



NORTHLAND REGIONAL CHAPTER AMERICAN COLLEGE of SPORTS MEDICINE

Worksite Health Promotion Group Newsletter, Issue 4, August 2008

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...

NACSM Education Sessions

Save the Date: Midwest Health Promotion Conference

Hot Topics: Legislative Updates

Article Review- Quality Components of Superior Worksite Health Management Programs

Tools You Can Use

Internship Opportunities

Membership

Upcoming Conferences & Events

NACSM & Minnesota Vikings host 'Getting Fit on the Job' education session

The NACSM Worksite Health Promotion Group and the Minnesota Vikings hosted an educational event on June 23rd, 2008, called 'Getting Fit on the Job- Do the Trends Really Work?' This was the second of three education sessions and was well attended by over 50 people.

Speakers included Dan Carey (St. Thomas University), Sarah Gierke (Park Nicollet HealthSource), and Lynn Sullivan (Steelcase). After learning about fitness trends on the job, such as using treadmill workstations and fitness balls at work, everyone in attendance was able to tour the Vikings facilities.

Mark your calendars for the next education session, "Three Perspectives on

Reaching the Hard to Reach: Design, Incentives, and Message", September 15th, 2-4pm. The session will be held at the U-Care offices in Minneapolis. For details, check the NACSM website, www.d.umn.edu/~nacsml/.

Save the Date: November 3, 2008, Midwest Worksite Health Promotion Conference

The Midwest Worksite Health Promotion Conference, hosted by Park Nicollet HealthSource, fosters an understanding of emerging worksite health promotion issues and the opportunity to learn successful strategies for health risk reduction. This conference gives opportunities for professional development, networking with peers, and assistance in the education to students or those new in the field. This conference is designed to provide worksite health promotion professionals with tools,

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skills and techniques to lead successful worksite programs. The conference will be held at the St. Paul RiverCentre. More details will be available at <http://www.parknicollet.com/healthSource/midwestConference>

Hot Topics and Resources

Legislative Updates

There are currently two bills being considered by Congress related to health promotion.

- *The Health Promotion FIRST* act is a bill that would provide funding to integrate health promotion concepts into national policy by creating a health promotion research agenda at NIH, increasing the number of Prevention Research Centers, and expanding the CDC's efforts to support workplace health promotion.
- *The Healthy Workforce Act* (Harkin bill) would provide tax credits to businesses that implement worksite health promotion programs.

To find out more information and how you can become an advocate, visit www.healthpromotionadvocate.org.

Article Review

Quality Components of Superior Worksite Health Management Programs

In this review article, the engagement rates and health risk reduction between organizations using 'best practice' and 'common practice' health management approaches were examined. Best-practice organizations achieved higher levels of engagement than 'common practice' organizations in both health assessment and health-coaching programs. Risk reduction was also greater among those using 'best practices'. This study demonstrates the contribution of quality program components to better program engagement rates and health outcomes.

(Association Between Nine Quality Components and Superior Worksite Health Management Program Results. *Journal of Occupational & Environmental Medicine*. 50(6):633-641, June 2008. Terry, Paul E. PhD; Seaverson, Erin L. D. MPH; Grossmeier, Jessica MPH; Anderson, David R. PhD)

Tools you can use

Map My Fitness

If you haven't already discovered www.mapmyfitness.com, you'll have it bookmarked in your favorites soon. This site provides active individuals with the tools and community they need to succeed

and excel in their athletic pursuits. You'll find community-based fitness content, tools, calculators, and mapping capabilities. Use it to find walking routes near home or work, or when you're traveling, search to see what routes someone else has already mapped and saved. Create your own personal profile and save your workout history to track your progress.

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 <http://www.d.umn.edu/~nacsm/whpg/internsites.htm> 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

<http://www.d.umn.edu/~nacsm> for additional membership information and a registration form. Annual memberships are \$35 per individual and \$15 per student.

Upcoming Conferences & Events

WELCOA Webinar Series
September 10 & 17, 2008
Building a Wellness Program in a Small Business Setting
www.welcoa.org

NACSM Education Series, Three Perspectives on Reaching the Hard to Reach: Design, Incentives, and Message
September 15, 2008, 2-4pm
U-Care, Minneapolis, MN
www.d.umn.edu/~nacsm/

ACSM Northland Regional Chapter Fall Meeting
October 16-17, 2008
Duluth, MN
www.acsm.org

HERO Forum for Employee Health Management Solutions
September 23-25, 2008
New Orleans, LA
www.the-hero.org

Institute for Health and Productivity Management (IHPM) Annual International Conference
October 15-17, 2008
Scottsdale, AZ
www.ihpm.org

Midwest Worksite Health Conference

November 3, 2008
St. Paul RiverCentre
www.parknicollet.com/healthsource

National Business Group on Health, 22nd Annual National Conference on Health, Productivity and Human Capital

December 8-10, 2008
San Diego, CA
www.businessgrouphealth.org

19th Annual Art & Science of Health Promotion Conference

March 16-19, 2009
San Francisco, CA
www.healthpromotionconference.org

ACSM 13th Annual Health & Fitness Summit

March 25-28, 2009
Atlanta, GA
www.acsm.org

ACSM's 56th Annual Meeting

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

Current Membership:

NACSM Members: 450
WHPG Members: 91

States Represented: 6
(Iowa, Minnesota, North Dakota, Nebraska, South Dakota, Wisconsin)