

**Title of Intervention and Website:** LIFECHECK

**Intervention Strategies:** Group Education, Supportive Relationships, Campaigns and Promotions, Environments and Policies

**Purpose of the Intervention:** To identify high-risk employees at the worksite and implement a program to reduce risk

**Population:** Blue-collar and white-collar workers, mostly white males

**Setting:** Coors Wellness Center located at the Manufacturing Complex and the Engineering Center; worksite-based

**Partners:** Department of Family Medicine at the University of Colorado Health Sciences Center

**Intervention Description:**

- Group Education: Sample aerobic classes were offered for all shifts in onsite locations.
- Supportive Relationships: Team leaders marketed the program to fellow employees and provided encouragement and support for participation. Wellness Center staff provided risk factor counseling sessions. Walking groups met at onsite locations.
- Environments and Policies: Aerobic exercise equipment was rotated through each of the four lunchrooms. A permanent workout space was set up with aerobic equipment, ping pong, golf and steer roping. Workers were given flextime in order to participate in program activities.
- Campaigns and Promotions: Activity contests (e.g., Walk Across the U.S.) were designed to increase employee activity level.
- Other intervention components included tobacco cessation campaign, Adopt-a-Smoker, tobacco cessation readiness classes, nicotine gum, cholesterol education classes, nutrition education classes, healthy eating classes, supermarket tours, heart-healthy meal choices, blood pressure control classes,

**Theory:** Stages of Change

**Resources Required:**

- Staff/Volunteers: not mentioned
- Training: not mentioned
- Technology: not mentioned
- Space: not mentioned
- Budget: The program cost \$22,163; the evaluation cost \$42,678
- Intervention: not mentioned
- Evaluation: Health screening tools (blood pressure cuff, finger stick blood cholesterol, scale, assessment forms)

**Evaluation:**

- Design: pre/post
- Methods and Measures:
  - Health Screening to measure change in risk factors pre- and post-intervention
  - Participation records to measure the frequency with which participants made use of the interventions
  - Structured interviews to examine the experiences of the participants

**Outcomes:**

- Short term Impact: Small but significant changes were observed in blood pressure, cholesterol, body weight and risk of heart disease within 8 years.
- Long Term Impact: Number of instances of physical activity per week increased significantly.

**Maintenance:** Not mentioned

**Lessons Learned:** The activity contest was very popular and enthusiasm was maintained throughout the eight-week program. Team leaders were essential in the marketing of the program to employees. Management support was essential to the logistics, space and worker flextime required for the successful implementation of the program. Because the risk factor counseling led to a flood of psychosocial issues, the researchers encourage others planning cardiovascular screenings to include a psychosocial component.

**Citation(s):**

Henritze J, Brammell HL, McGloin J. (1992). LIFE CHECK: A Successful, Low Touch, Low Tech, In-Plant, Cardiovascular Disease Risk Identification and Modification Program. *Am J Health Prom.* 7(2):129-136.