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**DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES**  
*DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT*



**JAN 23 2018**



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DIRECTOR

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**PRESS RELEASE: 2018-014**

**2018 Worksite Wellness Program (WWP) Recommitment Event**

The 2018 Worksite Wellness Program (WWP) is a unique and effective program that provides Government of Guam employees and retirees access to health and wellness activities that promote healthy living. The **2018 Worksite Wellness Program (WWP) Recommitment Event** gives employees, retirees and their families an opportunity to remain active and healthy. It also welcomes new participants and those who wish to recommit.


In addition, the Cervical Cancer Proclamation Signing will occur along with the recognition of the Healthy Side Dish Options, the Healthy Menu Labeling Project and the Getting Guam Healthy Incentive Program.

The **2018 Worksite Wellness Program (WWP) Recommitment Event** will take place from **2:00 p.m. to 5:00 p.m. on Friday, January 26, 2018 at the UOG Calvo Field House in Mangilao.**

All activities are **FREE!** Exercise and fitness activities planned for this event include basketball, volleyball, walking, MIXXEDFIT by Paradise Fitness, Zumba by Synergy Studios, Hot Hula by TLZ Studio, and more! Health rewards provide chances to win great prizes. Free bags while supplies last will be provided to those who register starting at 1:30 p.m. at the UOG Field House.

Prizes for the WWP quarterly drawing include a trip to The Medical City (TMC) in Manila for a wellness check-up and an overnight stay at the TMC hostel plus 15,000 Pesos worth of laboratory fees compliments of Guam Regional Medical City; 1 Round trip ticket to Manila, Philippines through Cebu Pacific and five (5) \$50 Gift Certificates to Payless Super Markets compliments of Calvo's SelectCare Health Plans, voucher for a three-day/two-night stay in a superior room with breakfast for two at the Belmont Hotel (World Resorts) in Manila compliments of Phil MD; five Titan stainless steel bottle and other items inside gift bags compliments of TakeCare Insurance Company. A second raffle will be conducted for all participants attending this event for a chance to win gas coupons.

Contact Department of Public Health and Social Services for more information:  
Patrick Lucas, Program Coordinator at 735-7295 or email [patrick.lucas@dphss.guam.gov](mailto:patrick.lucas@dphss.guam.gov)

  
**JAMES W. GILLAN**  
Director



**2018 RECOMMITMENT EVENT**

# COMMIT TO BE FIT!

- A. GOVERNMENT OF GUAM WORKSITE WELLNESS PROGRAM
- B. CERVICAL CANCER PROCLAMATION
- C. HEALTHY SIDE DISH OPTIONS & HEALTHY MENU LABELING
- D. BASKETBALL, VOLLEYBALL, WALKING TRAILS, MIXXEDFIT, ZUMBA, & HOT HULA

## **FRIDAY, JANUARY 26, 2018**

2:00PM - 5:00PM AT THE UNIVERSITY OF GUAM CALVO FIELD HOUSE  
PLEASE WEAR ATHLETIC SHOES AND GYM CLOTHES  
CONTACT YOUR AGENCY'S HEALTH COACH FOR MORE INFORMATION OR  
CALL 735-7265/95

Raffle Prize Listing:

Major Donors:

2 Round trip tickets to Manila plus 15,000 PHP worth of laboratory fees and one night stay at the hostel donated by the Guam Regional Medical City (1 for participants and 1 for health coaches)

1 Round trip ticket to Manila, Philippines through Cebu Pacific and 5 \$50 Gift Certificates to PayLess Supermarkets donated by Calvo's Select Care Health Plans

2 Two night stay at Belmont Hotel Manila, Philippines plus breakfast donated by PhilMD

Minor Donors:

5 Gift Bags donated by TakeCare Health insurance



# Getting Guam Healthy Incentive Program

THE DIGITAL NEWSLETTER



VOL. 1, JAN.-MAR. 2018

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- WHAT IS THE GETTING GUAM HEALTHY INCENTIVE PROGRAM (GGHIP)
- GUAM VILLAGE PROFILES
- WALK TO WELLNESS
- SPARK IN SCHOOLS

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# Getting Guam Healthy Incentive Program



## What is the GGHIP?

In 2014, the Department of Public Health and Social Services (DPHSS) in Mangilao, Guam reported that Medicaid and Medically Indigent Program (MIP) spent 6 million dollars in chronic disease expenditures. Nationally, the Centers for Disease Control and Prevention (CDC) estimated that the healthcare costs for Cardio Vascular Disease (CVD) will exceed up to \$444B annually. The Pacific Island Health Officers Association (PIHOA) has declared a regional state of health emergency due to the epidemic of Non-Communicable Diseases. The most leading cause of deaths was listed as heart disease, cancer, stroke, and diabetes (Citation). The unhealthy lifestyle choices which include: physical inactivity, tobacco use, and choosing foods with little nutrients that could affect the health and wellness of every individual.

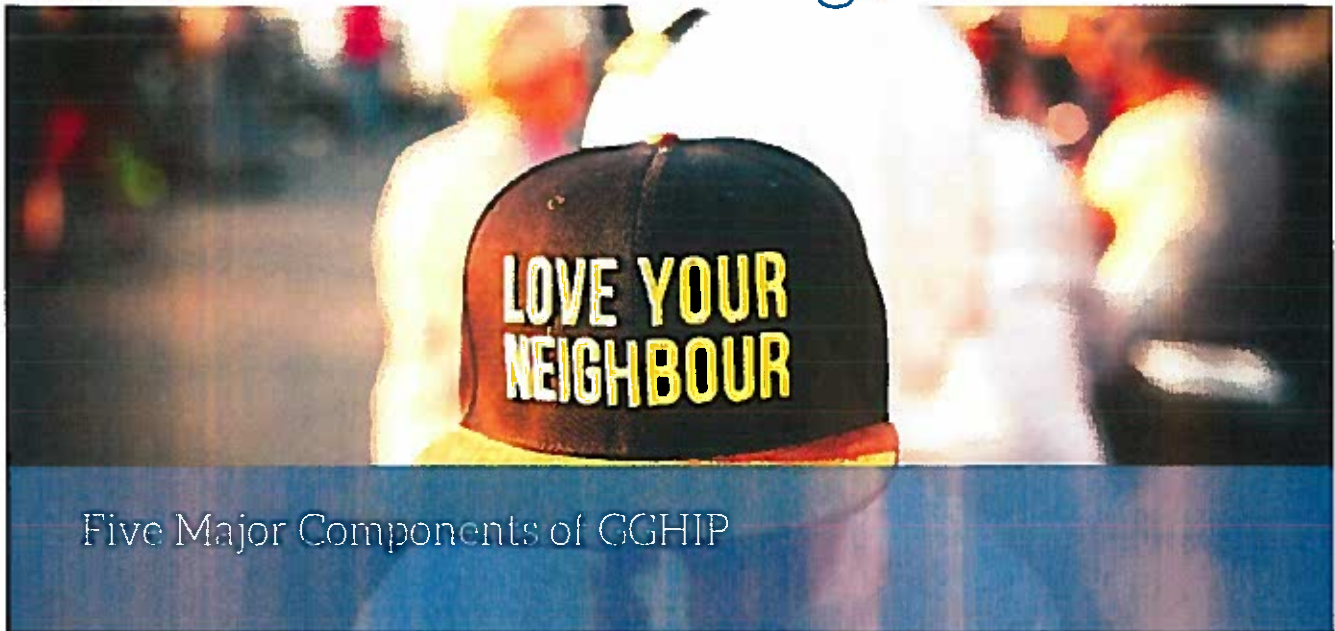
The GGHIP was created to address the heavy burden of chronic disease in our society especially amongst the most vulnerable population in Guam. GGHIP aims to promote healthy lifestyle choices to all Medicaid and MIP participants. The overall goal of GGHIP is to build the healthier approach to every individuals, families, and communities. DDHIP encourage the society to actively participate in health promotion, prevention, educational programs and other activities. The I Can, You Can, Together We Can! will continue to promote and improve the individuals' quality of life. The campaign promotes healthy choices include healthy eating, active living, chronic disease management, and elimination of tobacco use. GGHIP has 5 major components which include: healthy individuals, healthy families, healthy communities, I Can, You Can, Together We Can! campaign, and the Mobile Health Clinic.

The GGHIP utilized the application theories and stems approach from the Social Ecological Model. The Social Ecological Model believes that an individual behaviors shape, and is shaped by, their environment and people. The choices that a person makes is based on their individual decision, plus the rules in their society, plus the social norms or stigma around the issue. For example, if seatbelt laws are in place and properly regulated, and wearing seatbelts is an acceptable behavioral choice in the community, then a person is more likely to wear a seatbelt. The Social Ecological Model is why the GGHIP focuses equally on the individual, their close circle of relationships, and their community. Activities will include collaboration, educational sessions, physical activities, and incentives. By addressing all levels, GGHIP aims to be an acceptable behavioral change in the community.





# Getting Guam Healthy Incentive Program



## Five Major Components of GGHIP

For the individuals' approach, the GGHIP will conduct a Chronic Disease Self-Management (CDSM). The CDSM program which is geared towards people who have been diagnosed with chronic medical conditions such as diabetes, hypertension, and obesity. The CDSM will offer a series of workshops and other health activities to educate all participants on how to manage their existing chronic health conditions.

For the families approach, the GGHIP will improve the overall quality of life of pregnant Medicaid patients through education and wellness activities. These wellness activities will focus on stress and anger management, family planning/responsible parenthood, breastfeeding, tobacco cessation, and domestic violence prevention.

For the communities approach, the GGHIP will coordinate healthy competitions amongst 19 villages. Activities such as walking programs to increase the physical levels of activities of all participants by walking to increase their activity levels. Then the collective steps of all villages in attendance are tallied to see who has a bigger number of participants will be the winner.

The I Can. You Can. Together We Can! Campaign aims to reach out the community at large. The I Can You Can Together We Can Campaign is an all-inclusive approach to wellbeing. The campaign focuses on actionable steps to wellbeing.

The Mobile Health Care Clinic offers a medical access to healthcare to increase the number of participants to enroll and keep the medical appointments and for those who cannot access care in traditional clinics due to transportation issues.

These components will work synergistically to provide Guam in a holistic approach. GGHIP will continue to work by educating and encouraging healthy behaviors of an individuals, families, and communities to aim the highest quality of life to last a lifetime. For more information on the GGHIP please contact the Department of Public Health and Social Service's (DPHSS) Bureau of Community Health Services (BCHS) at 735-7303.





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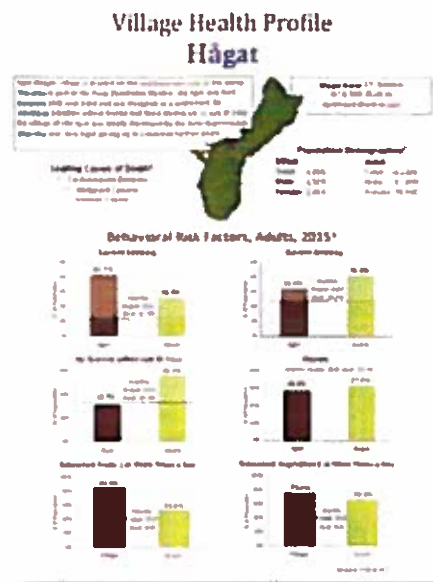
# Village Health Profiles



## Village Data for Action

In August 2017, the Village Health Profiles for all 19 villages were developed for the first time ever in Guam. This project was a collaborative effort between the NCD Data and Surveillance Action Team and the University of Guam students, HS-491 Current Topics in Health Sciences, 2017 Summer Session. The information assembled was gathered from various data sources such as the Guam Behavioral Risk Factor Surveillance System (BRFSS) survey, the Guam Statistical Yearbook 2015, death certificates from the Office of Vital Statistics, and the Mayors' Council of Guam. The objective of the profile is to bring the NCD data down to the grass roots or ground community to inform and educate the mayors on the behavioral health risk data for their specific village. It was designed to help local mayors and the NCD Consortium to decide where to target resources and tackle health inequalities in their local area.

The profile is a one-page, two-sided fact sheet. It provides information such as the origin name of the village, unique information about the village, mayor's name and contact information, leading causes of death, and the total population by both village and the island. Graphs were created to display the overall prevalence on key variables arranged by village such as smoking, drinking, physical inactivity, obesity, and nutrition. Target lines were shown on the graph identifying the Healthy People 2020 objective targets.



The target lines represent a mark where, ideally, Guam should aim for. The profile also illustrates a picture outlining the map of Guam divided in quartiles showing shaded areas where Guam is doing best or worse for each health indicators.

The health profiles were disseminated to all 19 village mayors and was presented at the Mayors' Council monthly meeting in August. The mayors were encouraged to undertake the NCD initiatives, identify a champion, and motivate villagers to live healthier.



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# Successes in GGHIP



## Walk to Wellness

The Walk to Wellness Program is a component of the Getting Guam Healthy Incentives Program, which focuses on reducing the risks factors of non-communicable diseases through the increase of physical activity, fruit and vegetable consumption, and wellness educators throughout the island. This will be achieved by improving the availability and accessibility of health and wellness programs through a community level competition. The Walk to Wellness efforts includes short-term solutions such as implementing group physical activities, conducting health screenings, providing fruit and vegetable plants/produce as incentives, and weekly wellness educational sessions. There are also long term components, which include improving the built and social environment to increase physical activity within the community.

The program is a twelve-week competition that was launched on October 2017 in the villages of Sinajana and Santa Rita. Activities of the program were designed to accomplish four main initiatives.

### Initiative #1: The Walking Trail

This component of the program in cooperation with village mayor's involves creating a plan that focuses on identifying, building, or enhancing a walking path in each community to provide safe and easy access for regular physical activity.

### Initiative #2: Let's Walk

A walking program to promote sixty minutes of physical activity a day as part of a daily routine for the most vulnerable populations including Medicaid recipients and others. The Let's Walk activity has been regularly scheduled at the start of each weekly program to encourage village cohorts to walk together.



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## Walk to Wellness

### Initiative #3 Let's Talk

A health and wellness education program is to be conducted to assist the community in making good choices for themselves and their families. The Let's Talk one-hour educational sessions are done upon completion of the Let's Walk activity. Current participating outreach partners includes the University of Guam Cooperative Extension and Outreach, Department of Public Health and Social Services, Snap-Ed, Guam Breast and Cervical Cancer Early Detection Program, Guam Comprehensive Cancer Control Program, Tobacco Prevention and Control Program, Diabetes Prevention and Control Program, STD/HIV Program, MIP, and the Medicaid Program.

### Initiative # 4: The Challenge

The Walk to Wellness Program utilizes a healthy village competition to motivate an entire community to make healthy living a priority. Villages will compete for most steps, highest recruitment, lowest absences, and other related milestones. Individual incentives are offered to participants within each of the villages. For competing villages, there are incentives that will benefit the entire municipality.

There are a few more weeks in the current Walk to Wellness Program scheduled for Sinajana and Santa Rita, and participants are eager to find out which of their villages have won this challenge. Although this program might be ending for these two villages, it is only the start for the Walk to Wellness Program. The NCD Physical Activity team will be working hard to launch and recruit participants in other villages.







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# Successes in GGHIP



## SPARK in Schools

SPARK is dedicated to creating, implementing, and evaluating research-based programs that promote life long wellness. SPARK strives to improve the health of children by disseminating evidence-based Physical Education programs to teachers.

**Goal 1 Health & Physical Education:** Increase student's Health & Physical activities in targeted schools. By June 2018 participating students' will increase the amount of time spent in Physical Education Instruction by 10%.

**Goal 2 Capacity Building:** Increase personnel capacity through Professional Development in Health and Physical Education. 80% of participating Early Fit! Program targeted schools with professional development opportunities to address Health and Physical Education.

**Goal 3 Establish a Pilot Early Start. Fit for Life!** Program in the elementary schools. To increase the number of teachers gaining access to curriculum and resource to improve physical education in the targeted schools.

**Goal 4 Collaborative Partnerships:** Engage the community in partnerships to improve the wellness of our school community. Increase the number of community partners to include health organizations to assist the Department in increasing health and wellness in the classroom.

The eight pilot schools are Agana Heights, C.L. Taitano, B.P. Carbullido, D.L. Perez, Harry S. Truman, Marcial Sablan, Price and Upi Elementary Schools. The targeted grades will be 3rd and 4th grade students.

### Point of Contact

For more information on any of these articles, contact Christopher Surla at [christopher.surla@dphss.guam.gov](mailto:christopher.surla@dphss.guam.gov)



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