

CREATING A CULTURE OF WELLNESS – FITTING IN DAILY ACTIVITY IN WORKSITES

Southern
Obesity
Summit

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Mike Lopez, MUP
Extension Health Specialist I
WAT! Program Support
mllopez@ag.tamu.edu
979-845-6631

Today's Objectives



By the end of today's session, participants will be able to:

- ❑ Discuss recent trends in physical activity
- ❑ Identify feasible ideas to squeeze in daily activity
- ❑ Utilize evidence-based resources to create healthier environments

Thought Quiz

- If you could ask (learn) only one thing about a person and from that had to predict his / her level of physical activity, what would you ask?



California Endowment



STOCKTON
95202
Life Expectancy
73

IRVINE
92606
Life Expectancy
88

Your **ZIP Code** shouldn't predict **how long you'll live**, but it does.



www.calendow.org



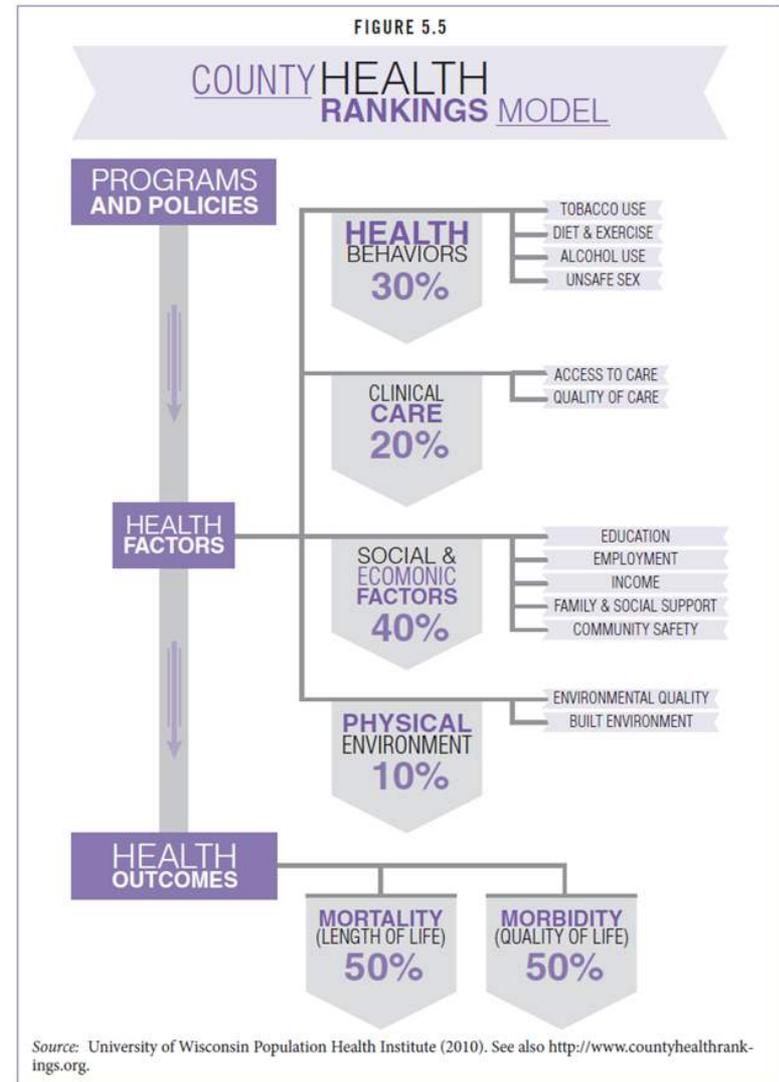
- ▣ Age, business, education, governments, housing, income, race / ethnicity, etc. etc. etc.

Quick review...

- We know we **should** be physically active...
- Most of us are **not**...
- Simply telling people to **be active** doesn't work...
- **BUT** building healthier environments does
- We also get a **bonus** by doing so!

Why environment?

- The environment has a strong influence on the extent to which targeted behaviors are adopted



Where to begin??

Resources are available



Walk This Way
A Resource on State and Local Policies That Support Physical Activity and Wellness in and Around the Workplace

Steps to Wellness
A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace

Physical Activity in the Workplace
A Guide for Employers

Prepared by The Institute for Health and Productivity Studies, Johns Hopkins School of Public Health

ChangeLab Solutions
Low & policy innovation for the common good.

Disease Prevention and Health Promotion
Physical Activity, & Obesity



Change the culture

Change the culture of the worksite

- Launch programs / events
 - Distribute daily messages
- If you are a leader, supervisor, manager, etc. offer support or encourage others!
- Workplace Wellness Councils
 - Group responsible for developing, promoting, implementing and evaluating programs

Sample Physical Activity Policy

For use within any organization seeking to increase opportunities for physical activity

Whereas: _____ (organization name) is concerned about the health of our members;

Whereas: People have become more and more interested in eating smart and moving more;

Whereas: Cancer, heart disease and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how physically active we are;

Whereas: Physical activity is associated with many positive health benefits and can prevent or delay the onset of many chronic diseases;

Therefore: Effective _____ (date), it is the policy of _____ (organization name) that activities and events sponsored or supported by this organization will always include opportunities for physical activity by:

- **Building physical activity breaks into meetings, conferences and events**
Such as stretch breaks, icebreakers or other activities
- **Identifying physical activity opportunities**
Such as maps with walking routes and local attractions; recreational and exercise facilities; organizing walking groups and other group activities
- **Supporting schedules to allow physical activity**
Such as encouraging flexible work schedules; longer lunch breaks to provide time for physical activity; and adding physical activity breaks to meeting agendas
- **Providing encouragement from group leadership to engage in physical activity**
Such as promoting healthy lifestyles; physical activity for employees; serving as role models for staff

Signature _____ Title _____

Organization Name _____ Date _____



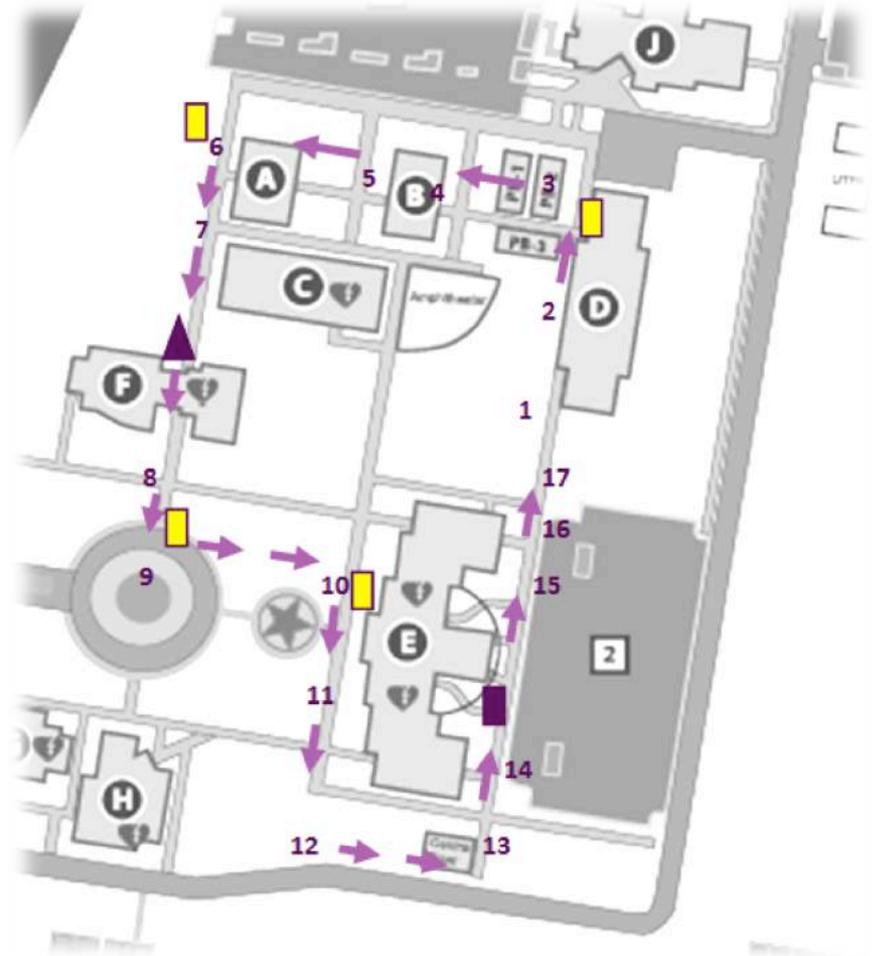
Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. We work to help communities, schools and businesses make it easy for people to eat healthy food and be physically active. Visit our website www.EatSmartMoveMore.com to learn more about the movement and resources.

Schedule activity time

- ❑ Adopt or promote policies that include brief activity breaks / flexible schedules
- ❑ Try to go for a brisk walk 5 mins. every hour
- ❑ Hold walking meetings
- ❑ Start group walks during lunch / breaks
- ❑ Boring phone call? Try standing for the call or doing stretches

Take a walk...

- ❑ Choose a safe place to walk
- ❑ Wear the proper shoes
- ❑ Wear clothes that will keep you dry and comfortable, as well as noticeable if outdoors!
- ❑ Keep track of your progress and record areas that need maintenance or repair



Provide / create tools

- ❑ Walking maps: encourages walking AND promotes exploration
 - ❑ Outdoor Routes
 - ❑ Indoor Maps
 - ❑ Can be at work, near your home, school, community gathering place, or any other location
- ❑ Signage with walking routes, mileage markers, motivational prompts
- ❑ Walking route brochures
- ❑ Walking Challenges
 - ❑ Walkacrosstexas.tamu.edu

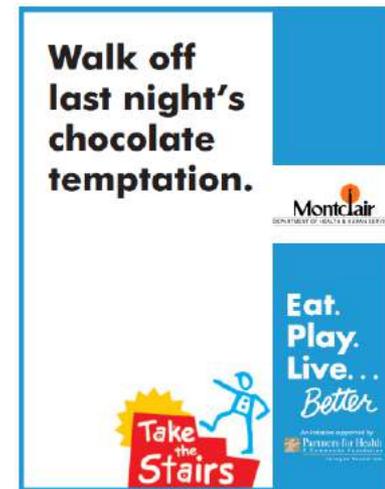
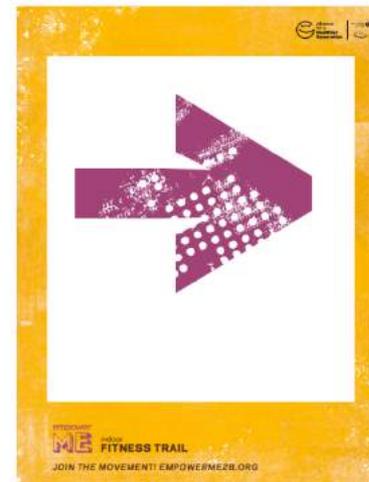


Change the infrastructure

- ❑ Create a built environment supportive of physical activity...not just for fitness enthusiasts
- ❑ Utilize existing resources!
 - ❑ Hallways
 - ❑ Sidewalks
 - ❑ Stairwells
 - ❑ Empty Rooms

30%

Increase reported in research primarily conducted on encouraging stair case use

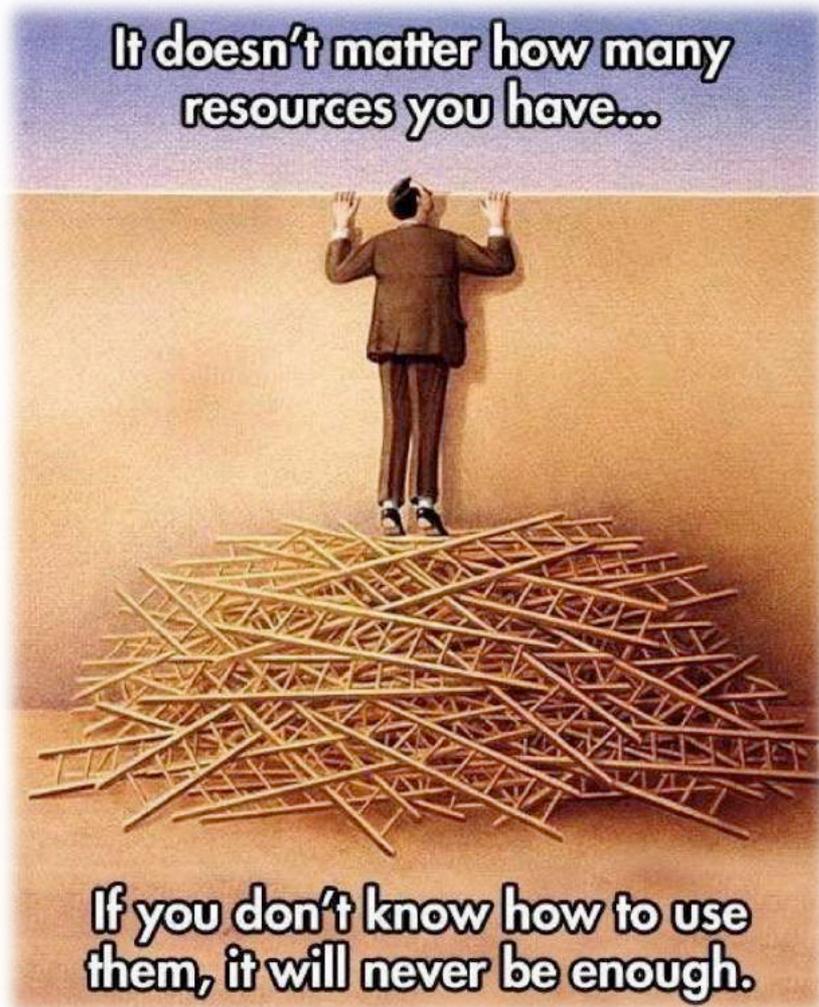








Final Thought...



Worksites aspire to create more active environments
However many lack the technical knowledge and / or finances to make desired improvements
Also, there may have other concerns / priorities

“Do what you can, with what you have, where you are” - Theodore Roosevelt

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