



NORTHLAND REGIONAL CHAPTER AMERICAN COLLEGE of SPORTS MEDICINE

Worksite Health Promotion Group Newsletter, Issue 8, October 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...

**Midwest Health Promotion
Conference
November 9, 2009**

2009 Education Sessions

Hot Topics

- Health Promotion Advocacy Update
- Definition of Health Promotion

Wellness Works

- SHIP

Tools You Can Use

- stickK.com
- Animoto.com
- CDC Healthier Worksite

Internship Opportunities

Membership

Upcoming Conferences & Events

Make Plans to Attend the Midwest Health Promotion Conference

November 9

St. Paul RiverCentre

Register now for the 2009 Midwest Worksite Health Promotion Conference, *A Culture of Health*. Evidence shows that high-performing programs have highly engaged and supportive cultures. What more can you do to build or enhance your culture? We are very fortunate to have two well respected keynote presenters share their perspectives on *A Culture of Health*.

Morning Keynote: “What’s Missing? A holistic, relation-based alternative for worksite health promotion”

*Jon Robison, PhD, MS—
Michigan State University*

Afternoon Keynote: “Creating Cultural Support for Wellness”

*Judd Allen, PhD—Human
Resources Institute, LLC*

The day is rounded out with a choice of nine breakout sessions. View the agenda and register for the conference at

www.healthsource-solutions.com.

2009 WHPG Education Sessions

We had our final education session of the year on September 17, hosted by Health Partners. Dr. Tom Kottke presented on the topic of creating a culture of health on a limited budget by highlighting his work in Olmstead County. Slides from these sessions will be posted on our website at www.northlandacsm.org.

We will soon be working on our calendar of education session topics for next year. Have an idea? Know a great speaker? We’d love to hear from you! Send your ideas to: worksitehealthpromotiongroup@gmail.com.

WHPG Steering Committee

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

Steve Elliott
Health Promotion Advocacy Committee
Fairview Health Services
Selliott1@fairview.org

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

Kris Haugen
Chair
Kris.Haugen@yahoo.com

Mary Kruse
Past Chair
HealthSource Solutions
MaryKruse@healthsource-solutions.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

Hot Topics

Health Promotion Advocacy

Want to stay on top of the health care reform debate and learn how health promotion will be impacted?

Inform yourself and sign up to be an advocate at www.healthpromotionadvocates.org. You'll receive notices and e-mails when it's time to contact your senators and representatives and will be invited to participate in conference calls with current updates on what's happening on Capitol Hill.

Definition of Health Promotion

Michael O'Donnell recently posted a commentary on the America Journal of Health Promotion website which suggested a new definition of health promotion:

“Health Promotion is the art and science of helping people discover the synergies between their core passions and optimal health, enhancing their motivation to strive for optimal health, and supporting them in changing their lifestyle to move toward a state of optimal health. Optimal health is a dynamic balance of physical, emotional, social, spiritual, and intellectual health. Lifestyle change can be facilitated through a combination of

learning experiences that enhance awareness, increase motivation, and build skills and, most important, through the creation of opportunities that open access to environments that make positive health practices the easiest choice.”

Learn more and read the entire commentary by visiting www.healthpromotionjournal.com.

Wellness Works

Featuring local company profiles

In a nation-leading effort to reduce chronic disease, the Minnesota Department of Health (MDH) has awarded 39 grants to Minnesota communities to help lower the number of Minnesotans who use tobacco or who are obese or overweight.

The \$47 million appropriation for the Statewide Health Improvement Program, also known as SHIP, will cover 86 counties and eight tribal governments over the next two years through grants and technical assistance. SHIP is part of Minnesota's historic health care reform initiative that was signed into law in 2008 and will focus interventions in four areas: schools, health care, communities, and worksites. Find out more by visiting www.health.state.mn.us.

Tools you can use

www.stickK.com

Need help sticking with your goals and staying committed? Look no further. Create a contract with yourself, invite trusted friends to hold you accountable, or commit your bank account to donating a set amount of money to a charity you despise if you don't make good on your goals. Check it out and then share it with your employees as a free, no-cost tool.

www.animoto.com

Turn your photos into a video, set to music. Super fast and easy, this website will allow you to create a 30 second clip to share with employees and staff, or for your own personal use.

CDC's Healthier Worksite Initiative

Find helpful toolkits and resources for creating a healthier worksite. Toolkits include lactation support programs, tobacco cessation, wellness committees, implementing a farmers' market, and many more.
www.cdc.gov/nccdphp/dnpa/hwi/

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

National Wellness Institute Webinar Series: "Motivational Interviewing and Health Behavior Change: Continuing the Journey" October 8, 2009
www.nationalwellness.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

National Wellness Institute Webinar Series "REAL Worksite Wellness: How (and Why) to Gently Shift Programming from Risk Reduction to Quality of Life"
October 22, 2009
www.nationalwellness.org

3rd Annual Health Coaching Executive Forum
October 28-29, 2009
Orlando, FL
www.worldrg.com

National Wellness Institute Webinar Series: "The Great 8! Successful Strategies to Land a Great Job in Wellness"
November 5, 2009
www.nationalwellness.org

Creating an Environment for Change: Moving Patients from Thinking to Doing
Fairview Physicians Associates
November 4, 2009
Doubletree Hotel, Minneapolis
www.fpanetwork.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.