



NORTHLAND REGIONAL CHAPTER AMERICAN COLLEGE of SPORTS MEDICINE

Worksite Health Promotion Group Newsletter, Issue 6, April 2009

The Worksite Health Promotion Group (WHPG) is open to all NACSM student and professional members who have a professional or personal interest in this area. The intent is to expand the educational, professional, and networking opportunities for those involved in worksite health promotion.

In this Issue...

ACSM Worksite Health Handbook Now Available

2009 Education Sessions

Hot Topics:

Tools You Can Use

Internship Opportunities

Membership

Upcoming Conferences & Events

We have a new e-mail address! Please note that you may receive e-mails promoting our education sessions or other events through a new e-mail address:

worksitehealthpromotiongroup@gmail.com.

You should, however, continue to receive official NACSM e-mails from John Keener.

ACSM Worksite Health Handbook Now Available

The second edition of ACSM's *Worksite Health Handbook: A Guide to Building Healthy and Productive Companies* is now available. The book connects worksite health research and practice to offer health promotion professionals information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve.

Whether you're just starting a wellness program, or looking for practical tools and the latest research and information to expand and improve your wellness program, this book is a must have. Available through Human Kinetics

(www.humankinetics.com) or Amazon (www.amazon.com).

Education Sessions

The February WHPG education session offered participants innovative ideas to leverage their health plan to get the most out of their wellness programs.

There were also a number of free, useful, practical tools and resources shared and discussed. Slides from these sessions are always posted on our website at www.northlandacsm.org.

Here's a quote from one participant:

"As a first time attendee, I came away with a wealth of helpful information and ideas that I can use for employees. I look forward to future learning opportunities with NACSM." —Liz, education session attendee

Stay tuned for the next session, coming in June. The topic will be related to implementing fitness programs at work on a shoestring budget.

Budget-Friendly Wellness

Budgets tight? Discretionary spending cut? If you're like most companies, your operations are scaling back these days. Take advantage of free resources to help your wellness program through these tough times. Here are just a few:

Continued on page 2

WHPG Steering Committee

Dr. Dan Carey
Student/University Committee
St. Thomas University
Dgcarey@stthomas.edu

Steve Elliott
Health Promotion Advocacy Committee
Fairview Health Services
Selliot1@fairview.org

Stefan Gingerich
Measurement & Evaluation Committee
StayWell Health Management
Stefan.gingerich@staywell.com

Kris Haugen
Chair
Corporate Benefits, Wells Fargo
Kris.A.Haugen@wellsfargo.com

Mary Kruse
Past Chair
Park Nicollet HealthSource
Mary.Kruse@ParkNicollet.com

Holly Metzler-Capelle
Education Committee
U-Care
Hmetzlercapelle@ucare.org

Ali Payne
Advocacy Committee
Stanton Group
Apayne@stanton-group.com

Jina Schaefer
Communications Committee
Cargill
jina_schaefer@crgl-thirdparty.com

Erin Seaverson
Measurement & Evaluation Committee
StayWell Health Management
Erin.Seaverson@staywell.com

Brianne Solem
Secretary/ Communications Committee
HealthPartners
Brianne.L.Solem@HealthPartners.com

Brenna Vuong
Communications Committee
Fairview Health Services
Bvuong1@fairview.org

Rosie Ward
Education Committee
RJF Agencies
Wardr@rjfagencies.com

Sharon Wieker
Communications Committee
Andersen Corporation
Sharon.Wieker@AndersenCorp.com

Continued from page 1

- Free Webinars through the National Wellness Institute, www.nationalwellness.org (see event listing for dates)
- Wellness Council of America (WELCOA) offers free reports and newsletter to non-members; free Webinars to members
- Minnesota Work Well Toolkit: www.health.state.mn.us/hmwi

Farm to Work

Are you looking for a fun way to bring fresh fruits and vegetables to your employees?

One local hospital has been encouraging their employees to eat healthy by bringing fresh produce to their worksites each summer since 2006.

Park Nicollet's employee health promotion program, Healthy Living, offers two markets, at two separate buildings, weekly from mid-June to mid-September. Each market offers a wide variety of products, including local produce, honey, nuts, and breads. The markets often coincide with special events; recipe and nutrition tips are given out and attendees can participate in walking or meditation groups as well. 'It's a great way to get people eating healthy and local and it brings people together', says market organizer Sarah Gierke.

Some employers are making Community Supported Agriculture (CSA) programs available at the worksite as

well. When a member signs up with a CSA, they basically own a 'share' of the farm. Each week they are delivered a box of fresh produce of whatever is in season, typically enough for a family of four. By bringing this service to the workplace, companies are making it even easier for employees to eat healthy.

When starting a farmers' market or CSA drop-off at your worksite, make sure you check the local regulations and permit requirements. A great resource to get started is the "How-To Guide to Starting a Mini-Farmers' Market". The guide is available to download at www.iatp.org. To learn more about CSAs go to www.mda.state.mn.us.

Hot Topics

Minnesota tops the Gallup Well-Being Poll

Minnesota is ranked 5th in overall well-being in the most recent Gallup report. Other top states include Utah (1st), Hawaii, Wyoming, and Colorado. Read more about the survey at www.gallup.com. Other highlights from the report include:

- 4.7% of people were categorized as 'suffering' in Feb. 2009, compared with 3.3% in Feb. 2008
- There has been a 14% decrease in scores of Managers/Executives and Business Owners who say they are 'thriving'

Continued on page 3

Continued from page 2

- As income-level increases, the percent who are 'suffering' decreases
- Most of these changes are likely due to the economy.

Tools you can use

National President's Challenge- May 1

The National President's Challenge is a great way for wellness or HR administrators to meet company wellness goals and help employees get active. The program encourages Americans to be active five days a week for six out of eight weeks.

Participants log their activity online and can earn certificates, t-shirts, pins, medals, and more.

Organizations can sign up for free. The program runs May 1-July 24. Find out more at www.presidentschallenge.org.

Exercise is Medicine

May is Exercise is Medicine month and ACSM wants your help in celebrating and promoting it. The purpose of the program is to create awareness and encourage physicians to discuss every patient's physical activity program at every doctor's visit. A comprehensive toolkit and resources will be forthcoming. In the meantime, find out more about the program at www.exerciseismedicine.org.

Internship Opportunities

NACSM provides organizations the opportunity to post student internships on the member website. If your organization offers a worksite health promotion internship and you are interested in posting it on the NACSM website, email Dr. Daniel Carey at dgcarey@stthomas.edu.

Please provide the name of your organization, location, contact name, phone number and email address. Include a company website and/or internship website if available. **Students:** You can find internship opportunities at the NACSM Web site. Go to www.northlandacsm.org for more information.

Membership

If you are interested in being part of the Worksite Health Promotion Group and joining the Northland Chapter of the ACSM, go to www.northlandacsm.org for additional membership information and a registration form. Annual memberships are \$35 per individual and \$15 per student.

Upcoming Conferences & Events

IHPM 5th Annual Health Management Conference

April 6-8, 2009
Orlando, FL
www.ihpm.org

ACSM Deskside Learning Opportunity, Physical Activity Guidelines for Americans - 2008: Background, Process, Scientific Rationale and Future Directions

May 14, 2009
www.acsm.org

WELCOA 2009 Webinar Series

April 22, 2009
How to Develop and Implement a Results-Oriented Medical Self-Care Program
www.welcoa.org

WELCOA 2009 Webinar Series

May 13, 2009
Effectively Marketing Your Internal Wellness Initiative
www.welcoa.org

National Employee Health and Fitness Day
May 20, 2009
www.physicalfitness.org

ACSM's 56th Annual Meeting

May 27-30, 2009
Seattle, WA
www.acsm.org

WELCOA 2009 Webinar Series

June 3-24, 2009
Well Workplace University
www.welcoa.org

National Physical Activity Plan Conference

July 1-2, 2009
Washington, D.C.
www.physicalactivityplan.org

WELCOA 2009 Webinar Series

July 15th, 2009
Financial Wellness in the Workplace
www.welcoa.org

National Wellness Conference: Pathways to Optimal Well-Being

July 18-23, 2009
Stevens Point, WI
www.nationalwellness.org

HERO Forum for Employee Health Management

September 22-24, 2009
Atlanta, GA
www.the-hero.org

23rd National Conference on Health, Productivity, & Human Capital: Leading with a Culture of Health

October 13-15, 2009
Philadelphia, PA
www.businessgrouphealth.org

Institute for Health and Productivity Management (IHPM) Annual International Conference

October 27-29, 2009
Orlando, FL
www.ihpm.org

Midwest Worksite Health Conference

November 9, 2009
St. Paul RiverCentre
www.parknicollet.com/healthsource

If you have an event, conference or seminar you'd like to include in this calendar, send it, along with your contact information, to Brenna Vuong at bvuong1@fairview.org.