

# WorkPlace Centers

## Metabolic Health

A division of IHPM



Founding Sponsor 2004™

By Linda Roberts

In May 2004, IHPM announced the creation of the WorkPlace Center for Metabolic Health, with Abbott as the founding sponsor. This is the first of several WorkPlace Centers to be established as a new division of IHPM. The Center's Mission is to improve health, productivity and quality of life by applying evidence-based, best practices for prevention, diagnosis and treatment of Metabolic Syndrome and its related medical conditions – obesity, diabetes, hypertension, dyslipidemia, and renal disease.

### Key Center Deliverables

- Identify current challenges and possible solutions associated with Metabolic Syndrome.
- Implement worksite interventions to improve diagnosis and treatment of metabolic risk factors and conditions.
- Measure their effectiveness and publish the results to provide examples for others to follow.

### Significance of Metabolic Syndrome

Metabolic Syndrome (also known as Syndrome X or Insulin Resistance Syndrome) describes a cluster of conditions that increase the risk of heart disease, stroke and diabetes. A recent Centers for Disease Control (CDC) report estimates that more than 30 percent of adults in the U.S. have Metabolic Syndrome. The number one disease contributing to the growing numbers of patients being diagnosed with Metabolic Syndrome is obesity; more than two-thirds of the U.S. population is either overweight or obese.

Data released by Medco Health Solutions, Inc., revealed that the average annual pharmacy cost of treating adult patients with Metabolic Syndrome exceeds \$4,000, more than four times the average annual drug cost for all other patients. One of the Metabolic Center's objectives is to promote medical consensus on drug therapy and treatment guidelines.

### Progress Report

- An Advisory Board Meeting was held on Tuesday, April 26, 2005.
- The University of Michigan conducted a literature review. In June, 2005, "A Comprehensive Review of Metabolic

Syndrome: Impact on the Individual and the Employer" was completed.

- Four potential sites have been identified for the workplace interventions.
- Recruitment of participants for the interventions has begun.

### Current Initiatives

#### IHPM Breaks Ground in China

Abbott, BioSignia and IHPM, in association with WellTech (a subsidiary of BioSignia and the first registered Disease State Management vendor in China) and Huadong (East China) Hospital (the leading and most prestigious nutritional hospital and university in China) have combined resources to bring the first preventive and active-stage diabetes management program to employers in China.

Their mission is to reduce health risks and complications associated with diabetes and cardiovascular disease by implementing an evidence-based program of screening, behavioral modification and lifestyle intervention according to established

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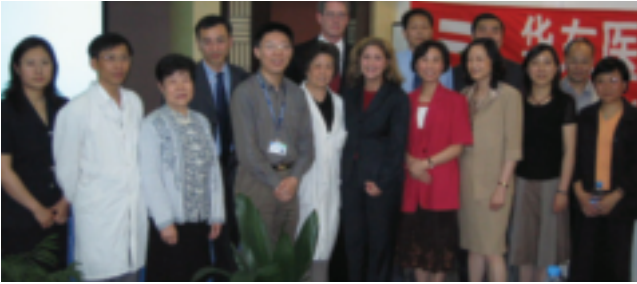
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TABLE 1



Shanghai Turbines Group Co. Ltd. and Shanghai Electric Motor Company allowed their employees to take one and a half hours off the assembly lines to attend the educational meeting, a practice that is rare for China and this industry.

best practices for diabetes prevention and management.

The intervention officially began May 12, 2005. A celebratory meeting honored the providers and participants in the project. Participants received education and training on how to manage diabetes, and the importance of nutrition and exercise.

Interest in health and productivity improvement is on the rise in China, as evidenced by the commitment of the participant companies. Shanghai Turbines Group Co. Ltd. and Shanghai Electric Motor Company allowed their employees to take 1.5 hours off the assembly lines to attend the educational meeting, a practice that is rare for China and this industry. Mr. Zhaokai Zhu, Labor Union Vice President from Shanghai Turbines, spoke of his company's commitment to invest in the health of its employees.

Midpoint study results will be shared at this year's IHPM Annual International Conference in Phoenix, Arizona. IHPM plans to expand its presence in China with the continued support of Abbott and BioSignia.

### Get Healthy Tri-City Challenge

Every year, *Men's Fitness* magazine publishes a "Top 10" list of the fattest U.S. cities. Chicago, Detroit and Houston have landed spots within the top 5 for several years.

Abbott, BioSignia and IHPM have teamed up to bring the "Get Healthy Tri-City Challenge™" to these three cities.

Four employers have been selected to represent their respective cities in the challenge — these include International



Porter Freeman, 1997 Body-for-Life winner and author of *Finally Fit at 50* motivates participants at Chicago site Orientation.

al Truck & Engine from Chicago, Chevron Texaco from Houston and two from Detroit – Wayne County Airport Authority and ArvinMeritor.

The Get Healthy Tri-City Challenge™ is a challenging, fun and rewarding way for employees to get healthy. The intervention is based on the Body-for-LIFE™ program developed by EAS founder Bill Phillips, and represents an integrated, life-long approach to exercise training, proper nutrition and goal setting.

The 12-week program teaches people how to build muscle and burn fat by following a combination weight and cardio fitness routine, and eating small but frequent nutritious meals to boost their metabolism and burn more calories.

All employees are required to complete productivity surveys, pass a physical exam, attend three lab draws, and record their exercise and meal selections in journals throughout the intervention. Lifestyle coaching is also required.

BioSignia's "Know Your Number™" modifiable risk assessment tool will be used to measure the program's impact on employee health.

Employees will be able to win individual prizes based on the official Body-for-Life™ rules (50/50 weighting of physical and mental transformation). Each will also receive a \$100 incentive for completing the six-month program and submitting all required documentation. The winning company will be determined by the percentage improvement in all modifiable risk factors for its employees.

The intervention officially began July 22, 2005. Results will be presented at the IHPM 2nd Annual Health Management conference next spring. [IHPM](#)

*Linda Roberts is Manager in Corporate Marketing and Business Development for Abbott. During her 15-year tenure with Abbott, she has led and developed diverse initiatives in emerging markets throughout Europe, Asia, Latin American and the Middle East. She helped start the employer initiative at Abbott and was nominated Account Manager of the Year by Benefit Managers in 2003/2004. Linda holds a degree in Business Administration and Psychology and is pursuing her MBA from the Keller Graduate School of Management.*

