

Cerro Gordo County's Worksite Wellness Program



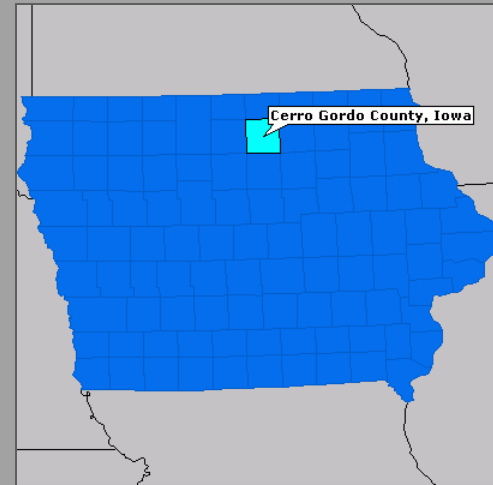
Start Taking Responsibility In Diet & Exercise

Kelli Huinker
Wellness Service Manager
Cerro Gordo County Dept. of Public Health



Overview

- *Funding a Wellness Manager*
- *Cerro Gordo County's STRIDE program overview*
 - *Screenings*
 - *Interventions*
 - *Education*
 - *Policy & Environment*
- *Outcomes and Successes*
- *Sustainability & How to replicate in your community!*



Funding a Wellness Manager

- *Fall 2009 – 1.0 FTE budgeted for a Wellness Coordinator at the Health Dept.*
 - *August 2009 – Wellmark Grant – Preschool Activity Program (.3 FTE)*
 - *January 2010 – IDPH grant to assist in development of Cerro Gordo County Employee Wellness Program (.3 FTE)*
- *July 2011 – 3rd Year of Position – still funded by the county at 1.0 FTE + funds for student intern stipends*
- *September 2011 – Added an AmeriCorps Volunteer*
- *Currently exploring options for a Dietitian*



Cerro Gordo County

STRIDE Employee Wellness Program

EDUCATION:

- *Annual Biometric Screenings*
- *Annual Health Risk Appraisals*
- *Lunch Wellness Seminars*
- *Newsletter*

POLICY & ENVIRONMENT:

- *Wellness Policy*

INTERVENTION:

- *Team Behavior Challenges*
- *Personal Training*
- *(Nutritional Counseling)*
- *Tobacco Cessation - QUITLINE*

- *On-Site Fitness Facilities*

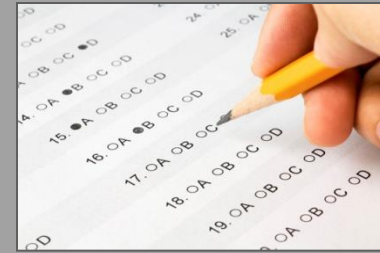
BIOMETRIC SCREENINGS & HRAs

- *Cholesterol*
- *Triglycerides*
- *Blood Glucose*
- *Blood Pressure*
- *Body Mass Index*
- *ETC...*



- *Health Status*
- *Activity Habits*
- *Nutrition Habits*
- *Lifestyle Choices*
- *Needs/Interests*

- *Health Education*
- *Programming*
- *Services*



Lunch Wellness Seminars

- Offered every other month (6/year)
- Various Topics based on survey input
 - Financial Fitness (Financial Advisors)
 - Nutrition (Hy-Vee & Hospital Dietitians, ISU Extension)
 - Cooking Class (Retired Home Ec. Teacher)
 - Fitness (Personal Trainers)
 - Ergonomics (Local specialists, Chiropractors)
 - Cancer Prevention (Am. Cancer Society)
 - Online Webinars, Etc.
- \$5.00 “healthy” meal available or BYOB (Bring Your Own Brownbag lunch)



Newsletter

- *Monthly Publication*
- *Highlights:*
 - *Program Successes*
 - *Upcoming Events*
 - *Current News and Research*
 - *Continual motivation to participate!*
- *Distributed via Email, posted on Bulletin Boards*



INTERVENTIONS

- *Team & Individual Behavior Challenges*

- *Nutrition*

- *WELL-Water*
- *5 A Day (Fruit & Vegetable)*
- *Rate Your Plate (MyPlate concept)*

- *Exercise*

- *StairWELL*
- *Fit with 5*
- *A Larger Life in a Smaller You*
- *Gold Medal Games*
- *Block Walk*
- *Fit with Fido*

- *QUITLINE resources*

- *Personal Training (on-site fitness testing, exercise programming)*



WORKSITE POLICIES

- *Wellness Policy –*
 - *Health Dept staff can combine AM and PM breaks to 30min lunch break if participating in a wellness activity*
 - *Provides a full 60 minutes – more conducive to participate in programs held over lunch hour*
 - *Health Dept staff can also participate in Fitness Testing 2x per year (60 minutes each) on company time*
- *Vending Assessments –*
 - *NEMS-Vending assessment led to establishing “Healthy Snack Baskets” in addition to current vending machines – GREEN & YELLOW snacks only*
- *Meeting Menus –*
 - *Emphasis on “healthier” meals at meetings (fresh salads, water, etc)*

Environment

- *Bike Racks – (Bike to Work Week Pledge)*
- *On-Site Fitness Facilities*

Courthouse



Health Dept



Community Outreach

- *Created a Worksite Wellness “Starter Kit”*
- *Distributed kit to County Businesses*
- *Contributed to Iowans Fit For Life Worksite Toolkit*
- *Provide Outsourcing of Biometric Screenings*
(Growing Market- due to Health Insurance Companies basing insurance premiums on employee health status)
- *Quarterly Wellness Newsletter*
 - *(not specific to STRIDE employees)*

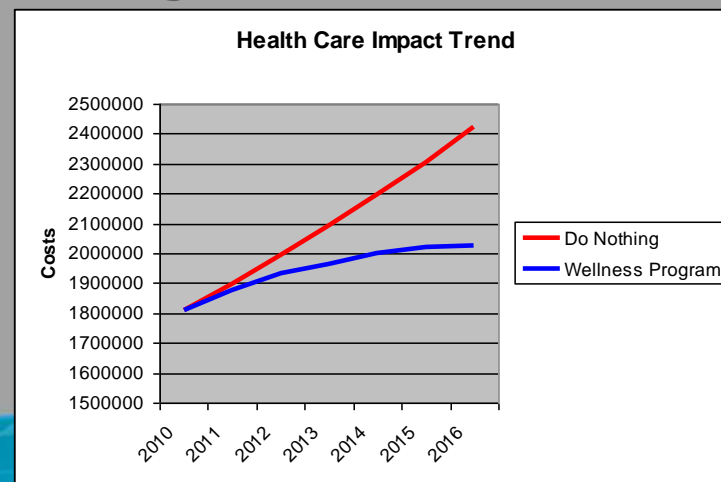


That Sounds Great...but does it work?!!!

Since starting the program in January 2010...

- 171 out of 248 employees participate (69%)
- 61% of participants improved nutritional habits from 2010-2011 (151)
- 43% of participants engaged in at least 30 minutes of exercise, 5 days a week between 2010-2011 (106)
- 11% of Health Dept. workforce lost >25 lbs during 2010-2011

Health Care Claims	Members
•2001- \$ 795,705	462
•2005 - \$1,447,015	467
•2009 - \$1,843,976	472
•2010 - \$1,794,283	484



Insurance Companies are beginning to impose penalties on employees with multiple risk factors for chronic diseases – a worksite wellness program provides the employees support to reduce their risks

Additional Outcomes

- Cerro Gordo County Board of Health received the *Excellence in Physical Activity Award* presented by the Iowa Dept of Public Health
- Known as the leader in Wellness around the Community
- Provided expansion of services to Health Dept. Clientele
- Prompted community partnerships
 - Mercy Hospital
 - School Districts
 - Businesses



Where can I get a Toolkit?

- Iowan's Fit for Life Toolkit –
<http://www.idph.state.ia.us/iowansfitforlife/toolkits.asp>
- All Cerro Gordo County Health Dept. resources are online!

www.cghealth.com

→ Services

→ Wellness

→ Worksite Wellness



Contact Information

Kelli Huinker

Wellness Service Manager

Cerro Gordo County Dept of Public Health

Phone: 641.421.9312

Email: wellness@cghealth.com

