

# **Best Practices and Opportunities for Collaboration in Worksite Wellness: Going Beyond Typical Approaches**

Venise White, MHPE, MPH  
Florida Department of Health in Seminole County

Southern Obesity Summit  
October 2017



# Florida Department of Health in Seminole County



[www.floridahealth.gov](http://www.floridahealth.gov)

## Mission:

To protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts.

## Vision:

*To be the Healthiest State in the Nation.*



# Healthiest Weight Florida



Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make choices about healthy eating and active living.

Return to the Florida Department of Health [#HealthiestWeightFL](#)

## HealthiestWeight

[Home](#) [Strategies](#) [Activities](#) [Resources](#) [Partners](#)

**1 out of 3 kids are now considered overweight or obese.**

### What's new for Healthiest Weight Florida?

**Go From Couch to 5K!**  
The Florida Department of Health, together with Florida State University, created a [resource](#) to help Floridians get active and reach the goal of running a 5K. This plan gives 10 weeks of workouts to get help get you from your couch, to the 5K!

**Small Steps to Living Healthy**  
Finding success in healthy weight isn't always easy, but it helps to take small steps. Small Steps to Living Healthy is an email-based program that allows Floridians to [sign up](#) for weekly tips and tricks delivered directly to their inbox.

**What is Healthiest Weight Florida?**  
The number one public health threat to Florida's future is unhealthy weight

[For Adults](#)  
[For Parents](#)

[www.healthiestweightflorida.com](http://www.healthiestweightflorida.com)



# Healthiest Weight Florida

1. Integrate physical activity every day in every way.
2. Make healthy food available everywhere.
3. Strengthen schools as the heart of health.
4. Empower employers to provide healthy worksites.
5. Market what matters for a healthy life.

HealthiestWeight



[www.healthiestweightflorida.com](http://www.healthiestweightflorida.com)

# Health is Valuable to Worksites

## PREVENTION PAYS AT WORK

Even small investments in health within the workplace can create big returns:



### WORKPLACE WELLNESS

For every **\$1** spent on workplace wellness programs, employers can save up to **\$6**

### ADDRESS HEALTH RISKS

**1%** ↓ reduction in health risks would save as much as **= \$83-103** annually in medical costs, per person.

### SAVE MONEY



Workplace wellness programs can reduce sick leave, medical costs and worker's comp claims by as much as:

↓ **25%**



**67%**  
of our workforce is  
overweight or obese



**50%**  
of company profits  
go towards  
health care costs



**1 IN 4**  
Americans has  
heart disease



**\$153 B**  
loss to employers annually  
due to absenteeism from  
workers who are overweight  
or obese and have other  
chronic health conditions



**1 IN 3**  
Americans has high  
blood pressure



**450 M**  
additional work days missed  
every year by full-time  
workers who are overweight  
or obese and have chronic  
health conditions



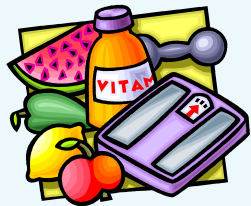
**\$73 B**  
annual cost of  
obesity among  
full-time employees

# Employee Wellness Committee

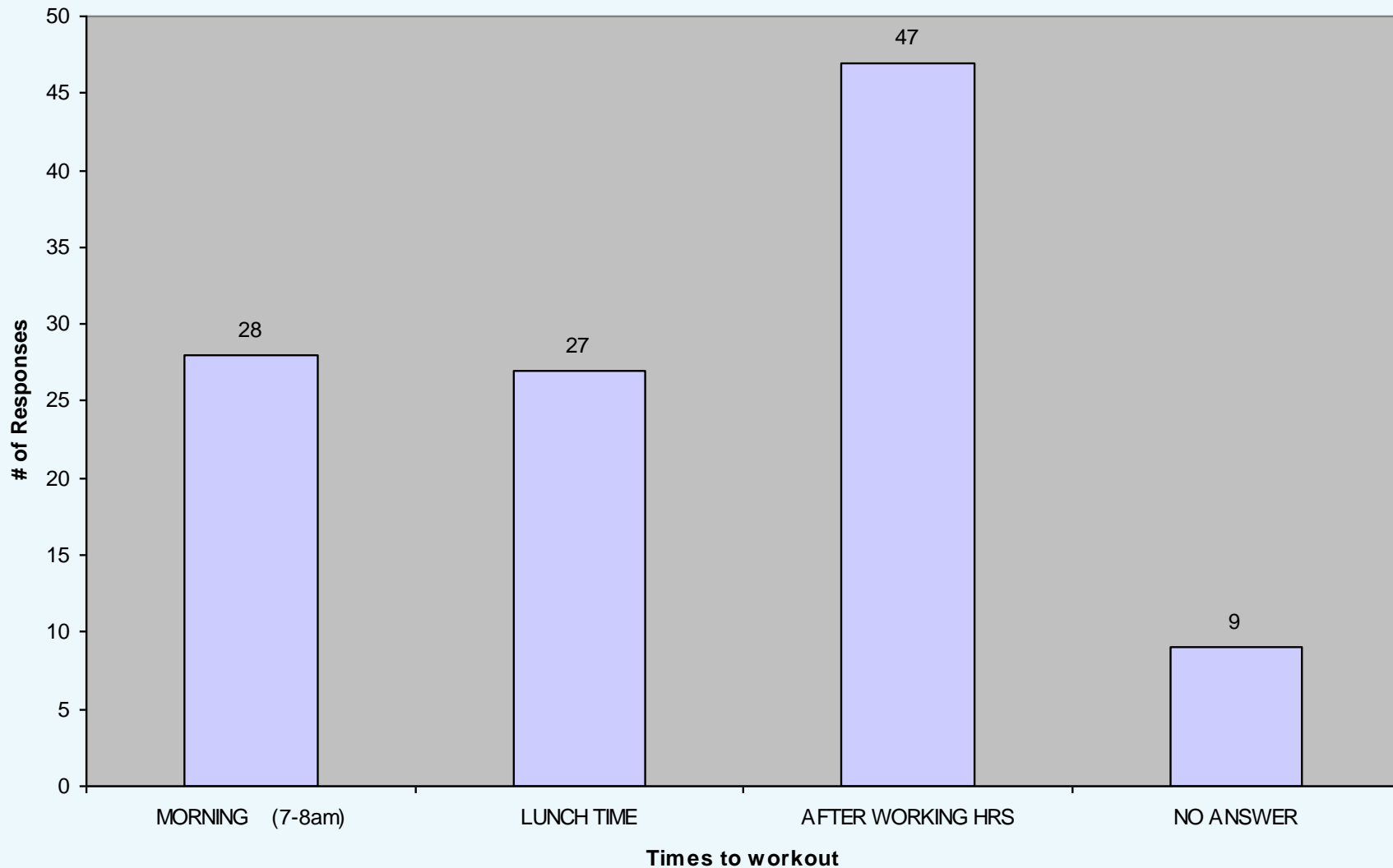
- Charter and bylaws.
- Membership 20-25 employees.
- Monthly meetings.
- Activities:
  - ✓ Weight-loss Challenge.
  - ✓ Lunch and Learns.
  - ✓ Lunchtime activities.
  - ✓ Health Resource Fair.
  - ✓ Newsletter section.
  - ✓ Mile Challenges.



**“We Are Public Health”**



## Question: Preferred time to participate in workouts



Source: 2006 SCHD Employee Wellness Survey Results



## Equality



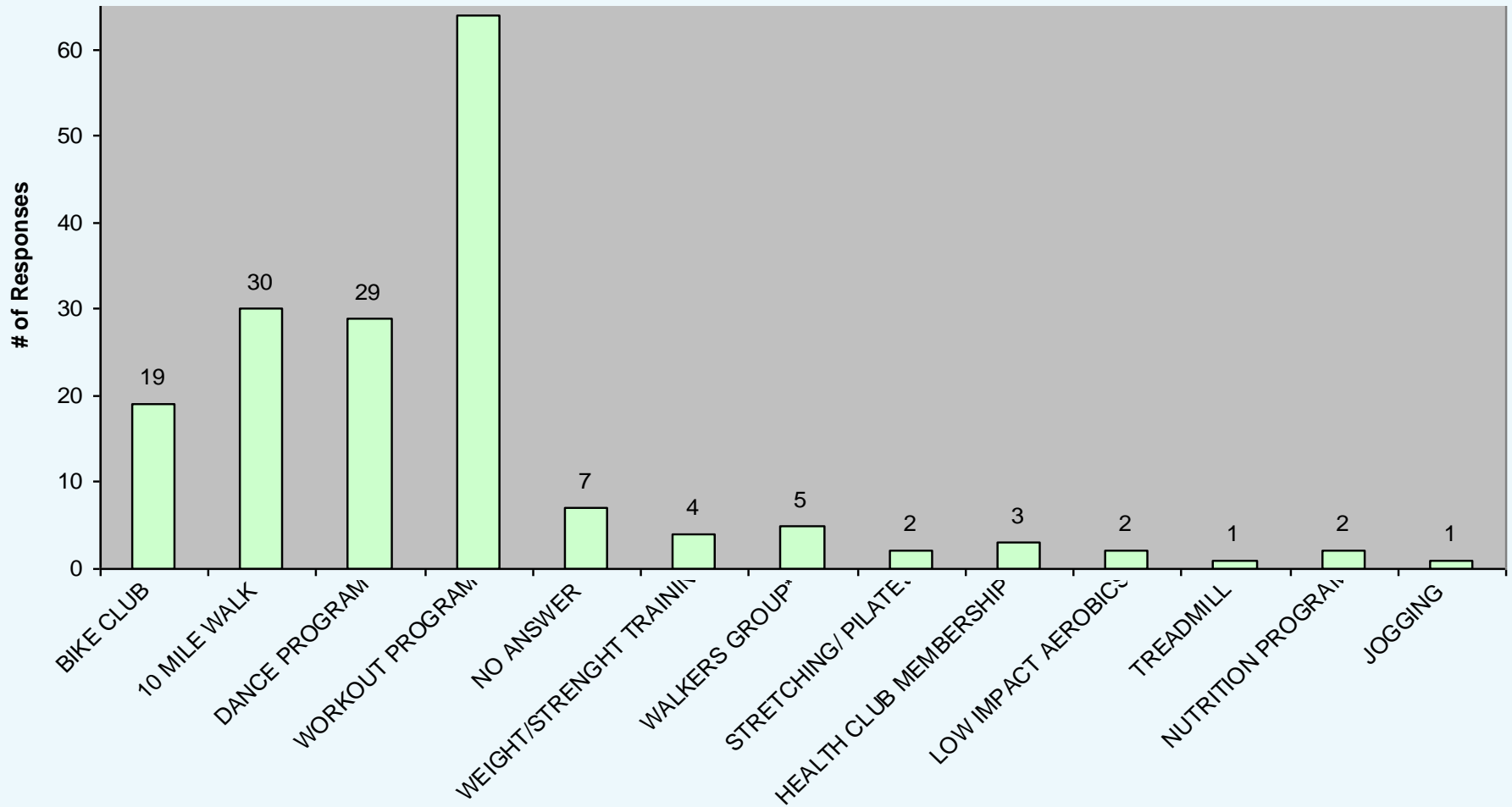
## Equity







## Question: What kind of exercise activities would you be interested in doing?

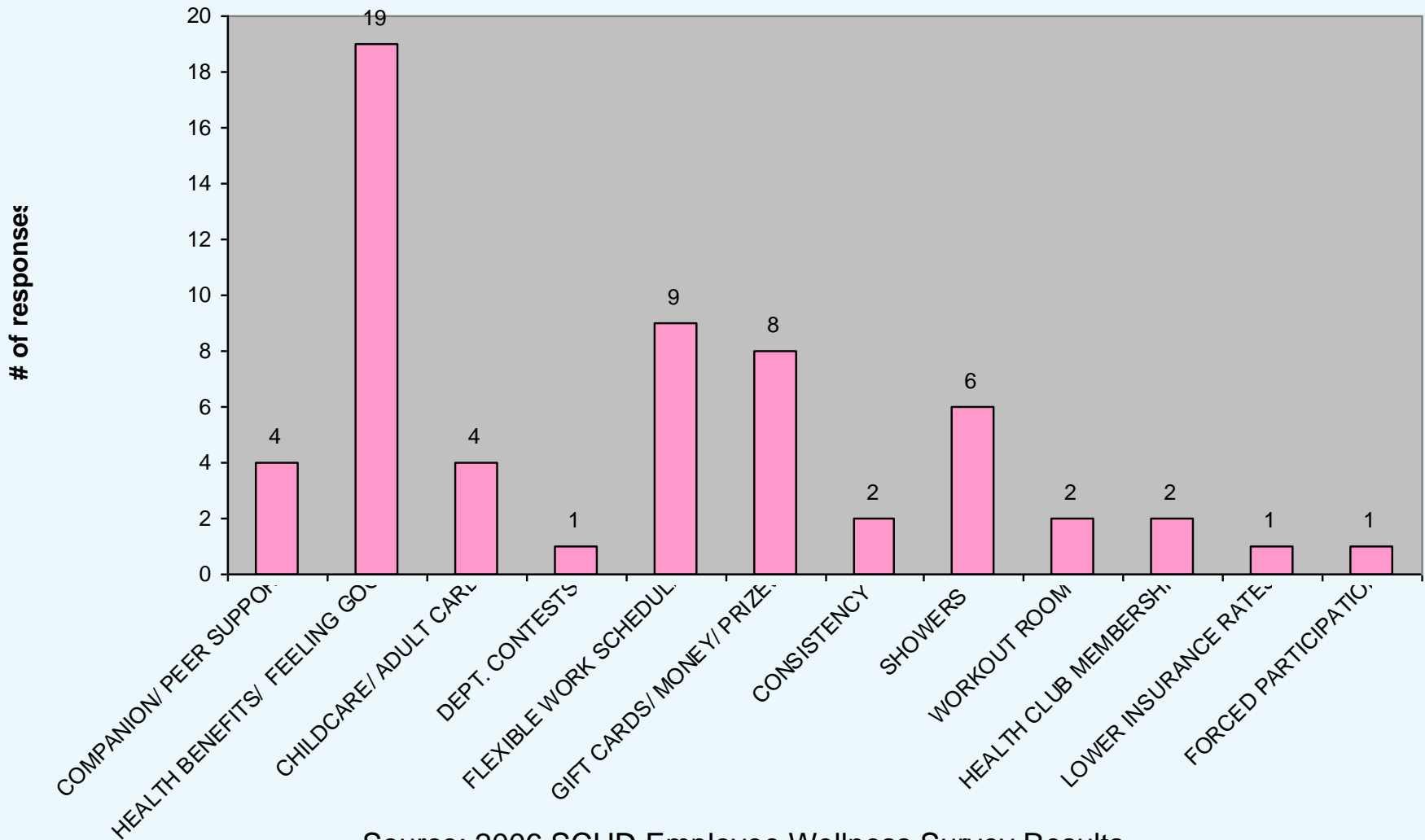


Source: 2006 SCHD Employee Wellness Survey Results



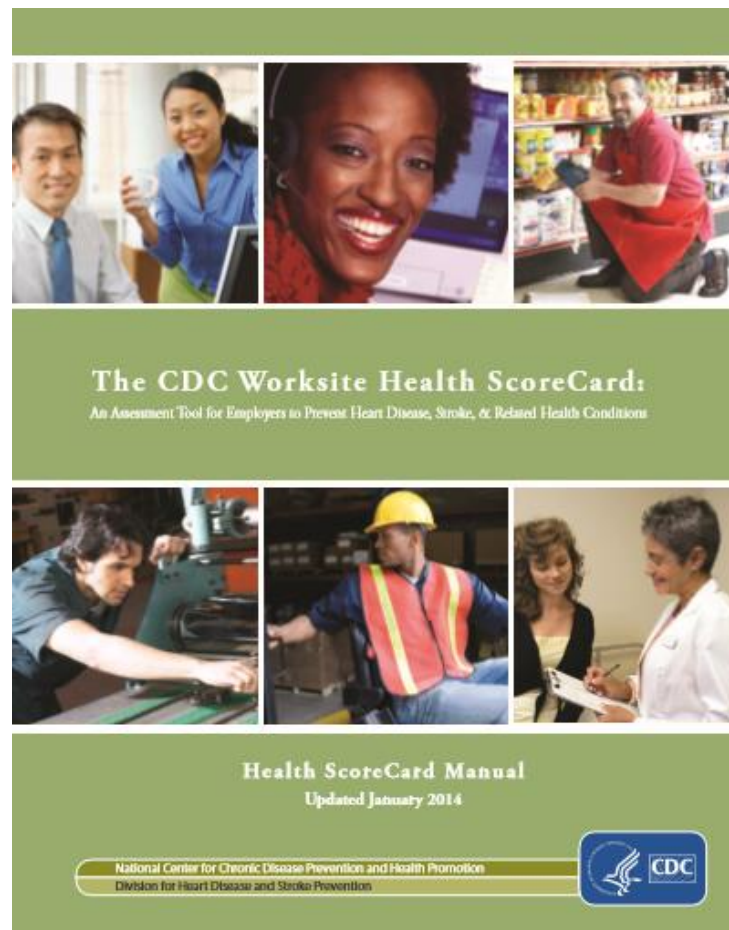
# Question:

## What conditions or incentives would motivate you to participate in the Wellness Program?



Source: 2006 SCHD Employee Wellness Survey Results

# Measurable Worksite Wellness Tools



**Florida Department of Health  
in Seminole County  
Supports Employee Wellness**

**2015-2016 DOH-Seminole Employee Wellness Strategic Plan**

**Goal 1 [Weight]:**

Increase the proportion of employees who are at a healthy BMI.

**Goal 2 [Physical Activity]:**

Increase the proportion of staff that have access to and participate in employer-encouraged physical fitness activities and wellness programs.

**Goal 3 [Physical Activity]:**

Increase the proportion of employees who engage in 30 minutes or more of moderate intensity physical activity (i.e., walking, running) a day.

**Goal 4 [Tobacco]:**

Promote cessation from tobacco use and encourage tobacco-free lifestyles.

**Goal 1**



DOH Seminole recognizes the importance of offering easy access to healthy food choices. Pictured far left is Fresh Stop Run and pictured left is grand opening of local Goldsboro Farmers Market.

**Goal 2**



Employer-encouraged lunch and meals are offered based the interests of employees. Pictured left is "Fun in the Sun" lunch and team. Pictured right is Health Champion Award from American Diabetes Association for the efforts of the Employee Wellness Committee.



**Goal 3**

Yoga classes are offered Tuesday and Wednesday evenings and have reached 44 students.



Activity classes covered are diverse including dance classes such as bachata.



Employees were recognized for completing the 1000 mile walk challenge.

**Goal 4**

DOH Seminole has a tobacco-free policy and offers cessation classes to all employees and their families.



**2017-2018 DOH-Seminole Employee Wellness Strategic Plan**

**Goal 1 [Healthy Weight]:**

Increase the proportion of employees who are at a healthy BMI.

**Goal 2 [Overall Wellbeing]:**

Increase the proportion of staff that participate in employer-encouraged wellness programs.

**Goal 3 [Overall Wellbeing]:**

Increase the proportion of employees who rate their overall wellbeing as very good.

**Goal 4 [Built Environment]:**

Promote changes in employee health and well being through changes in the built environment at work.

**Goal 5 [Tobacco]:**

Promote cessation from tobacco and electronic nicotine device systems to encourage tobacco-free lifestyles.



**We Are Public Health!**

Vernie White, MPH, MNPE, Community Programs Manager  
Florida Department of Health in Seminole County

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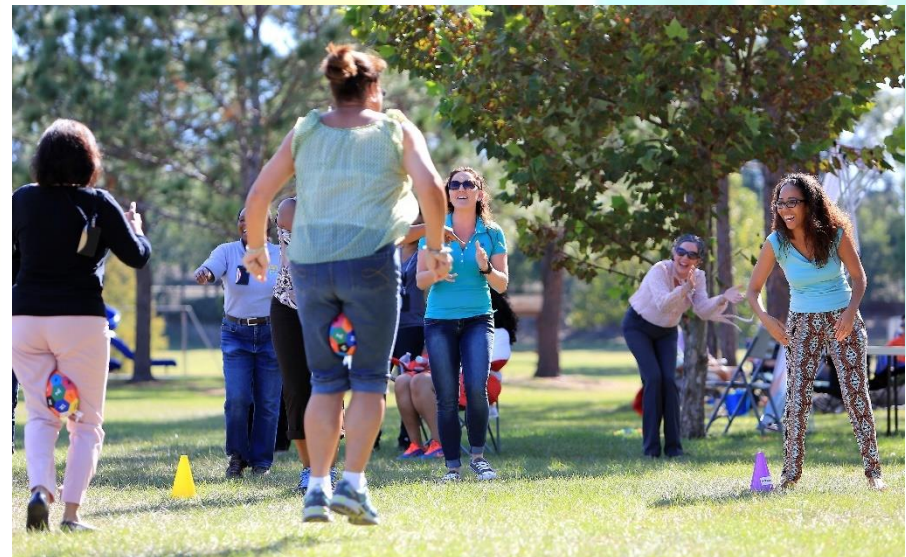


# “We Are Public Health”





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# **You Too, Are Public Health!**

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