The Emory Center for Health Discovery and Well Being

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Assessment: The Surveys

- Surveys collect information about
  - Mental, Emotional & Spiritual health
  - Health Symptoms, Exposure, Behavior & Physical Activity
  - Nutrition, Supplements & Medications
  - Stress, Anxiety, Depression & Sleep Patterns

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Assessment: Instrumentation

- Resting Blood Pressure and Heart Rate
- Anthropometrics & Body Composition
  - % body fat
  - Lean Body Mass
  - Bone Mineral Density
- Treadmill Fit Testing
- Vascular Testing
  - Arterial thickness
  - Arterial elasticity
  - Central Blood Pressure
Assessment Laboratory Studies

More than 50 different lab tests

- **Known biomarkers**
  - Endocrine Health
  - Immune Health
  - Metabolic Health
  - Inflammation Health
  - Nutrition Status

- **Novel biomarkers**
  - Oxidation Status
  - Inflammation Status
  - Immune Function
  - Regenerative Capacity
Health Assessment Report

- Compilation of results from assessments
- Includes instructions about how to interpret
- Includes comparison norms (age, gender, etc.)
- Includes general health education and resources
- Take home tool
- Collaboration with their Predictive Health Partner
- Participant empowerment & engagement in goal setting
- What does this mean for the participant
  - Work-life balance
  - Nutrition
  - Physical activity
  - Mental and emotional health
  - Spiritual health
  - Health risk behaviors
- Personalized Health Action Plan (internal/external resources)
- Follow up assessments
Role of Predictive Health Partner

- Relationship Builder
  - Facilitator
  - Consultant
  - Educator
  - Translator
  - Confidant
  - Specialist
  - Collaborator
  - Navigator
Random Sample of Emory Employees: Baseline Data
Frequency distribution of ages in the initial CHDWB cohort.
Frequency distribution (percent of participants to date) of body mass index (BMI) in the initial CHDWB cohort.
Frequency distribution (percent of study participants to date) of serum high density lipoproteins (HDL mg/dL) in the initial CHDWB cohort
Frequency distribution (percent of study participants to date) of systolic blood pressure (mmHg) in the initial CHDWB cohort
Percent of study participants to date by numbers of metabolic syndrome criteria met

60% of Emory employees are at significant cardiometabolic risk
Results of Six Month Followup
<table>
<thead>
<tr>
<th>Measure</th>
<th>Baseline</th>
<th>change@6mo</th>
<th>% 6mo change</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body wt</td>
<td>169.1</td>
<td>-1.5</td>
<td>-1</td>
<td>0.007</td>
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<tr>
<td>Body mass index</td>
<td>26.95</td>
<td>-0.29</td>
<td>-1</td>
<td>0.001</td>
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<tr>
<td>BP systolic</td>
<td>120.3</td>
<td>-4.9</td>
<td>-4.1</td>
<td>&lt;0.001</td>
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<tr>
<td>Total chol</td>
<td>199.9</td>
<td>-7.8</td>
<td>-4</td>
<td>0.001</td>
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<tr>
<td>Total cysteine</td>
<td>178.5</td>
<td>13.9</td>
<td>7.8</td>
<td>&lt;0.001</td>
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<tr>
<td>Augmentation ind</td>
<td>28.98</td>
<td>-1.07</td>
<td>-3.6</td>
<td>0.031</td>
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<tr>
<td>Bone density</td>
<td>1.19</td>
<td>0.002</td>
<td>0.2</td>
<td>0.031</td>
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<tr>
<td>IL-6</td>
<td>1.30</td>
<td>-0.49</td>
<td>-38</td>
<td>0.002</td>
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<tr>
<td>Stress (PSS)</td>
<td>18.56</td>
<td>-1.57</td>
<td>-8.5</td>
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<td>Depression (Beck)</td>
<td>4.61</td>
<td>-1.21</td>
<td>-26</td>
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<td>Anxiety (GAD7)</td>
<td>3.27</td>
<td>-0.75</td>
<td>-23</td>
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<td>Family Fx (FAD)</td>
<td>1.20</td>
<td>-0.11</td>
<td>-9</td>
<td>&lt;0.001</td>
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<tr>
<td>QOL (SF36)</td>
<td>51.8</td>
<td>1.9</td>
<td>3.7</td>
<td>0.001</td>
</tr>
</tbody>
</table>

Effects of 6 months in the CHDWB program on physical, mental and social measurements (N=186)
Percent change from baseline to 6 months for biologic variables in 201 participants in the Center for Health Discovery Health Partner Program (p<0.05 for all values)
Percent change from baseline to 6 months for exercise, stress, sleep and depression related variables in 201 participants in the Center for Health Discovery Health Partner Program (p<0.05 for all values)
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