Healthy Horizons: Healthy Rewards

Number of Participants Submitted Rewards Cards

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 2014 | 2015 | 2016 | 2017 | 2018\* |
| Spring Program | 28 | 56 | 50 | 60 | 88 |
| Summer Program | 13 |  7 | 13 | 11 |  9 |
| Fall Program | 45 | 60 | 61 | 94 | 97 |

\*134 unique participants in 2018

Categories of patient goals set during health coaching appointments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Smart Goal 1 |   | Smart Goal 2 |   |
| I) | Track 1 | Track 2 |   | Track 1 | Track 2 |   |
| **Smart Goals** | Freq. | Percent | Freq. | Percent | p-value | Freq. | Percent | Freq. | Percent | *p-value* |
| 1 = sleep habits | 16 | 1.41 | 3 | 0.42 |  | 11 | 0.97 | 23 | 3.23 |  |
| 2 = weight | 176 | 15.52 | 109 | 15.29 |  | 81 | 7.14 | 58 | 8.13 |  |
| 3 = dietary  | 343 | 30.25 | 212 | 29.73 |  | 568 | 50.09 | 289 | 40.53 |  |
| 4 = other preventative health\* | 32 | 2.82 | 27 | 3.79 |  | 46 | 4.06 | 32 | 4.49 |  |
| 5 = establish care with health care provider | 22 | 1.94 | 25 | 3.51 |  | 12 | 1.06 | 27 | 3.79 |  |
| 6 = physical activity | 522 | 46.03 | 309 | 43.34 |  | 356 | 31.39 | 235 | 32.96 |  |
| 7 = mental health | 2 | 0.18 | 3 | 0.42 |  | 2 | 0.18 | 12 | 1.68 |  |
| 8 = other\*\* | 21 | 1.85 | 25 | 3.51 |  | 58 | 5.11 | 37 | 5.19 |  |
|   |   |   |  |   |  |   |   |  |   |   |
|   | 1,134 |   | 713 |   | 0.023 | 1,134 |   | 713 |   | 0.00 |