

Wellness Presentation

Staff Senate

November 18, 2009

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www.scranton.edu/employeewellness

What is Wellness?

An intentional choice of a lifestyle characterized by personal responsibility, moderation, and maximum personal enhancement of physical, mental, emotional and spiritual health.

source: WebMD, 2008

What is worksite wellness?

An organized program in the worksite that is intended to assist employees and their family members (and/or retirees) in making **voluntary** behavior changes which reduce their health and injury risks, improve their health consumer skills and enhance their individual productivity and well-being.

Source: WebMD, 2008

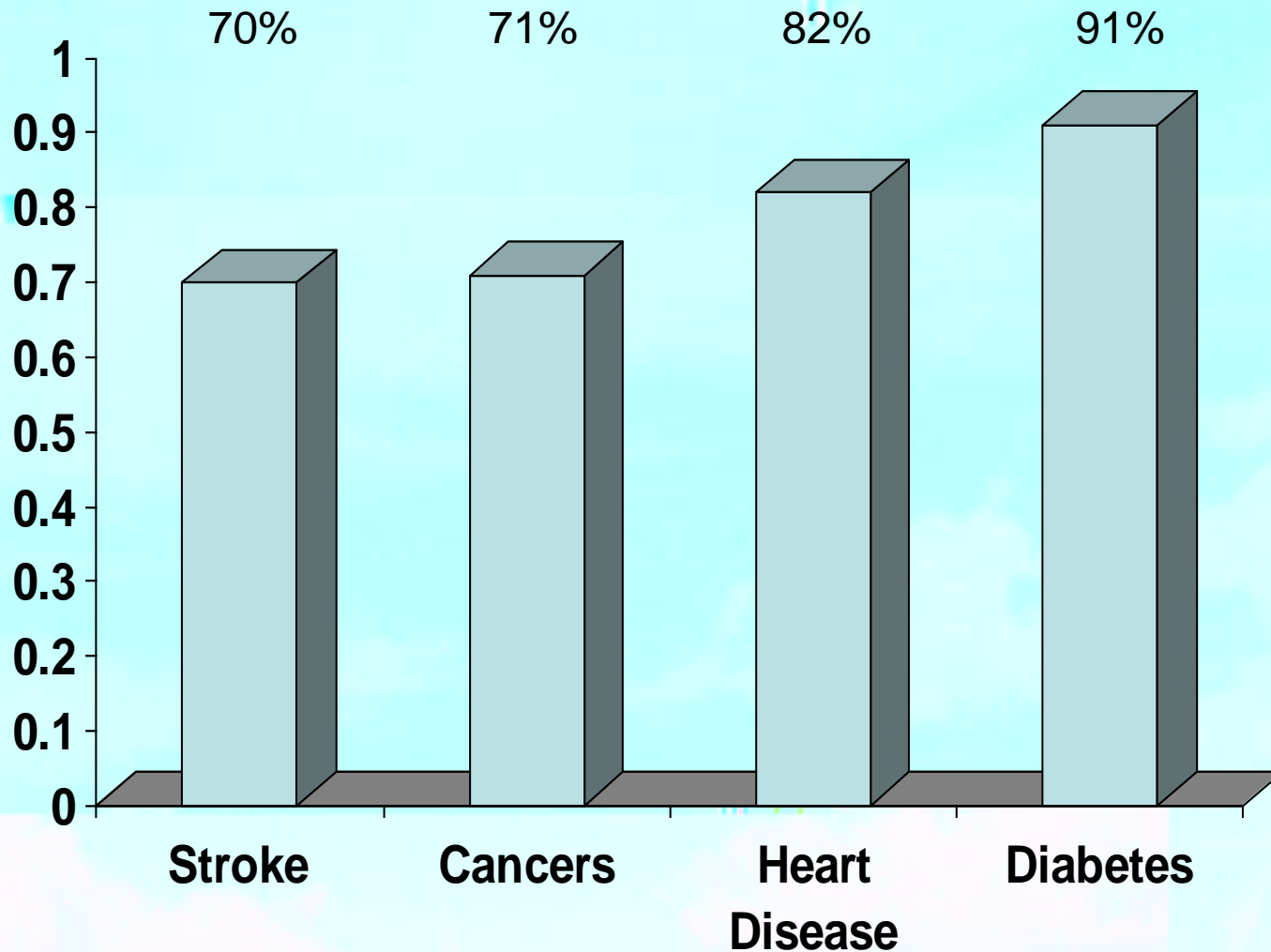
Why at the worksite?

82% of U.S. population



source: The National Data Book, 2006

Lifestyle Causes Chronic Disease



Sources: Stampfer, 2000; Platz, 2000; Hu, 2001

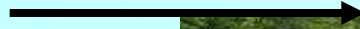
Table 1. Classification and management of blood pressure for adults*

| BP | INITIAL DRUG THERAPY | | INDICATIONS |
|----------------------|----------------------|--|---|
| | WITH COMPELLING | WITHOUT COMPELLING | |
| Normal | | | Encourage |
| Prehypertension | | | Yes |
| Stage 1 Hypertension | Yes | Thiazide-type diuretics for most, May consider | Drug(s) for the compelling indications. ‡ |
| Stage 2 Hypertension | Yes | Thiazide-type diuretics for most, May consider | Drug(s) for the compelling indications. ‡ |
| Stage 3 Hypertension | Yes | Thiazide-type diuretics for most, May consider | Drug(s) for the compelling indications. ‡ |



Designing a wellness program

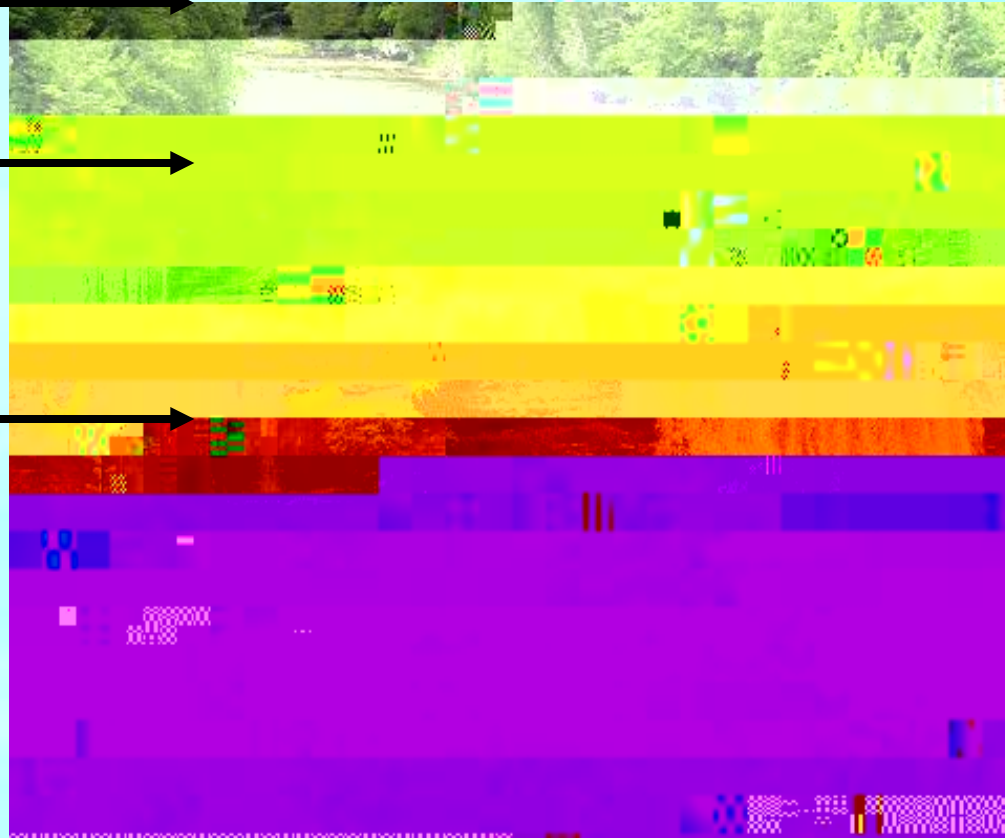
Behavior



Screening



Claims



Wellness and Strategic Plan

A Caring Community:

- Actively examine and improve the quality of campus life.**
- Create an environment that nurtures the wellness-physical, spiritual and emotional- and promote the safety of all within our community.**



Wellness



Poor health is not always obvious

Take the online health assessment

Talk to a health coach

Know your numbers (Blood Pressure, Cholesterol, Glucose)

Incentives support your efforts



The University of Scranton Employee Wellness Program

APR 2024

Mind Pillar: \$150 (150 pts)

Health Assessment Pillar: \$100

| | MINIMUM | MAXIMUM | STATUS |
|-----------------------------|---------|---------|----------|
| Health Assessment | 1 | 1 | Complete |
| Stress Management | 1 | 1 | Complete |
| Workload Management | 1 | 1 | Complete |
| Resilience Training | 1 | 1 | Complete |
| Employee Assistance Program | 1 | 1 | Complete |
| Life Skills Training | 1 | 1 | Complete |
| Financial Literacy | 1 | 1 | Complete |
| Legal Rights | 1 | 1 | Complete |
| Sexual Assault | 1 | 1 | Complete |
| Harassment | 1 | 1 | Complete |
| Domestic Violence | 1 | 1 | Complete |
| Substance Abuse | 1 | 1 | Complete |
| Alcohol Use | 1 | 1 | Complete |
| Drug Use | 1 | 1 | Complete |
| Tobacco Use | 1 | 1 | Complete |
| Workplace Safety | 1 | 1 | Complete |
| Personal Safety | 1 | 1 | Complete |
| Emergency Preparedness | 1 | 1 | Complete |
| Disaster Preparedness | 1 | 1 | Complete |
| Evacuation Procedures | 1 | 1 | Complete |
| Fire Safety | 1 | 1 | Complete |
| Earthquake Safety | 1 | 1 | Complete |
| Tornado Safety | 1 | 1 | Complete |
| Winter Weather Safety | 1 | 1 | Complete |
| Heat Safety | 1 | 1 | Complete |
| Power Outage Safety | 1 | 1 | Complete |
| Gas Leak Safety | 1 | 1 | Complete |
| Water Leak Safety | 1 | 1 | Complete |
| Medical Emergencies | 1 | 1 | Complete |
| First Aid | 1 | 1 | Complete |
| CPR | 1 | 1 | Complete |
| Cardiac Arrest | 1 | 1 | Complete |
| Stroke | 1 | 1 | Complete |
| Diabetes | 1 | 1 | Complete |
| Hypertension | 1 | 1 | Complete |
| Cholesterol | 1 | 1 | Complete |
| Blood Sugar | 1 | 1 | Complete |
| Blood Pressure | 1 | 1 | Complete |
| Heart Rate | 1 | 1 | Complete |
| Weight | 1 | 1 | Complete |
| BMI | 1 | 1 | Complete |
| VO2 Max | 1 | 1 | Complete |
| Resting Heart Rate | 1 | 1 | Complete |
| Max Heart Rate | 1 | 1 | Complete |
| Target Heart Rate | 1 | 1 | Complete |
| Exercise Frequency | 1 | 1 | Complete |
| Exercise Intensity | 1 | 1 | Complete |
| Exercise Duration | 1 | 1 | Complete |
| Exercise Frequency | 1 | 1 | Complete |
| Exercise Intensity | 1 | 1 | Complete |
| Exercise Duration | 1 | 1 | Complete |
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| Exercise Duration | 1 | 1 | Complete |

Name: _____ Title: _____

Signature: _____

Date: _____

total

Print Name

Signature

Date

What you can do

- Take the online Health Assessment
- Talk to your health coach
- Increase your activity
- Eat better
- Relax
- Earn your Pillars (up to \$400)
- Participate in wellness program

Wellness Programs

Mind Pillar

Enneagram

Freedom from smoking

Gentle Yoga

Health Screenings

Mindfulness Meditation

Relaxation 101

Stress Management

Tai chi

We need your help for success

Your participation is crucial

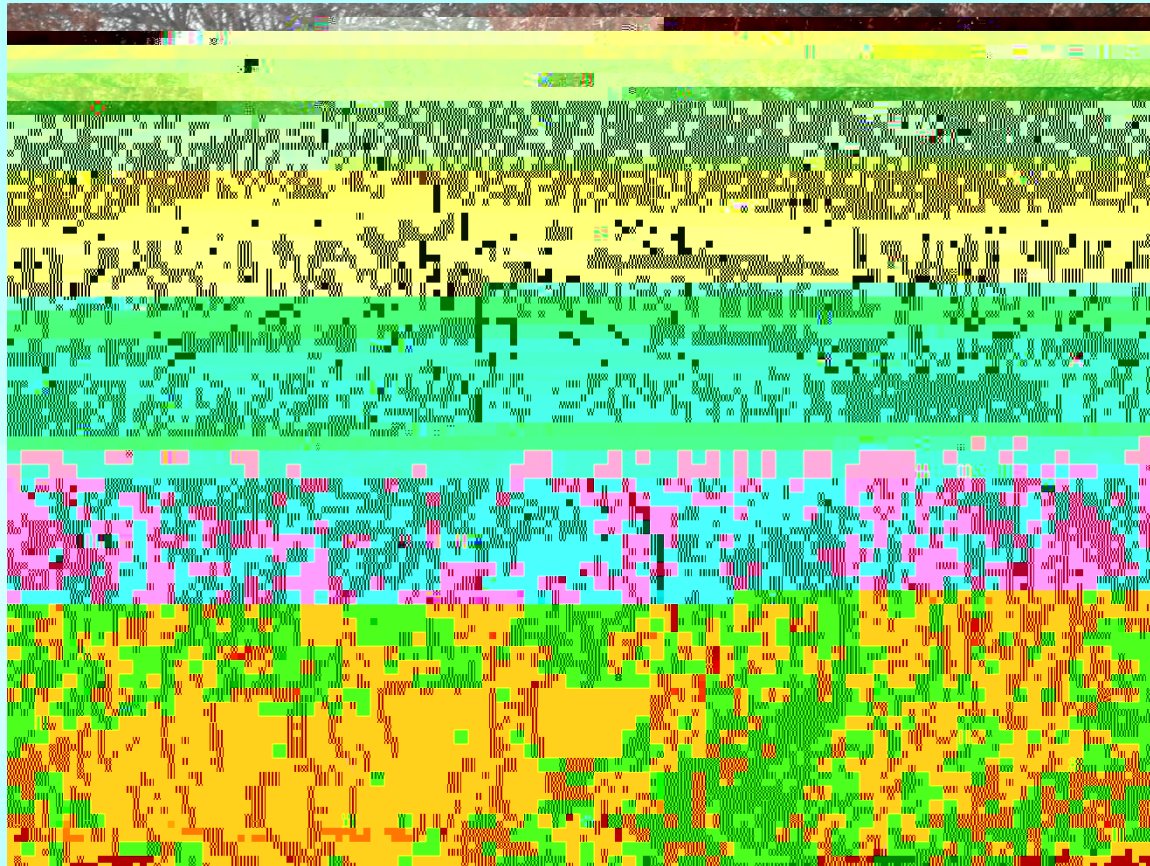
Data must prove wellness program works

Compare year 2 health assessments to
year 1

Are sick days down?

Is the campus climate healthier?

What you do affects your quality



Save the date

Friday, March 19, 2010

Questions?

www.scranton.edu/employeewellness

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