



# **NORTHLAND REGIONAL CHAPTER AMERICAN COLLEGE of SPORTS MEDICINE**

## *Worksite Health Promotion Group Newsletter, Issue 3, May 2008*

The Worksite Health Promotion Group 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.

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### **NACSM & Park Nicollet Host 'Best Practices in Health Promotion' Event**

NACSM Worksite Health Promotion Group and Park Nicollet HealthSource hosted an educational event on February 20<sup>th</sup>, 2008, called Best Practices in Health Promotion Program Evaluation. This was the first of three education sessions to be held in 2008.

This presentation provided a refresher in the basics of program evaluation design and discussed strategies for ensuring that organizations are measuring and reporting their program's success in a meaningful way for a variety of stakeholders. The presenters, Jessica Grossmeyer and Erin Seaverson, also shared information about the HERO Best Practices Scorecard and how organizations can contribute to industry knowledge about the outcomes associated with best practice programs. To learn more about the HERO scorecard, go to [www.the-hero.org](http://www.the-hero.org).

### **May NACSM Education Session**

Join us for the next education session titled 'Getting Fit on the Job: Do the Trends Really Work?' on June 23 from 2-4pm at the Minnesota Vikings Headquarters in Eden Prairie. Find out more details at [www.d.umn.edu/~nacsm/](http://www.d.umn.edu/~nacsm/).

### **ACSM Health and Fitness Summit held in Long Beach**

Over 1,500 people attended the twelfth annual Health and Fitness Summit at the end of March. As the Worksite Interest Group takes hold within the organization, there were more opportunities for worksite health professionals to gain information at this year's conference. A pre-conference workshop was dedicated to the future of health promotion, and several more break-out sessions than in previous years had a worksite focus.

The Worksite Interest Group meeting had more than 60 attendees. Participants broke

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into regional groups to meet each other and strategize on ways to formalize their group's activities. Our Northland Chapter was held up as the model, and we offered to share our structure and experience with other groups. Upcoming Health and Fitness Summits will be held in Atlanta in 2009, Austin, Texas in 2010, and Anaheim in 2011.

## Hot Topics and Resources

### *May-Kit Happen in May!*

May is the special recognition month for ACSM's Exercise is Medicine™ initiative. It will be a time for physicians, health and fitness professionals, the public, and supporting organizations and constituents to recognize, emphasize and celebrate the valuable health benefits of exercise. May-Kit Happen features new resources and ideas on the importance of Exercise is Medicine™ that you can use in your professional and community settings. Find out more at [www.maykithappen.org](http://www.maykithappen.org).

## Article Review

### *Trends in Worksite Weight-Management Programs*

Worksite health promotion programs that target weight management have the potential to save companies money and improve employees' health status. A recent study found that an Internet-based program, [www.sparkpeople.com](http://www.sparkpeople.com), was effective in reaching large numbers of employees. The program's components included nutrition and physical activity

tracking and chat rooms. It led to improved eating habits and improved stage of change at 6 months. Additionally, more individuals moved into the normal weight category at 6 and 12 months.

(Peterson R, Sill S, Lu C, Young J, Edington D. Effectiveness of Employee Internet-Based Weight Management Programs. Journal of Occupational and Environmental Medicine. 2008; 50:2,163-171. )

## Tools you can use

### *Spread the Spark!*

[www.sparkpeople.com](http://www.sparkpeople.com) is a free diet and health-related Web site whose mission is to help people be healthy and reach their goals. The site offers a wealth of resources related to diet and physical activity, recipes, online discussion communities based on interests or worksites, and free nutrition and activity tracking tools. It's a great site to promote to employees or form a worksite team and challenge one another.

## 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](mailto: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**

**NBGH, Leadership Summit on Obesity: Health at Work: Changing Culture, Behavior, Environment**  
May 12-13, 2008  
Washington, DC  
[www.businessgrouphealth.org](http://www.businessgrouphealth.org)

**ACSM's 55<sup>th</sup> Annual Meeting**  
May 28-31, 2008  
Indianapolis, IN  
[www.acsm.org](http://www.acsm.org)

**Prevention Minnesota: Making Connections**  
May 8, 2008  
Minnetonka, MN  
[www.preventionminnesota.org](http://www.preventionminnesota.org)

**WELCOA 2008 Webinar Series**  
May 21, 2008  
Utilizing Incentives to Maximize Participation  
[www.welcoa.org](http://www.welcoa.org)

**WELCOA 2008 Webinar Series**  
June 18, 2008  
Creating Supportive and Health Promoting Work Environments  
[www.welcoa.org](http://www.welcoa.org)

**NACSM Education Session: Getting Fit on the Job: Do the Trends Really Work?**  
June 23, 2008  
2-4pm,  
MN Vikings Headquarters  
Eden Prairie  
[www.d.umn.edu/~nacsm/](http://www.d.umn.edu/~nacsm/)

**National Wellness Conference, A Visionary Turning: Well Earth, Well People**  
July 12-17, 2008  
Stevens Point, WI.  
[www.nationalwellness.org](http://www.nationalwellness.org)

**WELCOA 2008 Webinar Series**  
July 16, 2008  
How To Get the Most Out of Your Personal Health Assessment  
[www.welcoa.org](http://www.welcoa.org)

**WELCOA 2008 Webinar Series**  
September 10 & 17,  
Building a Wellness Program in a Small Business Setting  
[www.welcoa.org](http://www.welcoa.org)

**ACSM Northland Regional Chapter Fall Meeting**  
October 16-17, 2008  
Duluth, MN  
[www.acsm.org](http://www.acsm.org)

**HERO Forum for Employee Health Management Solutions,**  
September 23-25, 2008  
New Orleans, LA.  
[www.the-hero.org](http://www.the-hero.org)

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

**Midwest Worksite Health Conference**  
November 3, 2008  
St. Paul RiverCentre  
[www.parknicollet.com/healthsource](http://www.parknicollet.com/healthsource)