date with screening.

[Click for More Cancer Facts](#)

Diabetes Screening Facts

In the United States, 84.1 million adults, more than 1 in 3, have prediabetes. What's more, 90% of them don't know they have it. Screening can identify prediabetes so that development of Type II diabetes can be prevented, reducing the risk of death.

Diagnoses

In the last 20 years, the number of adults diagnosed with diabetes has more than tripled. More than half of these new cases were among adults aged 45 to 64 years, equal among men and women.

South Carolina

Diagnoses of diabetes in South Carolina have been steadily rising since 1994 with the greatest increases in the 65+ population, equal among men and women.

[Click for More Diabetes Facts](#)

Hypertension Screening Facts

High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not know they have it. That's why it is important to check your blood pressure regularly.

Risk Factors

Having high blood pressure puts you at risk for heart disease and stroke, which are leading causes of death in the United States. Risk factors for hypertension include prehypertension and diabetes.

By the Numbers

Blood pressure is the force of your blood pushing against the walls of your arteries. Normal BP should be near 120/60. Hypertensive BP is a systolic pressure of 140+ and/or a diastolic pressure of 90+.

[Click for More Hypertension Facts](#)



RESOURCE

Contact for Hosting Diabetes Prevention Programs

Why is preventing diabetes important? More than 21 million American adults have diabetes, and another 84 million have prediabetes. These are growing concerns for America's workforce, affecting the health and quality of life of millions of U.S. adults. These diseases also cost employers and insurers billions of dollars each year in lost productivity and medical expenses.

CDC-recognized diabetes prevention lifestyle change programs can cut a person's risk of getting type 2 diabetes in half and reduce the serious conditions associated with prediabetes. *from cdc.gov/diabetes/prevention*

People diagnosed with diabetes incur on average \$16,750 annually in medical expenses. That's about 2.3 times the medical expenses of a person without diabetes.

The National Diabetes Prevention Program (DPP) was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States. This national effort created partnerships between public and private organizations to offer evidence-based, cost-effective interventions that help prevent type 2 diabetes in communities across the United States.

One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). *from cdc.gov/diabetes/prevention*

How can my organization start reducing the risk of diabetes? The National DPP has a service center that provides organizations easy access to information and resources about prediabetes and the National DPP. Organizations can access training materials, toolkits, and videos; ask questions; and receive technical assistance related to all aspects of the program. *from nationaldppcsc.cdc.gov*

Click for Info on the
National DPP

Click to Visit National
DPP Service Center

Click for Printable
Diabetes Infographic

Click for Printable
Prediabetes Infographic

Acknowledgements

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Access to Care Sub-Committee of the Tri-County Health Improvement Plan

Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact FindYourFitCampaign@tuw.org

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact HTCsupport@tuw.org for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact volunteer@tuw.org