

Agency Wellness Champions Team

May 27, 2014 Minutes

In Attendance:

In Person:

Tamara Bohmert
Jessica White
Debbie Lerdahl
Beth Lundholm
Dawn Cvengros

Lynn Burwell
Mary Moser
Genny Johnston
Ned Rousmaniere
Lauren Burks

Via Ready Talk:

Jill Haring
Bonnie Johnson
Joyce Traczyk

Brenda Tuma
Christy Husby
Sheryl Goldberg

Eat for the Health Of It challenge evaluation

Presenter: Jill Haring, StayWell, Beth Lundholm and Dawn Cvengros

Jill presented the Eat for Your Health Challenge results, both her and Dawn express their thanks for all the work the champions did to venture into this campaign and make it a success.

Jill expressed based on the results and findings that this will assist with helping StayWell to improve, do better and move forward to make these campaigns interesting and to get increased participation in the future. StayWell is also using this as a learning tool.

Some of the findings presented were:

- Employee participation a total of 49,117, of that 2,630 registered (5.4%)
- Out of the 45 agencies, 26 of them had more than 5% and only 2 agencies had no registration.
- 53 participants completed the evaluation at the end (about 2% of participants)

Agency Wellness Champion feedback:

- over 50% reported using flyer, weekly emails, and held a participant event within their division.
- Wellness time commitment 69% report "about right."
- Resources most helpful 73% or > report guide webinar, weekly emails and phone support were helpful.
- Other reflections from participants were: need to eat more fruits and vegetables, stopped after a week, division now has a monthly salad bar, support was helpful, support was helpful, next campaign-webinar would've been nice.

Some questions of the group were:

- Why wasn't this campaign held in the summer when more fruits and vegetables are plentiful in MN. Response from Staywell rep, was this campaign was opened up with a new vendor, in addition as it was being presented as a soft campaign. This first campaign "Eat for the Health of It" will assist with identifying strengths and weaknesses to build up and identify how future campaigns can be better.
- Jill presented a snip-it of the next campaign called "Stress Quest". This will start with training on or around 6/18 and 6/19/2014 with promotion and registration to start in July.

Energy Break

The Energy Break was led by Genny and Deb, recreating the Flash Mob that was done at the Walk/Bike Event held the previous week.

Round Robin Updates

- Beth shared information about a SEGIP summer newsletter to be published prior to open enrollment
- MNSCU-shared hobbies with one another and also had a Biggest Loser challenge
- Admin-is hosting a Financial Wellness workshop "Understanding your Credit Score" Also took part in the Walk/Bike Event hosted by DOT and did a Flash Mob-Cupid Shuffle.
- DEED is working on a Fragrance Policy.

Next Meeting

Tuesday, July 29, 2014

1:30-3 pm

Ladyslipper Room, Centennial Office Building

Topic:

HealthPartner's YumPower program around creating healthy eating environments