

Welcome!

Municipal Wellness

Valerie Smith, MS, Wellness Director
acmjifwellness@gmail.com
609-251-7811

ACMJIF Retreat

October 26, 2017

How Are We Doing?



Workplace Wellness

2015 - Wellness Director

2015 - Adoption of Wellness Policy

2016 - Wellness Incentive Program

2017- Wellness Coordinator Training- > 30 in attendance, representing half of the ACMJIF members

Wellness Activities



Health Fairs

Weight Loss Challenges

Chair Massage

Lunch & Learns

Water Challenges

Fresh Fruit

Walking / Step Challenges

Flu Shots

Biometric Screenings

Financial Wellness

Annual Wellness Month

Yoga, Personal Training

Healthier Vending Options

Standing Desk

Healthy Cooking Challenges

Wellness Money

Benefits of Workplace Wellness Program

- ❖ Fun
- ❖ Improved Productivity
- ❖ Happier
- ❖ Builds Community
- ❖ Lower Healthcare Costs
- ❖ Sense of Accomplishment
- ❖ Improved Physical Fitness
- ❖ Weight Loss
- ❖ Less Stress
- ❖ Healthier Habits

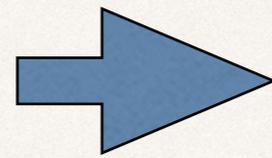
Benefits of Workplace Wellness Program

A U.S. Department of Health & Human Services Report in 2002, revealed:

- ❖ Reduced Healthcare costs by 20% - 55%
- ❖ Reduced short term sick leave by 6% - 32%
- ❖ Increased productivity by 2% - 52%

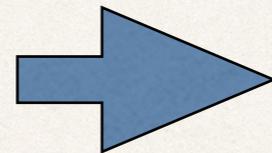
Disconnect Between Our Desire For Healthy Behavior And Actual Behavior

❖ 89% say taking personal responsibility for one's health is the best way to stay healthy



❖ 70% say they're actually "actively trying to be healthier"

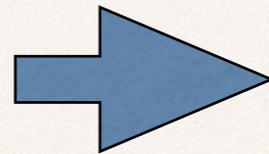
❖ 75% say they feel they can manage health issues through nutrition



❖ 50% say it's a challenge to eat healthy

Disconnect Between Our Desire For Healthy Behavior And Actual Behavior

❖ 64% will take whatever means necessary to control my health



❖ 66% percent say they don't exercise enough

Why Aren't We Moving!



- ❖ A 12 year study, following 334 men & 161 women found that a **lack of physical activity claims twice as many lives as obesity.**
- ❖ **Lack of physical activity kills as many people as smoking!**
- ❖ Major illnesses linked to lack of exercise - **Coronary Heart Disease, Type 2 Diabetes, Bowel & Breast Cancer**



Why Aren't We Moving!

-
- ❖ Socially, being inactive is perceived as normal
 - ❖ We have few organized efforts to combat physical inactivity - government programs to move people from sedentary living to meeting recommended levels of activity are limited.
 - ❖ Where these programs are available, they are viewed as useful, but not **essential**.

Why Aren't We Moving!

- ❖ Treatment of physical inactivity is not a reimbursable health item under most health insurance plans.
- ❖ Few financial incentives exist for health care providers to spend time discussing exercise during medical visits.



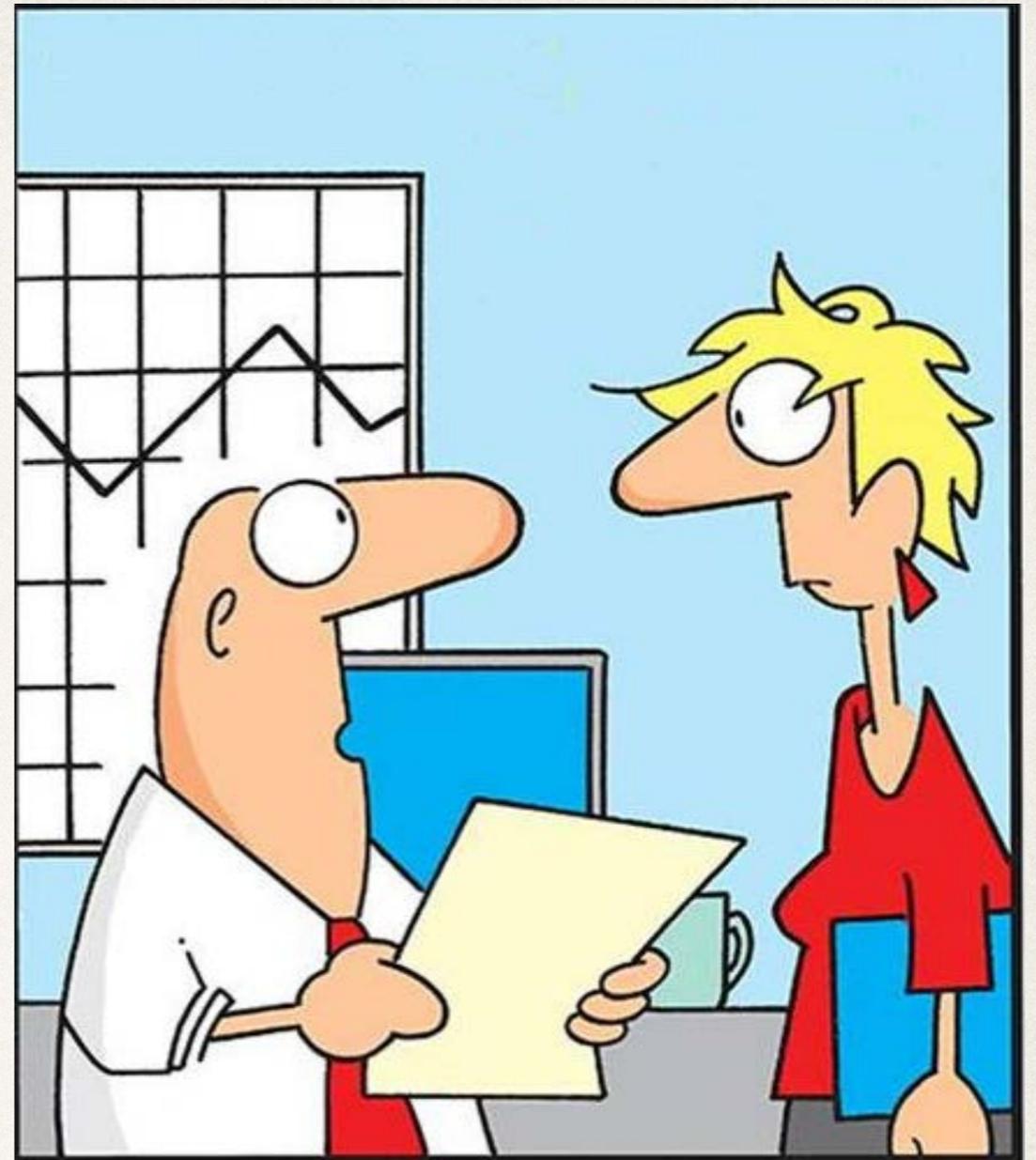
- ❖ Just a small amount of activity each day (20 minute brisk walk) could have substantial health benefits:
- ❖ Including a 16% - 30% reduction in the risk of premature deaths

Exercise Goals!



- ❖ According to the CDC, adults should get at least 150 minutes a week of moderate intensity of aerobic activity. (30 minutes over five days)
- ❖ This will promote substantial health benefits.

Workplace Wellness
Can Bridge The Gap...



But We Can't Send
Mixed Messages!

“We’re having a big meeting tomorrow to kick off our Employee Wellness Campaign. Who’s in charge of bringing the soda and donuts?”

Sample Worksite Wellness Program

Addressing Exercise

- ❖ Fitness/Walking Challenge-
Start a Walking Club
- ❖ Buy pedometers-educate on using them
- ❖ Map out walking paths at work
- ❖ Participate in community walking/running/triathlon events - offer discounts for employees who participate
- ❖ Promote walking meetings
- ❖ Turn employee picnics into “Field Days”
- ❖ Promote using the stairs-make it a challenge
- ❖ Purchase “Standing Desks”
- ❖ Offer “Exercise Classes”

Progress Being Made Around The World “Ciclovias”



Ciclovias - Bike Path

- ❖ Ciclovias are regular car free days during which sizeable portions of the city are liberated from motorised transport and 100% dedicated to citizens who can run, cycle, skate – or just wander around and socialize.
- ❖ Bogota's ciclovia offers more than 90 km (55.92 miles) entirely protected from cars, with marshals, safety assistants, bike mechanics, sports instructors and guides (**all paid**) to make the experience enjoyable.

Ciclovias For Your Municipality

- ❖ Promote walking in an area around your municipal building - shut down a block or two during lunch, to promote walking
- ❖ Promote walking around your schools by closing streets to traffic for period of time
- ❖ Close a portion of roads on a Sunday to cars

Positive Change is Happening!



- ❖ Purchasing standing desks
- ❖ Offering fresh fruit
- ❖ Offering healthy food options
- ❖ Adding wellness to Safety Meeting Agenda

In Conclusion



-
- ❖ We have made some measurable progress
 - ❖ Need to continue striving to make wellness part of our work culture
 - ❖ Combat a sedentary lifestyle with “Wellness in the Workplace”

Any questions?



Thank You!

