

Faculty and Staff Objectives

N/A=Not available

Topic Area: Nutrition & Weight Status		Data Source	Baseline	Target 2020	Comment	GVSU 2014 Priority Health report n=806*/	GVSU 2015 PH report n=1091 WebMD report
D-1	Reduce the annual number of new cases of diagnosed diabetes among faculty/staff.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	8 per 1,000	7.2 per 1,000		N/A	N/A
HDS-4	Increase the proportion of faculty/staff who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	90.6%	92.6%	Normal blood pressure defined as <140/90	880 participated in bioscreens	1091
HDS-6	Increase the proportion of faculty/staff who have had their blood cholesterol checked within the preceding five years.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	74.6%	82.1%		N/A	N/A
HDS-7	Reduce the proportion of faculty/staff with high total blood cholesterol levels.	CDC National Health and Nutrition Examination Survey (NHANES); CDC National Center for Health Statistics (NCHS)	15.0%	13.5%	High total blood cholesterol levels defined as >240	7%	10%
HDS-12	Increase the proportion of faculty/staff with hypertension whose blood pressure is under control.	CDC National Health and Nutrition Examination Survey (NHANES); CDC National Center for Health Statistics (NCHS)	43.7%	61.2%	Under control blood pressure is defined as <140/90	43%	39%
NWS-8	Increase the proportion of faculty/staff who are at a healthy weight.	CDC National Health and Nutrition Examination Survey (NHANES); CDC National Center for Health Statistics (NCHS)	30.8%	33.9%	Healthy weight defined as body mass index between 18.5-24.9	38%	36%
NWS-9	Reduce the proportion of faculty/staff who are obese.	CDC National Health and Nutrition Examination Survey (NHANES); CDC National Center for Health Statistics (NCHS)	34.0%	30.6%	Obese is defined as a body mass index > 30	27%	29%
NWS-14	Increase the contribution of fruits to the diets among faculty/staff.	CDC National Health and Nutrition Examination Survey (NHANES); CDC National Center for Health Statistics (NCHS); USDA Agricultural Research Service (ARS)	0.5 cups per 1,000 calories	0.9 cups per 1,000 calories		15% meet 5 a day recommendation	26% meet 5 a day recommendation
NWS-15.1	Increase the contribution of total vegetables to the diets among faculty/staff.	CDC National Health and Nutrition Examination Survey (NHANES); CDC National Center for Health Statistics (NCHS); USDA Agricultural Research Service (ARS)	0.8 cups per 1,000 calories	1.1 cups per 1,000 calories		15% meet 5 a day recommendation	26% meet 5 a day recommendation
NWS-16	Increase the contribution of whole grains to the diets among faculty/staff.	CDC National Health and Nutrition Examination Survey (NHANES); CDC National Center for Health Statistics (NCHS); USDA Agricultural Research Service (ARS)	0.3 ounce 1,000 calories	0.6 ounce per 1,000 calories		N/A	N/A
Topic Area: Physical Activity/Fitness		Data Source	Baseline	Target 2020	Comment		
PA-1	Reduce the proportion of faculty/staff who engage in no leisure-time physical activity.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	36.2%	32.6%	Guidelines are: <10 minutes light/moderate PA	6%	6.70%

PA-2.1	Increase the proportion of faculty/staff who meet current federal physical activity guidelines for aerobic physical activity.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	43.5%	47.9%	Guidelines are: >150 min @ mod or >75 min @ vig or combo	21%	21%
PA-2.3	Increase the proportion of faculty/staff who meet current federal physical activity guidelines for muscle-strengthening activity.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	21.9%	24.1%	≥ two days per week	N/A	N/A
Topic Area: Stress Management		Data Source	Baseline	Target 2020	Comment		
OSH-9	(Developmental) Increase the proportion of faculty/staff who have access to workplace programs that prevent or reduce employee stress.	Potential Data Sources: ACHA Faculty and Staff Health and Wellness Survey (2012); Quality of Worklife (QWL) Questionnaire, CDC National Institute of Occupational Safety and Health (NIOSH), Question 5.53	N/A	N/A			
SH-4	Increase the proportion of faculty/staff who get sufficient sleep.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	69.6%	70.9%	Sufficient sleep defined as ≥ 7 hours/night	Do not have for 2014 (new version of HA in 2015 asks about sleep)	74.4% sleep 7-8 hours/night
Topic Area: Tobacco Use		Data Source	Baseline	Target 2020	Comment		
TU-1.1	Reduce cigarette smoking use by faculty/staff.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	20.6%	12.0%		See tab 2 (uses WebMD risk standards)	97% self report non users
TU-1.2	Reduce smokeless tobacco products use by faculty/staff.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	2.3%	0.3%		See tab 2 (uses WebMD risk standards)	N/A
TU-4.1	Increase smoking cessation attempts by faculty/staff smokers.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	48.3%	80.0%	attempt = quit for ≥ 1 day	N/A	N/A
Topic Area: Miscellaneous		Data Source	Baseline	Target 2020	Comment		
ECBP-8	(Developmental) Increase the proportion of institutions that offer an employee health promotion program to their employees.	Potential Data Source: ACHA Faculty and Staff Health and Wellness Survey (2012); National Worksite Health Promotion Survey (2004): #15 & #38(a-e)	N/A			N/A	N/A
ECBP-9	(Developmental) Increase the proportion of employees who participate in employer-sponsored health promotion activities.	Potential Data Source: ACHA Faculty and Staff Health and Wellness Survey (2012); National Survey of Employer-Sponsored Health Plans.	N/A			806 HA's completed	1150 HA's completed
IID-12.5	Increase the proportion of faculty/staff who are vaccinated annually against seasonal influenza.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	25.0%	80.0%		1382 regular doses given to fac/staff in GVSU annual campaign, 57%	

Data Sources:

ACHA Faculty and Staff Health and Wellness Survey (2012), American College Health Association. Information available at www.acha.org/Committees_Coalitions_Task_Forces/staff_wellness.cfm.

National Health Interview Survey (NHIS), National Center for Health Statistics, Centers for Disease Control and Prevention. Information available at: <http://www.cdc.gov/nchs/nhis.htm>.

National Health and Nutrition Examination Survey (NHANES), National Center for Health Statistics, Centers for Disease Control and Prevention. Information available at: <http://www.cdc.gov/nchs/nhanes.htm>.

Quality of Worklife Questionnaire (QWL), National Institute for Occupational Safety and Health (NIOSH), Centers for Disease Control and Prevention. Information available at: <http://www.cdc.gov/niosh/topics/stress/qwlquest.html>.

What We Eat in America (WWEIA) in cooperation with the NHANES, Agricultural Research Service, US Department of Agriculture. Information available at <http://www.ars.usda.gov/Services/docs.htm?docid=13793>.

Please note: All baseline data were retrieved directly from *Healthy People 2020*. To learn more about the baseline measure for a specific data point, please refer to the “more information” section of that particular objective number at the Healthy People 2020 website (www.healthypeople.gov). From within each objective at www.healthypeople.gov, a link is provided to the source of the baseline measure through the Health Indicators Warehouse (HIW), National Center for Health Statistics, Centers for Disease Control and Prevention (www.healthindicators.gov) and/or the Healthy People 2010 Database (<http://wonder.cdc.gov/data2010/>).

Adapted from material in the public domain:

U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. (n.d.). Healthy People 2020 Program Planning Tools. Retrieved June 2012, from <http://www.healthypeople.gov>.

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