

Employee Wellness: Opportunities for Developing a Healthy Lifestyle

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An ounce of prevention . . .



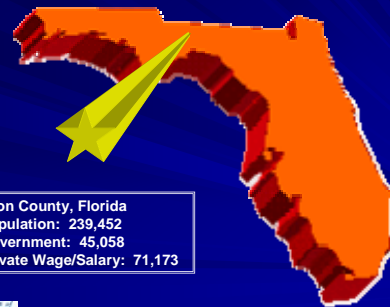
. . . is worth a pound of cure!



77% (n=603) reported at
least one improved
behavior change in
nutrition and/or activity
choices



Florida's Capital County



Leon County, Florida
Population: 239,452
Government: 45,058
Private Wage/Salary: 71,173



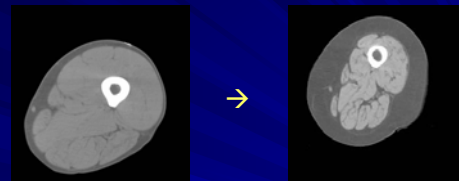
Healthy Employees Benefit Employers

- Fewer sick days and absences
- Higher morale
- Improved productivity
- Reduced health care costs



Source: US Department of Health & Human Services, June 2002.

Biology of Aging



Young, active

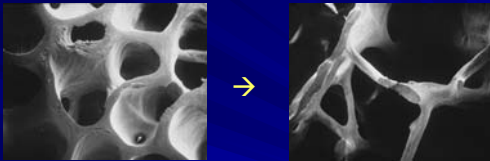
Older, sedentary

- In mid-forties, women lose $\frac{1}{4}$ to $\frac{1}{3}$ lb of muscle per year
- They gain that much – or more – in fat.



The Strong Women Program, M. Nelson, Tufts University.

Biology of Aging



- Approximately 10 million Americans have osteoporosis – 80% are women
- One in two women will experience an osteoporosis-related fracture



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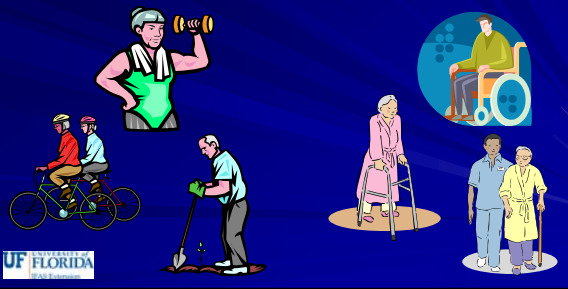
Biology of Aging

- Arthritis affects more than 20 million Americans
- Women are more commonly affected than men
- Arthritis contributes to sedentary lifestyles
- Sedentary behavior increases joint stiffness and pain



The StrongWomen Program, M. Nelson, Tufts University.

Today's Actions Determine Tomorrow's Abilities



Technology's Impact on Today's Lifestyle



Getting Started

Cold calls to targeted employers

- Brochures
- Meetings

County Human Resources

- Education & Training Coordinator
- Senior management meeting

County Well Workplace Initiative

County Public Information Office



Developing Relationships

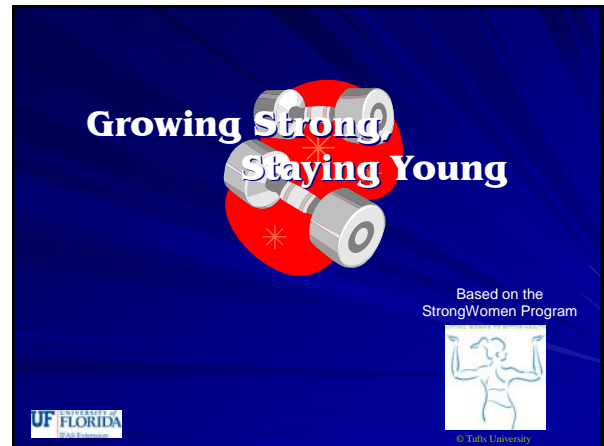
Educational program series

- 4-6 weeks
- Lunch & Learn

Provide marketing materials

- Posters
- Email





An Ounce of Prevention

- 12-week session
- 2 – 3 classes per week
- Pre/Post assessments required
- Peer volunteers essential to maintenance

Required Equipment

- Set of dumbbells
- One adjustable ankle weight
- Towel
- Water
- Yoga mat (optional)

Exercise Program

- Upper Body
- Lower Body
- Floor
- Stretching

Program Assessment

A Pound of Cure



- Participants increasing upper body strength: 79%
- Average increase: 34%



- Participants increasing lower body strength: 67%
- Average increase: 21%



- 58% increased upper body flexibility by an average of 12%
- 45% increased lower body flexibility by an average of 16%



... is a fun, friendly competition promoting physical activity and personal wellness.



Walking Through Florida Partnership

UF/IFAS Extension – Leon County
 Leon County Board of County Commissioners
 Florida Department of Agriculture and Consumer Services
 Florida Department of Education
 DISC Village
 Leon County Health Department



Easily Accessible



Track Your Team's Progress

This has been converted from minutes to miles.

Team Name	Health Update	Kick Off	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Total
DE WCV	3	2,146.45	342.07	0.00	0.00	0.00	0.00	0.00	0.00	0.00	487.47
WVU	12	2,217.98	284.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	432.47
WVU	1	2,145.40	224.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	428.23
WVU	9	2,279.00	122.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	222.00
WVU	12	2,133.00	226.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	422.00
WVU	12	2,177.47	171.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	362.47
WVU	10	2,235.00	174.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	342.47
WVU	12	2,153.00	189.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	342.00
WVU	4	2,145.00	146.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	202.00
WVU	9	2,149.00	120.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	202.47
WVU	11	2,128.00	132.23	0.00	0.00	0.00	0.00	0.00	0.00	0.00	202.23
WVU	4	2,128.47	142.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	222.23
WVU	9	2,149.00	124.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	222.47
WVU	11	2,187.73	124.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	242.23
WVU	9	2,184.73	142.47	0.00	0.00	0.00	0.00	0.00	0.00	0.00	242.23
WVU	4	2,147.47	127.23	0.00	0.00	0.00	0.00	0.00	0.00	0.00	222.23



Track Your Team's Progress

Member Name	Health Update	Kick Off	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Total
Arons, Charlotte	1	1	52.07	137.27	0.00	0.00	0.00	0.00	0.00	0.00	191.33
Chukes, JoNeta	1	0	0.00	100.27	0.00	0.00	0.00	0.00	0.00	0.00	101.27
Rardin, Jeff	0	0	38.67	41.73	0.00	0.00	0.00	0.00	0.00	0.00	80.40
Rohr, Harry	1	1	55.87	66.60	0.00	0.00	0.00	0.00	0.00	0.00	122.47



Annual Kick Off



Weekly Health Updates

Health Update Questions (Week Three):

- Most people benefit from eating more fruits and vegetables every day.
 - A. True
 - B. False
- According to the 2005 Dietary Guidelines for Americans, the recommended number of servings of fruits and vegetables is...
 - A. 5-9 servings per day.
 - B. 1-2 servings per day.
 - C. varies depending on the individual's calorie needs.
- Which form(s) of fruits and vegetables is important to good health?
 - A. Canned and frozen
 - B. Fresh
 - C. Canned, frozen, fresh, dried and 100% juice
- Eating only one or two kinds of fruits or vegetables gives the body a wide
 - A. variety of nutrients
 - B. variety of nutrients
 - C. variety of nutrients

Color Your Plate with fruits and vegetables:

To get a healthy variety, think color! Eat dark greens, reds, blues, purples, whites and oranges. Eating a variety of different colors of fruits and vegetables, also give your body a wide range of valuable nutrients and antioxidants.



Knowledge Gained?

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Success Stories

ADD Your Success Story

Example: When this program started, I made a promise to myself I will keep walking, eating right and exercising for my own health.

3/26/07 11:20:02 AM
The program has motivated myself and 2 of my co-workers to join the WCA so we can get in better shape.

3/26/07 1:46:03 PM
I made a decision to get "On Track" with my blood sugar, weight, eating, etc. when this program started. The first week has helped me to lower my blood sugar to a normal range and a bonus of 7 pounds lost this last week.

3/26/07 1:48:45 AM
Met a couple of co-workers over the weekend for a formal 6 mile walk with the Mayor of Tampa. It not only served motivational purposes - it also helped build comradery between us.

3/26/07 3:19:03 PM
After just one week I have lost 3 pounds and have much more energy to accomplish my job.

3/26/07 11:43:02 AM
SAMPLE: I feel more rested and have been more productive at work since I have been walking regularly thanks to the encouragement of my teammates.

3/26/07 2:04:48 AM
SAMPLE: After walking four times a week during walking through Florida, my blood pressure is lower than it was six months ago.

3/26/07 2:27:45 AM
SAMPLE: I am resting better at night since I've begun walking on at least three times a week.



Celebrating Our Success



After participating in WTF . . .

- 76% began or increased amount of exercise
- 41% felt less stressed
- 41% had increased energy levels
- 24% decreased sedentary activity time
- 38% reported weight loss
- 34% made positive changes in eating habits



Employees Report Success After Walking Through Florida

- Weight loss and decreased blood pressure
- Lowest cholesterol in one year
- No longer need blood pressure medication
- Began training for a marathon
- Ran first 5K
- Wore out a treadmill



Reducing Risk for Chronic Disease

- Identifying risk factors
- Reading food labels
- Making healthful food choices
- Recipe modification



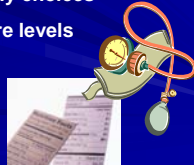
Making a Difference

- 94% increased knowledge about risk factors
- 97% increased knowledge about making healthful food choices
- 75% made one of more behavior changes



Three Months Later

- 30% increased exercise
- 72% make healthy choices when eating out
- 69% use food labels to make healthy choices
- 7 out of 14 improved blood pressure levels



"Walk-a-Weigh"



Session Topics

- Successful Weight Management
- Cutting Extra Calories
- Controlling Fat in the Diet
- Reading Nutrition Labels
- Recipe Modification
- Meats and Meat Alternatives
- The Importance of Calcium
- Weight Maintenance



Healthy Lifestyle Changes

- 55% decreased fat
- 55% increased fruit consumption
- 45% more likely to eat dried beans and peas
- 45% increased low fat or non fat dairy intake
- 45% more likely to remove skin from poultry
- 45% increased use of nutrition labels

Six Weeks Later, I . . .

- . . . lost 14 more pounds
- . . . started an exercise program
- . . . kept up with my walking
- . . . joined a tennis league
- . . . had to wear a belt or my pants would fall down



The Next Step

- WTF 365
- County Wellness Series
- VolunteerLeon Internship





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