Promoting the Adoption of Physical Activity in the Workplace and Community - Part 2

April 26, 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 28.
Riverside Healthcare
Kankakee, IL

Lynn Christian RN, MSN, CWWPM
Who Are We?

Riverside Medical Center is located in Kankakee, IL and is part of Riverside Healthcare, a fully integrated healthcare system serving the needs of individuals and communities throughout the counties of Kankakee, Iroquois, Will, Grundy and beyond.

As part of the system, Riverside Medical Center, a 312-bed hospital, provides a full scope of inpatient and outpatient care needs of the area’s senior population.

The four facilities that are a part of Riverside Senior Living Center include: Independent Living, Assisted Living, Riverside Miller Rehabilitation, and Assisted Living & Memory Care at Bourbonnais.

Riverside employees over 2800 employees and is the largest employer in the Kankakee County.
Our Mission Statement

Life is a remarkable journey.

Health impacts every step - how we connect with others, how we express our potential, how we pursue our dreams.

At Riverside, our mission is to provide healthcare experiences that are just as remarkable.

We do this for each and every person, regardless of their personal or economic circumstances.

We offer our highest thinking, our kindest touch, and our strongest commitment to excellence.
Riverside Employees Actively Choosing Health
National Top 100 Healthiest Employer
Activity Trackers

- Integrated portal
- HealthyNow App
- Subsidized Fitbit
- Automated data transfers
Activity Challenges

- Destination Challenges
- REACH For Health Summer Challenge

Walk to Hollywood and Back CHALLENGE

Earn 50 “Healthy Habit” Points by Participating!

Did you Know?
National guidelines suggest doing 30- minutes of activity at least 5 days a week. You can break up your 30- minutes into either two 15-minute increments of exercise OR three 10- minute increments.

What is it?
A 4-week organization based activity challenge where the goal is to simply add calorie burning activities each week.

How does it work?
The goal of the challenge will be to log at least 3,000 steps each day during the 4 week duration.

What if I can’t reach the goal of 3,000 steps each day?
That’s okay!!! The purpose of the challenge is to get up, get out and get moving!!!

What’s in it for me?
There will be participation prizes for everyone! Pedometers will be available in the Employee Health Office for participants. They can also be sent by inter-office mail.

Where can I walk?
Anywhere! Take advantage of the recently completed Riverside Walking Paths!

How do I sign up for the challenge?
Watch for details on the wellness portal. You will see the “” Challenge registration bar at the top of your homepage. Simply click register and you are enrolled in the challenge. You will then receive reminders each week about the challenge. You can also visit your wellness homepage as often as you wish and will see the change tasks on your “to do” list.

Key Details
- Registration will begin on 10/6
- Challenge will begin on 10/13
- Challenge will end on 11/10
• 50% discounted membership for self and significant other-payroll deducted
• Unlimited group classes
• Unlimited personalized coaching
• Access:
  - Track
  - Exercise Equipment
  - Aquatics
  - Personal Trainers
  - Racquet Ball Court
  - Massage Therapy
REACH Treadmill-A-Thon

Promotes Activity

Leadership Support
Stair Campaign

• Education for staff and community
• Employees are incentivized for taking stairs
• Simple QR scanning
• Signage at all decision points
  - Stairwells
  - Staircases
  - Elevators
  - Lobbies
  - All RHC Location
  - Parking Garages

Did you know...
- You can burn 10 calories taking one flight of stairs
- Just 7 minutes stair climbing a day has been estimated to more than half the risk of a heart attack over 10 years
- Stair climbing is officially classed as a 'vigorous exercise' and burns more calories per minute than jogging

Riverside Employees: scan the QR codes to earn "Healthy Habit" points.
Riverside 5K Walk/Run

Welcome to the Riverside Trick or Trot 5K
Run and Walk, boys and ghouls!

Before the Race:
Registration begins: 8:00 a.m.
Race: 9:00 a.m.
Kids Dash (ages 1-7): Immediately following race

After the Race:
Visit family-friendly BOO1ns
Buy fresh produce at the Farmers' Market
Trick-or-treat at Riverside Senior Life Communities
Extended Walking Paths
Riverwalkers

- Noon hour Walking Groups
- Using Riverside paths
- Scan QR codes at strategic points
- Every scan enters them to win a $100 Gift Card to Dicks Sporting Goods.
REACH Champions
“Sending a HUGE thank you to those who manage the REACH program … Tracking activity on the REACH portal in order to get healthy habit points may sound like something trivial but it makes a huge difference! What you measure you improve. Whether that’s your finances, your eating or your activity, the things you pay attention to and measure put you in the mindset to do better…”
Employee Engagement Tips

• Senior Leadership support and participation
• Identify Champions who will promote physical activity and challenges among their peers
• Communicate through multiple facets
• Time communication to obtain fullest engagement
• Survey your employees, offer activities they enjoy
• Team challenges
• Encourage any level of physical activity
• Use the resources you may already have, collaborate with other departments
Lynn Christian RN, MSN, CWWPM
Employee Wellness Manager of Riverside Healthcare
815-935-7067
lchristian@rhc.net
PHYSICAL ACTIVITY PROGRAMS
@ JERSEY COMMUNITY HOSPITAL
by
Tom Smith
Director, JCH Wellness Center
JERSEY COMMUNITY HOSPITAL

Located in Jerseyville IL
(pop. 8,500)

420 Total Employees

50 Healthcare Providers

Average daily census of 10 patients per day
PHYSICAL ACTIVITY FOR THE COMMUNITY

PA Events:

Annual Heart and Sole 5K

Kids Triathlon
COMMUNITY PA EVENTS

Heart & Sole 5K
JCH WELLNESS CENTER

25,000 Sq. Ft
Personal Trainers
50 Group Fitness Classes/week
Facility includes cardiovascular equipment, strength circuit, free weights, group fitness room and 2 swimming pools
All Rehab Services
PA FOR EMPLOYEES

Make fitness fun!
Fun programs
Incentives
Comraderie
PA FOR EMPLOYEES

- Employee Wellness Program
- Discounted Wellness Center memberships
- Incentive Programs
- Participation in Community Fitness Events
EMPLOYEE WELLNESS PROGRAM

Emphasis on the things we can control!

Physical Activity
Weight Control
Prevention
Tobacco Free
Education

Promote fitness through a variety of programs.
<table>
<thead>
<tr>
<th>Each Wellness Option = $5</th>
<th>Check if completed</th>
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<tbody>
<tr>
<td>Healthy Cholesterol Levels (meet 2 of the 3 requirements)</td>
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<tr>
<td>Healthy Blood Pressure (120/80)</td>
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<tr>
<td>Non-Smoker</td>
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<tr>
<td>*Massage (limit 1)</td>
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<tr>
<td>*Preventative Screenings: Ex. Mammogram, PSA, Pap</td>
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<tr>
<td>*General Physical</td>
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<tr>
<td>*Bone Density Test</td>
<td></td>
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<tr>
<td>*Dental Exam (can count 2 visits/year)</td>
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<tr>
<td>*Flu Shot/Immunization</td>
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<tr>
<td>*Eye Exam</td>
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<tr>
<td>*Blood Sugar Screening</td>
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<tr>
<td>*Routine/General Physician Office Visit</td>
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<td>Complete an approved tobacco cessation course</td>
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<tr>
<td>Attend a minimum of 10 sessions of a weight control program. Ex. Weight Watchers, TOPS.</td>
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<td>Participate in Wellness Center Community Weight Loss Challenge (can use 2 times)</td>
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<td>*Gym Usage: Utilize a licensed health club (other than the JCH Wellness Center) 36 times in 3 consecutive months. (can be used 4 quarters)</td>
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<td>Complete a community run, walk or bike event Ex. Relay for life, Heart &amp; Sole, Crunchfest, etc. (can use 2 times)</td>
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<td>Spring Training Incentive (3/6-4/16)</td>
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<td>Summer Workout Challenge (6/5-7/16)</td>
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<td>Fall for Fitness (10/2-10/29)</td>
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**TOTAL $ EARNED (Maximum of $50)**

*REQUIRES RECEIPT-NO CREDIT WILL BE GIVEN WITHOUT PROOF OF SERVICE!

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<tr>
<th>Visits to the JCH Wellness Center (March. 1-Nov. 30, 2017)</th>
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<tr>
<td>Check in 120 times = $80</td>
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<tr>
<td>Check in 100 times = $60</td>
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<tr>
<td>Check in 80 times = $30</td>
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**TOTAL $ EARNED FOR VISITS**

<table>
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<tr>
<th>Weight Loss/BMI Goal</th>
<th>Check if met</th>
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<tbody>
<tr>
<td>Weight Loss Requirements Met = $50</td>
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ONLINE WELLNESS PROGRAM

- Great for employees based in various physical locations
- Requires use of activity tracker for measuring physical activity
- Allows for competition between teams of exercisers
- Promotes participation in athletic events

[Go365 logo]
WELLNESS CENTER USAGE

- $15 membership per month for an employee
- Free use of walking track anytime for employees
- Free use of entire facility every Thursday
- Financial benefit for utilizing hospital fitness center

- Employee Wellness program allows an employee to earn up to $180 towards use of any Wellness Center membership or service
Join this 8-week exercise incentive program that can earn you 2 CARDINALS BASEBALL TICKETS!

It’s easy! Just keep track of your physical activity and convert it to runs (see the conversion chart). You are required to earn a minimum of 60 runs throughout the 8-week program. Each participant who scores at least 60 runs is entered into a drawing for baseball tickets.
PA FOR EMPLOYEES
"With having a full time job, 2 active kids ages 8 & 11 and another full time job "trying" to be a farmer, workouts are tough to get in. I love being able to take my breaks for a quick workout because some days that is all I can fit in. I lost 30 pounds 17 years ago and I am determined to keep it off. I have incorporated fitness into my daily lifestyle and having the Wellness Center on campus makes this task easier."

Cathy Matthews
Lab
OSF Saint Luke Medical Center

Wellness EDGE

Employee Wellness

Breanne Cinnamon, PT-DPT

OSF Saint Luke Wellness Team
OSF Saint Luke Medical Center

- 25 Bed Critical Access Hospital in Kewanee, IL
- Opened our new facility in 2008
- Joined OSF Healthcare in 2014
- Awarded “Best in Employee Wellness” by Illinois Critical Access Hospital Network in 2014
Objectives

– Overview of SLMC Wellness Program
– Events
– Keys for maintaining engagement
SLMC Wellness at a Glance

- **Multi-Disciplinary Wellness Team**
  - Strong administrative support
  - Meet every 6 weeks
    - Challenge planning
    - Identifying needs
    - Growth opportunities

- **Personal Health Risk Assessments**
  - Data pooled together to determine overall areas of strength and weakness.
  - Individual coaching session following PHA completion.
OSF4Life Wellness Platform

- Log foods, water intake, exercise
- Diet and exercise plans
- Wellness workshops
- Educational and inspirational posts
- Ministry-wide challenges
SLMC Wellness at a Glance

- Lunch and Learns
  - Nutrition, Stress, Physical Activity, Financial Management...
- Challenges on a variety of topics and in different formats
- Annual 5K
- National Walking Day
- National Hospital Week
- Sodium & Sugar Reduction in Café
What has worked well for SLMC Wellness

- **Maintaining engagement**
  - Meeting individual preferences for activities/challenges
    - Variable formats and topics for challenges
    - Involvement from all departments for educational presentations
    - Feedback surveys
  - Garden
    - Sense of ownership
    - Enjoy seeing what is used in café.
  - Salad orders for night shift employees
What has worked well for SLMC Wellness

- Wellness *EDGE* Center
  - Cardio and weight equipment
  - Swiss balls
  - Mats
  - Resistance bands
  - Binder with cardio workouts
  - Posted exercises with pictures
  - Sign-in sheet
  - Emergency alert necklace
Community Engagement

- Corporate wellness programs for two other organizations
- Health fairs
- Wellness *EDGE* for *KIDS*
- Presentations for community groups
Questions?

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