

**Agency Wellness Champions Team Meeting**  
**November 30, 2010, 1:30-3:00 pm**  
**MDH-OLF**

*Members Present:*

Nikki Trifilette (host)	MDHealth
Cori Huffman	MDHealth
Nancy Hansen	Office of Administrative Hearings
Cathy Quintera	Office of Administrative Hearings
Bruce Anderson	MN Mgmt & Budget
Beth Lundholm	Mn Mgmt & Budget
Amy Sanda	Mn/DOTransportation
Colleen Siegel	MN Mgmt & Budget
Sandy Stolt	Retirement Systems
Sally Kupferschmidt	Retirement Systems
Tony Becker	MDAgriculture
Tricia Grimes	Office of Higher Ed
Debbie Lerdahl	Admin
Linda Feltes	MMB
Kim Engwer-Moylan	MDHealth
Chris Barth	Correction-Red Wing

---

**Welcome and Brief Updates (Nikki Trifilette)**

- Chris—ishare wellness site is ready to launch, may brand with as Work Well DOC.
- Shh...Nikki is a “fruit fairy” in the MDH lab, placing a piece of fruit on someone’s desk with a small note that they have been “fruited”, enjoy. She has fruited 100 people so far.
- Angie and Kim—Work Well MDH @ Golden Rule is regrouping; prioritizing and forming a committee while working to maintain the facilities they already have in place.
- Beth is a new supervisor of the Health Risk Management unit at MMB, and attending to learn and to support the committee
- Bruce is a manager of the Employee Insurance Division at MMB and also attending in support
- Colleen—POWER committee has been on hiatus. Will refocus team, set priorities and assign responsibilities in new year. Joined OET and Admin in hosting a brown bag on working caregivers and hopes to team again to create a brown bag series on the topic for Jan/Feb. Will invite all.
- Debbie—Admin has a safety and wellness position opening soon—the addition of wellness responsibilities is new. Linda will forward the position to all when it becomes available.
- Tricia—Higher Ed had a successful healthy food potluck. To avoid the possibility that enough main-dishes were volunteered, individuals were recruited for those. Otherwise, the OHE wellness committee is sharing the concerns of many; small meeting attendance and lack of follow-through.
- Tony is on Ag’s safety and wellness committee and he is chair of the Freeman Exercise Room committee whose specific charge is maintaining the fitness room. He collaborates with Revenue and DHS around shared fitness room issues.
- Sandy and Sally—Retirement Systems had a brown bag on Vit D with around 30 participants. They will start a weight loss challenge in January. Sally has started fruiting and vegetabling people.
- Amy—Mn/DOT offering an array of lunch an learns from feng shi to domestic violence, smoking cessation, and Café Mn/Dot, a chance for employees to share their talents. The commissioner and AC attended. A manager did ballroom dancing; there was a woman who signed a gospel song,

storytelling, etc. Coming soon focus on relaxation, free chair massage offered by several chiropractors

- Nancy Hansen—OAH is in the Revenue building. Nancy has participated in Revenue's yoga and Pilates and in support of the JourneyWell programs, she is challenging others to 10,000 steps.
- Cathy—OAH is in the midst of setting up a wellness committee
- Cori—MDH Lab has no formal wellness committee

**Keep and Change, Part 1: Evaluating 2010 for AWC committee**

**Part 2: Evaluating 2010 agency by agency**

(Please see attached below for outline of presentation.)

### **Energy Break**

Nikki led us through a remarkably fun and courageous laughing yoga exercise. Thanks, Nikki!

### **Next Meeting:**

Tuesday, Jan 25

*(Please note: there will NOT be a December AWC meeting.)*

Lafayette site

Chris Barth will lead energy break

**Keep and Change**  
Evaluating State of Minnesota Wellness Programs in 2011  
Linda Feltes

1. Why evaluate?

- To obtain feedback so that we can improve our programming efforts
- To demonstrate the value of our program
- To measure change over time
- To secure funding
- To account for our time/\$
- To compare different strategies/programs
- To help Work Well build support with leaders, unions, HR, be sustainable
- Goal: have evaluation built into every activity we do. Ask “How we will measure success?” as we plan.

2. Review tools I use to evaluate Work Well as a whole:

- **2009 JourneyWell health assessment**
  - <https://extranet.mmb.state.mn.us/workwell/tools.htm>
  - tiny improvement in aggregate *modifiable* health risk score, i.e. modifiable risks, over 2008
  - can't say cause and effect
  - not able to look by agency
  - will know about 2010 in Jan 2011
- **Check for Health** environment assessment
  - Jan 2010 was baseline year
  - will have you re-survey in Jan 2011
- Jen's **Survey of Healthy Eating Environments** at SoM Worksites
  - (see handout in Minutes folder)
  - In summary, some healthy offerings, depending on agency.
  - Fall 2010 a baseline
- **Best Practices Across MN State Agencies**
  - (see handout in Minutes folder)
  - Tracks the components of a comprehensive worksite wellness program, by state agency
- Review **2010 Campaign Calendar** (see handout in Minutes folder)
- **Summary of Results from Nov 2010 AWC Survey** (see handout in Minutes folder)
- **Keep/Change** (see below)

When we look at our activities as a team, from **meetings** to the Work Well **website** to **collaborating** on activities to our **communications** with each other, what worked well and should be kept, and what should we do differently, or add?

The Keep and Change list below was generated through brainstorming:

---

	<b>Keep</b>	<b>Change</b>
1.	coordinated through group	Sharing accomplishments 1. Wellness newsletter
2.	group	Tom LaForce-repeat 2. Develop website as a
3.	committee structure	Coordinate events together 3. Work on
4.	Commissioners	Statewide efforts 4. Strategize in engaging new
5.	Admin's AWAIR program for wellness	Train the Trainer format for LaForce 5. Emulate
6.	metrics at state level	Lynn Frank newsletter 6. Establish performance
7.	Agencies for improved ee. health	Conversations with mgmt 7. Incentives to
8.		Eating evaluation
9.		New Employee Orientation

---

3. Here are the tools you might use to evaluate your agencies' wellness program year over year:

- Check for Health (Years 1 and 2)
- Healthy Eating Environment Survey
- Participation sheets
- Wellness Committee minutes
- Comments file
- Other?!

Many of these tools are available on the Work Well website:

<https://extranet.mmb.state.mn.us/workwell/index.htm> > Resources > Evaluation tools

4. I'm available to work one on one with you/committee. Please don't hesitate to contact me.