

# Agency Wellness Champions Meeting

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## Introductions, existing programs and wish lists

Tim Meyers, Dept of Health

36 Get Fit teams

Promote internal exercise programs

Brook Miller, Dept of Revenue

Abolished worksite wellness due to budget cuts

Currently have a workout facility run by employees

Tamara Bohmert, Dept of Public Safety

Sporadic health and wellness program

Speakers, bone density tests

Looking for ideas

Ideal: new building with wellness center

Kathy Drennon, DNR

Former health promotion coordinator

Employee run fitness – walking, bowling

Different regions

Central office fitness room

Ideal: central source for info.

Amy Krause-Reader, DOT

Lynn Frank, DOT

Tai Chi and Yoga w/ waiting lists

Committee good at volunteering – 15 to 20 individuals

Started in 1980's – had nurse on staff

Always had a wellness person on staff

Health and wellness coordinator

March 25, 2008

## Agency Wellness Champions Meeting

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Fitness room-members pay \$50/year

Commuter challenge, walking and running groups

Completely autonomous – they fund their own program

Newsletter, posters, e-mails branded w/ logo. (Handouts were made available.)

Work with the cafeteria manager for healthy choice and display site, and will be working with them for an upcoming health fair

1,400 participants at Central Office

Would like large dedicated fitness room, lockers and \$ with no strings attached

Donna Croatt, St. Cloud State

10 person committee

Speakers, brown bag

Goals include more money, incentives for people to be involved, facilities that are staffed and faculty can use.

Glenn Olson, DHS

Two sites – Lafayette and Cedar w/ 1000 employees at each

Fitness center at both locations

Yoga classes and aerobics classes

Financed by fitness club

36 lockers for day use

Use to have occupational health nurse

Raise some money from donations

Liked what DOER had before – coordinator for monthly topic

Dawn Cvengros, DOER

Would like to see COB Building work toward more health related activities

Cafeteria sometimes advertises healthy choices

Karen Hanauer, DOER

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Employee Assistant program available to every employee

Anne Rhodes, St. Cloud Tech

Big campus – one building. A lot of walkers in the hallway

Partnership with the YMCA – small percentage of employees engage

Campaign to quit smoking

Trying to eliminate cigarette butts outside

They have no money, looking at someone trying to write a grant

Would like to purchase pedometers

Would love to have own facility for students and faculty

Chart a map for walkers – bring in geography

Trails marked on floor to find way around

A lot of enthusiasm but no money

(do. campaign – free. Lynn Frank, DOT has contact)

Bob Eder-Zdechlik, DOER

Previous work as wellness committee member

Would like to see fitness center in COB and other agencies

Previous Health Promotion division unfair rap from taxpayers league

Linda Feltes, DOER, and coordinated MDH Work Well program

Healthy eating opportunities

Healthy Lunch Club

Fruit club

Physical activity – Freeman building equipment- 100 members support this.

10 offices around state all have yoga mats, fitness balls, weights and stretch bands

Monthly themes

Website – highlights wellness opportunities at work

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# Agency Wellness Champions Meeting

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## Many Health Risks are Modifiable

Linda Feltes reviewed the Health Risks facing the State employee population. Refer to attached handout – “Many Health Risks are Modifiable”

WHAT IS A HEALTHY WORKPLACE? (Brainstorm)

Walk to work

Healthy choices in cafeteria

Increase participation

Mgmt engage in encouraging behaviors

Mgmt not afraid of lost production

Employees feel appreciated

Solid program that will help recruit and retain employees

Open to a mindset of health} address w/ mgrs

less fear} address w/ mgrs

\$20 discount w/ fitness centers

Union recognition of health promotion partnership

No donuts

No scaffolding

Decrease smoking

Smoke-free campus

Smiling and laughing + production

Culture of fitness i.e. common fitness interests

Walking meetings

Having healthy options = b. bags, p.a., = gear to newcomers

40 min classes

Encourages healthier life outside of work

Communication avenues

March 25, 2008

# Agency Wellness Champions Meeting

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Outdoor labyrinth/benches/art

Healthier food/vending/cafeteria

0 junk brought from home

Air quality/humidity/temperature

“Working sick” issue addressed

Decrease workloads

## Stephen Birkland, Worksite Wellness

Concerned about state employees = stress level

Average age of employee population > age 48

Other employer groups argue they will not invest in wellness because of younger population, but we should be the group saying it will pay off!

Anti depressant meds are the highest drug class filled in SEGIP = \$10.3 million last year

The trend is not positive for us

Initiate a campaign that would encourage retiring health since there are so many retirees.

2 years = \$1 billion in claims

We spend tens of millions of dollars on chronic conditions

Stephen will continue to generate the evidence or the research that health and wellness is a great return on investment.

Dept of Health fully supportive of health promotion

Goal = create a culture of wellness

Politically there is still a lot of resistance around state agencies (excuses include staff (FTE's), money, and perception).

While the legislature in the past has been skeptical, there has been a turn around.

Same is true of labor unions

Thinking: start with what we got.

Our Governor has been promoting MN as the fittest state and fittest cities.

March 25, 2008

# Agency Wellness Champions Meeting

---

MDH received grant to promote mini-grants for health promotion

Need to show ROI (return on investment)

Cannot move at a pace that will cause alarm.

Need to start small and grow from there.

Look for coordinated messages among agencies.

Look at health plans and what they have to offer.

Linda has been instrumental in starting this program in MDH. She continues to work on Work Well at MDH even though employed with DOER

## A starting place-Opportunities Already Available to all State Employees

### 1. Health insurance

All 3 plans provide prevention programs

All 3 plans have disease mgmt programs, including quit tobacco

### 2. Health Risk Assessments

Designed for individuals to learn about their health risks

### 3. AHA program: Designed to navigate through health care issues

### 4. EAP: Employees/family members have access to psychology, social work, family etc.

400-500 providers throughout MN

### 5. Convenience clinics

### 6. Centers of Excellence

Identified certain specialists that are the best at providing care.

## Agency Vehicles for Communicating to Employees

Intranets

E-mail works the best

Internal bulletin boards

Newsletters via e-mail

Listserv

March 25, 2008

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On-line registrations (DHS)

For next meeting:

How to instructions

Bring examples of what has been done

Topic ideas

How to find resources to address those topics

Topic of the month

Stay together as a group working on same ideas, then maybe have a sub-group in each agency.

Meet monthly as we start up. Last Tue of each month from 1:30-3:30. Rotate sites.

Next meeting:

Tuesday, April 29 1:30-3:30\*

Room 5223

Human Services Building

540 Cedar Street (between 10th and 11th Streets)

\*Meet promptly at 1:30 in the lobby so we can go through security together.

Parking:

Meter parking is available on the streets around the building, and in public parking spaces parking ramp's first floor (enter from Minnesota Street).

March 25, 2008