Promoting the Adoption of Physical Activity in the Workplace and Community

April 12, 2017
Funding for this program provided by the Illinois Department of Public Health

State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health (CDC - DP13-130504PPJF16)
Continuing Education

• Continuing education contact/clock hours will be provided by the Continuing Education Institute of Illinois in collaboration with the University of Illinois College of Medicine, Department of Family Medicine.

• To receive continuing education credits you must attend the live webinar, complete an evaluation and return the certified sign-in form.

• Documents must be returned to IHA by April 14.
American Heart Association

Workplace Wellness: Getting Started

Amanda Kelley, Senior Director of Community Health
On average, Americans working full time spend more than one-third of their day, 5 days/week at the workplace.

83% of the workforce spends that time in a sedentary job.
Benefits of a successful workplace health program

For the Employer:
- Lower health care and disability costs,
- Enhanced employee productivity,
- Reduced employee absenteeism,
- Decreased rates of illness and injuries,
- Enhanced corporate image,
- Improved employee morale,
- Improved employee recruitment and retention, and
- Increased organizational commitment and creation of a culture of health.

For the Employee:
- Increased well-being, self-image, and self-esteem,
- Improved coping skills with stress or other factors affecting health,
- Improved health status,
- Lower costs for acute health issues,
- Lower out of pocket costs for health care services (e.g., reduced premiums; deductibles; co-payments),
- Increased access to health promotion resources and social support,
- Improved job satisfaction, and
- Safer and more supportive work environment.
1. Never smoked or quit more than one year ago

2. Body mass index less than $25 \text{ kg/m}^2$

3. Physical activity of at least 150 mins (moderate intensity) or 75 mins (vigorous intensity) each week

4. Four to five key components of a healthy diet consistent with current AHA guidelines

5. Total cholesterol of less than 200 mg/dL

6. Blood pressure below 120/80 mm Hg

7. Fasting blood glucose less than 100 mg/dL
Why is it important to be active and eat well?

Without it, you will likely experience:

• Increased risk for heart disease and stroke
• Increased risk of obesity
• Increased likelihood of illness & disability
• Increased need for surgeries, medications & treatments
• Reduced quality of life
The American Heart Association recommends 30 minutes of physical activity per day.

One hour of physical activity can add two hours to your lifespan.

It is important to sustain physical activity in addition to a healthy diet to maintain a healthy heart.

Start with 5-10 minutes of physical activity and incrementally increase to reach 30 minutes a day.
Start your work day by stretching

• This will help loosen your muscles and help you feel energized for the rest of the day
• Make stretching a routine

Here are some simple stretches to do at your desk:

• Hamstring Stretch
• Calf Stretch
• Hip Flexor Stretch
• Abductor (inner thigh) Stretch
• Chest Stretch
Limit Periods of Inactivity at Home and Work

Stay active during TV time
• Use commercial breaks as a time to get active

Use your lunch hour as a time to walk or take advantage of a company gym membership

Consider taking the stairs instead of the elevator at work

Set aside some time for simple activities at your desk
Additional Resources

http://mylifecheck.heart.org – Life’s Simple 7 tool

www.heart.org/worksitewellness - Heart at Work enews

www.heart.org/fitfriendly - worksite recognition
Thank you!

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es por la vida™
全为生命™
Physical Activity in the Workplace

Janna Simon, MPH
Illinois Public Health Institute
Agenda

• Ways to encourage physical activity
  ▫ Active transportation
  ▫ Built environment and infrastructure
• Physical activity in the workplace policy
• Participation and recruitment strategies
Background

- Illinois Alliance to Prevent Obesity (IAPO) workgroups:
  ▫ Physical Activity in Community and Institutional Settings
  ▫ Nutrition in Community and Institutional Settings
- IAPO Worksite Wellness Resource Guide
- Chronic Disease and School Health (CDASH) grant
  ▫ Work for Health: Practical Tips for Supporting Healthy Workplaces Toolkit
Ways to Encourage Physical Activity: Active Transportation

- Employees incorporate activity into their commute
  - Examples include walking, biking, and public transportation
- Benefits: increased physical activity and reduced environmental impact
- Worksites support:
  - Bike storage
  - Designate safe routes
  - Provide changing areas/showers
  - Financial/tax incentives
Ways to Encourage Physical Activity: Built Environment

- Promote stair use:
  - Signage
  - Well-lit, attractive stairwells

- Designate a walking path with mile markers inside/around site

- Post signage in the parking lot encouraging people to park further away or encourage them to walk/bike
Best Practices for Encouraging Physical Activity

- Offer showers or changing rooms
- Install bike racks or a bike storage room
- Host a Walk/Bike to Work Day; organize a meeting spot or route
- Collaborate to improve policies, such as zoning for bike parking
- Track employee walk/bike to work trips and award prizes
- Make sure all transportation users can safely get to the worksite (intersection signage, route maps, etc.)
Physical Activity Policy

• Maintains consistency and sustains programming through employee turnover
• Can be included in overall worksite wellness policy or on its own and could cover:
  ▫ Flexible scheduling policies
  ▫ Physical activity breaks in all meetings
  ▫ Organizational support/funding
Sample Physical Activity Policy Language

• All employees are required to receive an additional 15 minutes of paid break time each day to participate in physical activity.
• Our organization supports the effective use of walking meetings.
• Employees are encouraged to keep a pair of walking shoes at their desks to allow for a walk break or walking meeting.
• Senior leadership at our organization will provide information regarding physical activity opportunities at least quarterly to all employees.

Physical Activity Policy Resources

• ChangeLab Solutions has sample policy language on creating physical activity breaks called “Unlocking the Stairwells: It's Not Risky and It's Good for Business": http://healcitiescampaign.org/document.html?id=129.

Participation Strategies

- Keep people engaged and interested with new programs, events, and incentives
- Provide attendance and progress updates (use fitness tracking devices, apps, or tools)
- Have employee champions lead the way and recruit new participants
- Share resources, opportunities, and successes in employee newsletters, communal spaces, and with community partners
Participation Strategies

• Management and leadership should model behavior
• Create challenges or events to encourage healthy competition and provide incentives for participation
Thank You!

- Questions?

- Janna Simon – janna.simon@iphionline.org
- Kasey Holloway – kasey.holloway@iphionline.org
Physical Activity Environment Scan

Building and Grounds Assessment

*Stairs*

- Yes/No Questions

*Grounds & Physical Activity Centers*

- Walking Paths
- Fitness Center
- Open Space
- Signage
Transportation/Parking/Walkability

- Bike Facilities
- Public Transit
- Signage
- Walkways
- Crosswalks
- Aesthetics
- Maintenance
Wellness Program

Discussion with Hospital

- Written Policy
- Incentives
- Messaging
- Walking Clubs
Improving Hospital Physical Activity Environments

– Piedmont Hospital and Denver Health

– Kaiser Permanente and Logansport Memorial Hospital
  • https://www.cdc.gov/obesity/downloads/p2p/p2p_pa_issue5.pdf

– Penrose-St. Francis and Fresno VA Medical Center
Employee Physical Activity Needs and Interest Survey

– Is the work environment suitable for physical activity during a normal workday? If no, what changes need to be made.

– If you could find time during the workday would you be more physically active at work?

– If your company created a wellness committee or group to organize company-wide physical activity programs would you participate?

– During what times would you be more likely to participate in physical activity?

https://www.cdc.gov/physicalactivity/worksitepa/pdf/steps2wellness_employee_physical_activity_needs.pdf
Additional Resources

- Physical Activity in the Workplace: A Guide for Employers (Prepared by the Institute for Health and Productivity Studies, Johns Hopkins Bloomberg School of Public Health)

- CDC Worksite Physical Activity website
  https://www.cdc.gov/physicalactivity/worksite-pa/index.htm

- CDC Steps to Wellness Toolkit
  https://www.cdc.gov/physicalactivity/worksite-pa/toolkits/pa-toolkit.htm

- CDC Walkability Tools
  https://www.cdc.gov/physicalactivity/worksite-pa/toolkits/walkability/index.htm

- StairWell to Better Health
  https://www.cdc.gov/physicalactivity/worksite-pa/toolkits/stairwell/index.htm
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