

Agency Wellness Champions Team Meeting
October 26, 2010, 1:30-3:00 pm
Veterans Affairs

Members Present:

Anna Kerr	MPCA
Lynn Frank	Mn/DOT
Amy Sanda	Mn/DOT
Tricia Grimes	Office of Higher Ed
Debbie Lerdahl	Admin
Linda Feltes	MMB
Diane Kline	MN Housing Finance Agency
Colleen Cooley Schmitz	DNR
Jenny O'Brien	Labor and Industry
<i>Presenter:</i> Kim Ball	Washington County

Welcome (Linda Feltes)

- The MN Armory is now available for classes. Linda can provide contact information to arrange to use the space. A Boot Camp class will begin soon, on Mon afternoons and Wed mornings.

Reasons to Promote the Health Assessment

- Open enrollment is during the month of November. If you complete the health assessment during open enrollment you will get \$5 off every office visit copay for the year.
 - It should be noted that you can take the assessment at any point during the year but open enrollment is the only time that you will get the \$5 off co-pays.
- After taking the health assessment, you will access to 9 coaching programs at no cost!
 - The value in the health assessment is not the assessment itself but it is the programs that you are able to use as a result of completing the assessment
 - These programs are very valuable and should be taken advantage of.

Eat Well, Work Well– Worksite Nutrition Resources (Kim Ball)

Kim works for Washington County Public Health and Environment and is part of Eat Well Work Well which is a coalition of health professionals formed to promote healthy nutrition practices in worksites.

(You can find Kim's PowerPoint presentation and handouts here:

<https://extranet.mmb.state.mn.us/workwell/presentations.htm>, click on Eat Well Work Well)

- Workplaces are a great place to encourages healthy eating habits since we are at work for such a large amount of time
- The effect of having a positive, healthy eating work environment has an impact at home with families as well
- Eat Well Work Well encourages taking small steps to get to better eating
- Kim provided some statistics showing why it is in the best interest of employers to take healthy workplace eating seriously
 - Obesity costs \$2,485 per employee per year for direct medical costs and absenteeism
 - Blue Cross Blue Shield estimated increased healthcare costs by \$1 billion in 2010; \$3 billion in 2020 due to obesity

- The Eat Well Work Well website provides resources including policy templates and suggestions
- Eat Well Work Well is available to us as a resource

Healthy Bites (Lynn Frank)

- Healthy Bites is a newsletter that's generated quarterly by Lynn at Mn/DOT
- The intended audience is all State of MN employees throughout the state
- There are a few items that need to be determined with regard to the newsletter:
 - We need to determine how to distribute the newsletter effectively throughout the state
 - The goal is for the newsletter to represent all agency activities
 - Lynn suggested developing a subcommittee to contribute to the newsletter

Brief Updates

- Amy—Mn/DOT
 - Speaker on Clean Eating (Contact Jarvis Keys for more information)
- Debbie—Dept. of Admin
 - Debbie talked about the Can Do! program for a cost of \$20 for eating, activity, etc.
 - Activities related to the Combined Charities Campaign (chili cook off)
- Diane—MHFA
 - CPR & First Aid Training
 - Flu clinic shots
 - Trying to recruit new members to the committee
- Jenny—Dept. of Labor and Industry
 - Employee exercise competition (Sept. through Oct.)
 - Flu Clinic
 - Sock drive for listening house (this event will be the last after 10 years of doing it since it's not really related to health and wellness)
 - Book Drive in January
- Lynn—Mn/DOT
 - Brown Bag discussion, "Closet 101" put on by a group of feng shui consultants
 - Smoking cessation speaker
 - Café Mn/DOT—open stage for employees to perform in 10-minute slots (made clear to employees that this needs to be done on break time)
 - Adjustments have been made to the website to account for the growing information
- Colleen—DNR
 - Step it up! competition with PCA
 - Health and wellness bulletin board
 - Intranet site for Health and Wellness
 - Developing a charter to develop a committee
 - Completed healthy eating survey with Jennifer
- Tricia—Office of Higher Education
 - Brown bag lunch discussion on depression was held and was very successful for the participants who attended the event
 - Healthy eating pot luck
 - Healthier Halloween treats idea list
- Anna—PCA
 - Still trying to get a fitness facility. Years of barriers.
 - Step it up!
 - A lot of participation
 - Participants increased their activity over the competition

- Brown Bag discussions are being planned

Next Meeting: Tuesday, Nov 30