

Promoting a healthier workforce and a healthier Georgia

November/December 2016

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THANK YOU

Thank you for joining the **Georgia Working on Health Initiative!** This wellness network was developed to promote a healthier workforce, improve public health programs and promote self-management of chronic conditions.

Your pledge indicates your commitment to adopting healthy workplace policies and programs. Your efforts can help your employees **Eat and Live Healthy, Become Tobacco and Smoke Free**, and **Breastfeed** for healthier babies. **Together, we can create a healthier Georgia.**

Healthy Holiday Eating



It can be difficult to stay focused on health during the holidays, with unhealthy food all around. You can play an active role to encourage a healthy holiday season at your worksite:

- Sponsor a healthy holiday food contest, challenging participants to create a reduced-fat or reduced-calorie holiday treat
- Provide healthy options during holiday gatherings — including salads, fruit and nuts
- Conduct standing or walking meetings
- Sponsor company teams for a holiday run/walk

For more ideas, go to <https://thebenefitsguide.com/maintaining-workplace-wellness-simple-tips-keep-holidays-healthy/>.

TIPS FOR ENVIRONMENTAL CHANGE

- Install bicycle racks
- Make healthy food available in vending machines and cafeterias
- Provide microwave and refrigerator



Resources

Have you visited these websites?



- **Small Business Worksite Wellness Strategies**, Wisconsin Department of Health Services. <https://www.dhs.wisconsin.gov/publications/p0/p00639.pdf>
- **7 Benchmarks of Success**, Wellness Council of America. <https://www.welcoa.org/wp/wp-content/uploads/2014/06/20061211-ar-aa-seven-benchmarks.pdf>
- **Healthy Meeting Toolkit**, National Alliance for Nutrition and Activity. <https://cspinet.org/protecting-our-health/nutrition/healthy-meeting>
- **Make Your Business Smoke Free**, Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/guides/business/index.htm



November: American Diabetes Month

November may be over, but it is important to continuously **raise awareness** about diabetes, which affects 29 million Americans and can have deadly consequences. Diabetes may affect some of your employees. You can help your employees learn ways to lower their risk for diabetes. Try these ideas:

- Plan a Diabetes **Lunch-and-Learn** event coordinated with your local hospital or health department.
- Plan a Diabetes **Mission Engagement Day** in March, May or November
- Organize a **Step Out: Walk to Stop Diabetes** event in your community
- Provide **Stop Diabetes @ Work** educational materials at your workplace

For resources and more information, go to <http://www.diabetes.org/in-my-community/wellness-lives-here/>.



SPOTLIGHT ON SUCCESS



COFFEE REGIONAL MEDICAL CENTER (CRMC) WELLNESS CENTER

DOUGLAS, GA

Making Strides in Employee Wellness



Located just 100 yards from CRMC, the Wellness Center provides many services to promote health and wellness for CRMC employees. The center is open from 5:30 am to 9:30 pm. According to Danny McCarty, Wellness Center Director, "We hope to provide 24-hour access in the future so that all employees can use the center, even with irregular work hours."

SERVICES

- Fitness evaluations and consultations
- Cardio and strength training equipment
- Personal Training and Health Coaching
- Group Fitness classes— Zumba, Yoga, Cycling, Tabata, SilverSneakers, Strength, and Cardio
- FitLinxx Training System
- Eat Right For Life Campaign
- Lunch and Learns
- Cardiac Rehabilitation Program
- 1-mile walking loop around hospital facility

SUCCESSSES

The **Eat Right For Life Campaign**, a quarterly physical activity and nutrition program, has had **more than 60 people enrolled** at a time.

20-30% of CRMC employees are enrolled at the Wellness Center. This is double the national average of **10%** engagement in corporate fitness programs.

"It's important for senior leadership in the organization to support, participate, and encourage team members, making programs more successful."

— Danny McCarty



FUNDING

The Wellness Center was initially funded by the CRMC Foundation to build and equip the facility. Now, with revenue from membership fees and the cardiac rehabilitation program, the Wellness Center is self-sustaining and even generates revenue for the hospital.



WELLNESS CENTER FACTS

Employees pay for Wellness Center membership, but they can earn back their money on a health rewards VISA card based on their level of participation in wellness activities at the center.

The Wellness Center is also open to the surrounding community. Many of the local corporate companies incentivize their employees to come to the Wellness Center.

"Businesses in this area have to know that, in order to really affect health, we need to make policy changes."

— Danny McCarty, Director,
CRMC Wellness Center