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# CBGH: Membership News

Vol. 2, Issue 1

February 08

## CBGH News

### ◇ February Meeting

#### ◆ Thursday the 14th. **Happy Valentine's Day!**

○ 8:00—11:30a.m @ First Universalist Church in Denver. 4101 E. Hampden Avenue.

### ◇ March Meeting

#### ◆ Thursday the 13th.

○ 8:00—11:30a.m @ Boulder Valley School District. 6500 Arapahoe Road, just East of Boulder.

◇ **E-Mail Migration:** As mentioned in an earlier newsletter, we are migrating our direct e-mails. While the AOL account will remain in service and will be checked, please use the following addresses to contact individuals:

⇒ Donna Marshall: donna.marshall@cbghealth.org

⇒ Grant Lunney: grant.lunney@cbghealth.org

⇒ Kristen Berg: kristen.berg@cbghealth.org

◇ **Donna Marshall** was recently appointed by Governor Ritter to the **Colorado Health Information Technology Advisory Committee** (created by Senate Bill 07-196). The Committee is tasked with developing a long-range plan, on or before January 1, 2009, for health care information technology, including use of EMRs, computerized clinical support systems, CPOE, regional data sharing interchanges for health care information, and other issues. It is also required to pursue an interstate compact between (but not limited to) Arizona, Kansas, Montana, Oklahoma, New Mexico, North Dakota, South Dakota, Utah, and Wyoming, to create internal state HIT and HIE programs with the goal of connecting and exchanging information.

◇ **Donna Marshall** was asked to serve on the Colorado Health Survey Steering Committee as a key informant, representing employers. The Colorado Department of Health Care Policy and Financing obtained grant funds to plan a household survey for the purpose of evaluating health care reform.

◇ **CBGH was accepted for membership** in the National Quality Forum. The NQF is a broad-based coalition of healthcare and community leaders united by a common interest in improving healthcare quality. Learn more at [www.qualityforum.org](http://www.qualityforum.org).

◇ **CBGH was awarded** a "seed Grant" by the National Business Coalition on Health Education and Research Committee to help expand the Bridges to Excellence initiative in Colorado. This Committee was launched with funding from Novo Nordisk and Support from Merck & Co., Inc., Pfizer, Inc. and sanofi-aventis Pharmaceuticals.

◇ **CBGH was awarded** a grant by the Rose Community Foundation. Read more inside.



## Member & Affiliate News

- ◇ **New Members** Give a big welcome to:
  - ◆ Boulder Valley School District
  - ◆ Allergan
  - ◆ Boehringer-Ingelheim Pharmaceuticals
  - ◆ Pfizer, Inc.
- ◇ **City of Boulder:** Kevin Burke, Deputy City Manager, resigned at the end of 2007. He accepted the position of City Manager for Flagstaff, Arizona. He will be missed and we wish him success in his new position.
- ◇ **Merck:** Jeff Jenkins, Senior National Account Executive with Merck US Human Health, retired this year. He will be missed and we hope he will have fun fishing.

### In the News—Kudos!

- ◇ **City of Colorado Springs** Mark Cauthen, Benefits Manager, was quoted in the 12/3/2007 Business Insurance article *Financial incentives boost wellness program participation*. "We think money is definitely going to encourage better participation." The City's "Reach Your Peak" program was also featured. "Originally we had quarterly prizes, such as T-shirts and journals, Mr. Cauthen said. 'But administratively, it was a nightmare. Now, instead, they get a \$250 taxable check.'"
- ◇ **Colorado PERA** Wendy Tenzyk, Director of Insurance, was quoted in the 01/19/2008 Rocky Mountain News. CO PERA has selected National Jewish Medical and Research Center to help retirees lose weight; becoming the first employer group to use National Jewish's new telephone and internet-based weight-loss program. "Being familiar with their quit line and the success they've had with that, it seemed like a good fit for our members who have asked for help' to lose weight."

### IN OTHER WORDS:

**Article:** *The Effects of Caloric Restriction- and Exercise-Induced Weight Loss and Left Ventricular Diastolic Function*, Matt M. Riordan, Edward P Weiss, Timothy E Meyer, Ali A Ehsani, Susan B Racette, Dennis T. Villareal, Luigi Fontana, John O Holloszy, and Sandor J. Kovacs

**Abstract:** Little is known about the effects of weight loss on diastolic function (DF). Furthermore, it is not known if both caloric restriction (CR)- and exercise (EX)-induced weight loss have salutary effects on DF. Therefore, we assessed the effects of yearlong CR (n=12) and EX (n=13) interventions, which induced ~12% weight loss, on DF in healthy, non-obese (BMI=23.5-29.9 kg/m<sup>2</sup>) men and women aged 50-60 years. Recordings of Doppler transmitral flow and Doppler tissue imaging were acquired and analyzed by conventional approaches and a validated parameterized diastolic filling (PDF) formalism. Isovolumic relaxation time decreased after weight loss in both groups (p<0.05). Septal E' increased (p<0.01) and E/E' decreased (p<0.05) after weight loss in the CR group. Based on the PDF-derived indices, CR resulted in a decrease in global ventricular stiffness (k) and increases in longitudinal (septal annulus motion) stored elastic strain (x<sub>0</sub>'), peak force (k'x<sub>0</sub>'), and peak stored strain energy (1/2k'x<sub>0</sub>'<sup>2</sup>). In the exercise group, k was unchanged, although septal x<sub>0</sub>' and 1/2k'x<sub>0</sub>'<sup>2</sup> increased significantly and k'x<sub>0</sub>' tended (p=0.13) to increase. We conclude that weight loss, whether induced by caloric restriction or exercise, has salutary effects on DF.

**In Other Words:** Shedding excess pounds may restore some of the heart's youth, whether the weight loss comes from eating less or exercising more .

## Project Updates

- ◇ **Rose Community Foundation Project:** The CBGH was awarded a grant by The Rose Community Foundation to create a 4-8 page publication to inform employers about issues related to health care reform.
- ◇ **Bridges to Excellence Expansion:** The expansion meetings that the CBGH hosted in December turned out to be a great success, thanks to sponsorship by Jeff Jenkins and Dee Parke at Merck. Our guest speaker was Tom Williams, Executive Director of IHA in California. We were able to host a wonderful awards breakfast for our Colorado Springs doctors and prospective employer participants at the Garden of the Gods Club. Later that evening we hosted a group of physicians and employers at Dolan's Restaurant in Boulder. As most of you are aware our last meeting was held in conjunction with our December CBGH Board Meeting at the Loews Hotel on the 6th of December. All three meetings were well attended and assisted in opening new lines of communication and continuing previous dialogue between the CBGH, employers and physicians regarding the Colorado Bridges to Excellence initiative.

Thanks to all the members that were able to attend these meetings and a special thank you to those who have continued to show support of this extremely important initiative that is in the midst of changing the way physicians and health plans treat patients with diabetes and cardiovascular disease.

- ◇ **Colorado Chartered Value Exchange (CCVE)**

In late January the CBGH was informed by a representative from the Agency for Healthcare Research and Quality (AHRQ) that our application was not selected to receive a nomination as a Center for Medicare & Medicaid Services (CMS) recognized value exchange. There were 38 organizations that submitted applications and the unofficial number that received nominations is 12. Although we are a little discouraged that the CCVE was not selected in this first round of applications we realize that we have a sufficient amount of time to improve the application in preparation for the next round of submissions. The CBGH should be receiving feedback regarding the first application in mid-February which will most likely be when the re-write begins. AHRQ and CMS will start accepting applications for the second round of CVE's in late April and they plan on making decisions again mid-summer.

So far the CBGH has received commitments to participate on the CCVE Steering Committee from the following organizations:  
Colorado Foundation for Medical Care, Colorado Hospital Association, Colorado Medical Society, Colorado Regional Health Information Organization, Colorado Association of Health Plans, Colorado Department of Health Care Policy and Financing, Colorado Clinical Guidelines Collaborative, Rocky Mountain Health Care Coalition, and the Rocky Mountain Multiple Sclerosis Center.

If you would like to provide any input or would like a copy of the first application please contact Grant Lunney at (303) 933-0939 or [grant.lunney@cbghealth.org](mailto:grant.lunney@cbghealth.org)



## Project Updates (continued)

◇ **eValue8:** The 2008 eValue8 process has officially begun. The 2008 RFI is currently being completed by the following Colorado health plans:

- ⇒ Anthem HMO and PPO
- ⇒ CIGNA HMO and PPO
- ⇒ Kaiser HMO
- ⇒ United PPO

The RFI is due back from the plans on February 29<sup>th</sup> and then will be submitted to NBCH for scoring. We contemplated whether or not to score the Colorado plans ourselves this year but decided that outsourcing this task would be more efficient.

In addition to using a different vendor for this year's RFI (from HighRoads to Proposal-Tech), NBCH has changed numerous aspects of eValue8 for 2008:

- ◆ Overall content has been cut by about 15 to 20 percent.
- ◆ An easy to use, accessible outline of the questions is available for navigation.
- ◆ A comprehensive Q&A function has been added
- ◆ Survey will be pre-populated with 2008 answers for next year
- ◆ A couple of functions have been added that make it easier on national plans
- ◆ Email capability for questions that need subject matter expert responses
- ◆ This survey will be much easier on the scorers

Thanks to all our members who made suggestions to their health plan account managers that eValue8 is a project that they need to be doing. Keep in mind that the site visits will be scheduled much earlier this year.

### FYI:

The Centers for Disease Control and Prevention hosts the *State Tobacco Activities Tracking and Evaluation (STATE) System*. You can customize reports to, for example, compare state programs, see trends for selected topics (e.g., economics). Many of the reports will generate graphic output and have Excel export capability. <http://apps.nccd.cdc.gov/statesystem/>

### Fall 2008 Conference:

We've begun planning for our 2008 October Conference! The meetings will be every other Thursday (beginning 2/7) from 8:30—9:30 (except on 2/21 - 8:00—9:00). Contact Kristen to be put on the notice list. [kristen.berg@cbghealth.org](mailto:kristen.berg@cbghealth.org)

**Spread the Word!** Spread the good word about the CBGH!! Coalitions like ours draw strength from numbers and the excellent projects we do together. Tell colleagues and friends—then invite them to upcoming events.

## Project Updates (continued)

- ◇ **Health Matters:** The 2008 Health Matters publication is just beginning to take shape. We had our first health plan steering committee meeting in late January and we are currently in the process of finalizing the health plan and CBGH deliverable dates. If you have any content suggestions or would like to play a role in the design of the publication please contact Grant Lunney at (303) 922-0939 or at [grant.lunney@cbghealth.org](mailto:grant.lunney@cbghealth.org)

Below is our 2007 Health Matters Distribution List. We are always looking to expand this list and reach more consumers and employers with our publication so if you have

any			ideas
or	Organization	Copies	mailing
lists	208 Commission members	25	that
you	BEST / School Dist. 11	100	would
like us	CBGH mailing list	4,244	to in-
	CFMC	200	tegrate
into	City of Colorado Springs	200	our
2008	Colorado Business Council	100	list.
	Colorado Culture of Health Conference	600	
	Colorado Division of Insurance	100	
	Colorado Health Services and Marketing	85	
	Colorado HMO Association	100	
	Colorado Human Resources Association	1200	
	Denver Hospice	5	
	Englewood Chamber of Commerce	30	
	HMO Assoc. Employer Focus Group	25	
	Jim Hertel	150	
	Metro Denver Health & Wellness Comm.	50	
	Rocky Mountain Health Care Coalition	26	
	Rocky Mountain Health Plans	150	
	Rocky Mountain Multiple Sclerosis Society	40	
	sanofi-aventis	50	
	<b>TOTAL:</b>	<b>7480</b>	

Additionally, the University of Colorado will distribute at least 10,000 copies during their open enrollment meetings this spring.

## Project Updates *(continued)*



**Summary of the Fall 2007 Conference Feedback:** With eighteen respondents, the overall conference assessment was evenly divided between excellent and good. Thirteen reported that their expectations were met; four reported that their expectations were exceeded; and, one reported that they had expected that the emphasis would not have been just for large businesses or corporations. Overall, speakers were judged good to excellent with only two negative comments – one that the Channel 4 video was too commercial and too long and that Tom Parry's talk was 'over my head'. All reported that they would attend another conference. Suggestions for improvements included: topics that would address small business concerns, having a ten minute break in the morning around 10am before remaining speakers. The 'walk around lunch' needed healthier offerings – 'no sauces', and a longer time frame and lower fees for exhibitors and participants. The afternoon sessions were generally well received with Ken Detweiler and Mark Cauthen's presentation receiving the greatest participation and high marks in both sessions and only one comment that the afternoon sessions subject matter was old info – this was from a health insurance broker.

There were twenty-two respondents who filled out the information form, fourteen of whom asked for more information about CBGH. Fifteen respondents indicated that they would like to collaborate further with other employers. Sixteen of the respondents indicated their companies have begun wellness programs ranging from 1 year in existence to 6+ years with effectiveness ranging from 1 to 5 if measured with most in the mid range of 2-4. Topics for follow-up included worksite wellness programs, ROI for worksite wellness programs, nutrition education, programs that are directed to people of color and linking wellness with health insurance – this last from Don Breece who says they are rewarding employees with gym/class subsidies, but says they need insurance incentives to move those who are unhealthy. Barriers for implementing worksite wellness included multiple worksites, cost of implementing, time to participate and getting employers to support.

The grids below shows the spread of scores for the morning presentations.

<b>Impressions</b>	<b>Poor</b>	<b>Fair</b>	<b>Good</b>	<b>Exc.</b>
Location/Facilities		1	9	10
Registration		1	6	11
<b>AM Presentations</b>				
O'Brien & Clark		1	10	9
Thompson		3	10	7
Torres			14	5
Parry		1	11	7
<b>Expectations</b>	<b>DN Meet</b>	<b>Met</b>	<b>Exceed</b>	
	1	15	4	
<b>Attend Future</b>	<b>Yes</b>	<b>No</b>		
	20			

<b>Organizations</b>	
Health & Wellness	5
Hospitals	3
School/School Dist.	1
Other Clinical Practice	2
Public Health	3
City Gov't	1
Federal Gov't	1
State Gov't	1
Not For-Profit	2
Non Health-Related	1
<b>Total Responses</b>	<b>20</b>


# February 2008


<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5 11:00 to 12:00 PBM Sponsor TC	6	7 8:30 to 9:30 Fall Conference TC  contact Kristen if you would like to partici- pate on this commit- tee.	8	9
10	11	12 8:30 to 9:30 BTE TC for participat- ing BTE employers	13	14 8:00 to 11:30 Monthly Board Mtg— Denver	15	16
17	18 <b>Gone Fishin'</b> President's Day— office closed	19 8:00 Executive Committee TC	20	21 8:30 to 9:30 Fall Conference TC	22	23
24	25 3:00 to 4:00 Monthly Executive Committee TC	26	27	28	29	

# March 2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3	4 11:00 to 12:00 PBM Sponsor TC	6	6 8:30 to 9:30 Fall Conference TC	7	8
9	10 8:30 to 9:30 BTE TC for participating BTE employers & health plans	11	12	13 8:00 to 11:30 Monthly Board Mtg— Boulder	14 8:30 to 9:30 Fall Conference TC	15
16	17	18	19	20	21	22
23	24 3:00 to 4:00 Monthly Executive Committee TC	25	26	27	28/29	30/31

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Suite 105  
Denver, CO 80226

 303-922-0939

 303-922-0938

#### CBGH Memberships & Program Affiliations:

##### Memberships

Colorado Nonprofit Association  
National Business Coalition on Health  
National Quality Forum  
Metro Denver Health and Wellness Commission  
Colorado Clinical Guidelines Collaborative—Donna Marshall, Board Member  
Colorado Foundation for Medical Care—Donna Marshall, Board Member

##### Programs

Bridges to Excellence—Regional Contact for Colorado  
Leapfrog Group for Patient Safety—Member & Data Partner  
eValue8—Regional Rollout Leader

[www.ColoradoHEALTHonline.org](http://www.ColoradoHEALTHonline.org)

Do you want the CBGH  
Monthly Meeting to be  
**just minutes from  
your home / office?**  
Call Kristen to get on  
the Calendar!

### Workgroups & Committees

**PBM** Beth Neva  
**Bridges to Excellence** Dave Lord  
**eValue8** Julie Saad  
**Yearly Conference** Vinita Biddle, Tammy Kirk  
**Health Matters** Donna Marshall, Grant Lunney, Nancy Lund  
**Depression Project** Dave Lord  
**Marketing** David Kaye, Sam Moreno, Dave Lord, Grant Lunney

Some of these groups/committees meet on an ad-hoc basis; setting the date/time of the next meeting at the end of the current meeting. For information regarding the next meeting of any committee, please contact us.

While we are omniscient, please keep in mind that we are also near-sighted. Please send us copies of, or citations to, articles that mention your company's good deeds or notices of your participation in, support of, relevant events. Help us keep your fellow members in touch with the day-to-day strides we are all making in today's

