



Weekly Bulletin – October 28, 2022



WHAT'S NEW THIS WEEK?

Complimentary Webinar and Resources – *Obesity: Conquering the Common Denominator*

The Midwest Business Group on Health (MBGH) is making updates to the obesity resources (online toolkit, action briefs, and video) they shared with the Florida Alliance earlier this year (<https://www.mbg.org/mainsite2021/resources/employertoolkits/obesity-florida>). These updates include more robust information regarding the link between obesity and chronic disease/mental health, as well as providing customizable employee communications that employers can share.

Guest Speakers

*Understanding Obesity
from both the Patient and
Provider Perspective*



David Skomo
Chief Operating Officer
WellDyne

*Employer Strategies
for Supporting
Members with Obesity*



Alex Jung
CEO & Owner, *AJung Consulting*
Retired Senior Partner, *EY-Parthenon*

The rollout of the updated resources is planned for a free upcoming webinar hosted by MBGH on **December 7th at 11AM – 12:30PM ET, *Obesity: Conquering the Common Denominator.***

To truly have an impact on the health of an employee population, employers must have a strategy to address obesity which is linked to a myriad of chronic conditions including musculoskeletal disorders, mental health,

type 2 diabetes, hypertension, heart disease, sleep apnea, and more. Without addressing this common denominator, efforts to improve employee health and wellbeing will fall short. **Attend this webinar to gain new perspectives putting a comprehensive obesity management strategy in place at your organization.**

Register [here](#) with the code **COALITION** to have your registration fee waived.

Integrated Business Institute's 2023 Research Priorities Survey



INTEGRATED
BENEFITS
INSTITUTE

Integrated Business Institute (IBI), a Florida Alliance strategic partner, is launching their annual research agenda survey to collect feedback on the topics they will research in 2023. IBI hopes to provide research and insights to their members, including the Florida Alliance, to support strategic decision-making in the year ahead. **Your input is critical to assure IBI is providing valuable education for our industry.**

Please take a few minutes to complete the survey. Responses will be collected through Friday, November 11.

[Take the IBI Annual Survey](#)



EMPLOYER LEARNING COLLABORATIVES

Mental Health/Substance Use Employer Learning Collaborative (ELC)

This week we held Session #3 of the Mental Health/Substance Use ELC where we focused on **Network Adequacy and Access**. Many thanks to Michael Yuhas from the Path Forward Steering Committee for sharing his insights and expertise with us. We also provided follow up of several items from Session #2 on **Tele-behavioral Health**.

To review the slides, the meeting recordings, and other materials from all of the sessions of the Mental Health/Substance Use ELC meetings, please visit our Mental Health/Substance Use ELC webpage <https://flhealthvalue.org/our-work/mental-health-substance-use-elc/>. This webpage also includes the resources that are referenced at each session.

To go directly to the **Employer Guide to High-Value Tele-Behavioral Health** (updated October 2022) that was presented this week, click here <https://flhealthvalue.org/wp-content/uploads/2022/10/High-Value-Telebehavioral-Health-October-2022-Update.pdf>



Please contact karen@flhealthvalue.org if you did not receive the calendar invitation for the upcoming November 15 session on innovations in MH/SU or need one to be sent again.



IN CASE YOU MISSED IT

The State of Mental Health in America 2023



Mental Health America (MHA), is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA's work is driven by its commitment to promote mental health

as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, and integrated care, services, and support for those who need them - all with recovery as the goal.

Their report, **The State of Mental Health in America 2023**, is a collection of data across all 50 states and the District of Columbia and seeks to answer a number of questions with the goal of providing a snapshot of mental health status among youth and adults for policy and program planning, analysis, and evaluation among other.

Florida does not score well on their various measures, which makes our work with the Path Forward all the more important. **For their access to care measure for mental health services, Florida ranks very low at #46 in the U.S.** Florida's overall score is #35.

To access the report, click [here](#).

Mental Health Index – U.S. Worker Edition – Q3 2022 Update

Total Brain recently revealed its Mental Health Index Q3 report which can be accessed here: (<https://www.totalbrain.com/mentalhealthindex/>)

The report focuses on several indicators of employee mental health in the U.S. Based on results from dozens of large corporations throughout the country, the findings showed an alarming 106% increase risk in Depressive Disorder in September 2022 versus mid-August 2022. The risk of Post-Traumatic Stress Disorder (PTSD) spiked by 61% between mid-August 2022 and September 2022. It also revealed a 44% increased risk of Generalized Anxiety Disorder in September 2022 versus August 2022. Stress increased by 16% mid-August and September 2022.

Researchers attribute their findings to the end of summer break, the return to work and school routines, along with shorter days. Ongoing economic concerns and geopolitical issues also contribute to the findings.



The recent report reinforced what authors have seen as recurring seasonal patterns in workforce mental health, particularly regarding, depression, anxiety, and stress. With the holiday season coming soon, the authors encouraged regular monitoring of stress and anxiety as well as other indicators cited in their report such as post-traumatic stress disorder (PTSD), depression, social anxiety disorder, and general anxiety disorder.

Employees should continue to be apprised of resources available to them as they navigate the fall and early winter months.