



June 2013 Lunch and Learn Session

Mission Statement



Our Mission:

To identify, promote and provide guidance in practical ways to enhance employee wellness activities to support the overall health and well-being of Admin's employees.

Admin's Wellness Committee



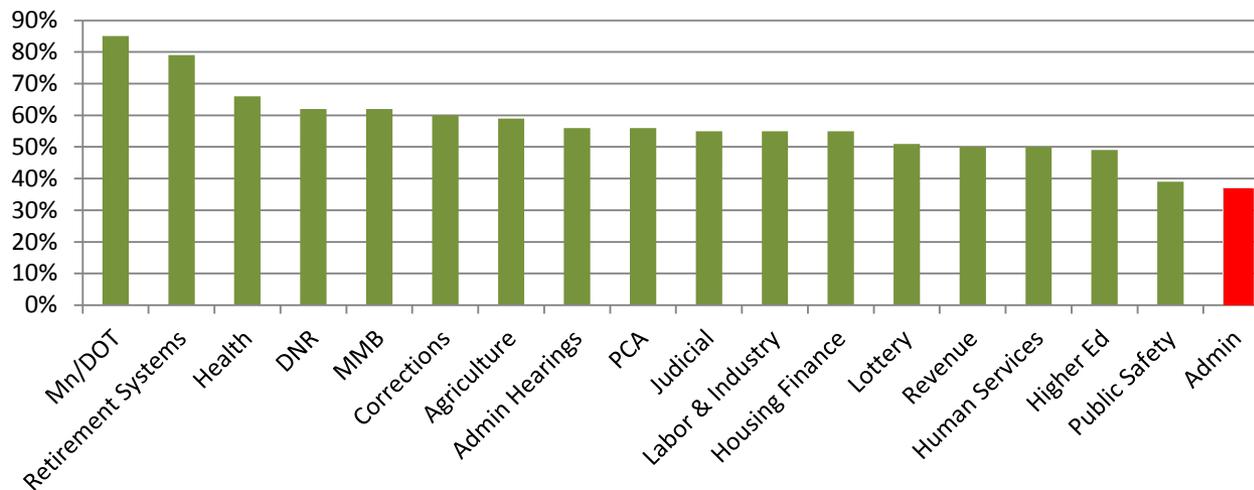
- Crystal Bergstrom – RECS
- Stacie Christensen – IPAD
- Jennie Delisi – STAR
- Adam Giorgi – Commissioner's Office
- Kathy Grochowski – RECS
- Susan Koosmann – FSS
- Debbie Lerdahl, MMD – Co-Chair
- Patrick Prose, HR, Co-Chair
- Lea Shedlock – RMD
- Nate Steinle – PMD
- Winnie Sullivan – Commissioner's Office
- Susan Warkel - FMR

2010 Benchmark



Department of Administration 2010

Achievement of Wellness Program Benchmarks-All State Agencies

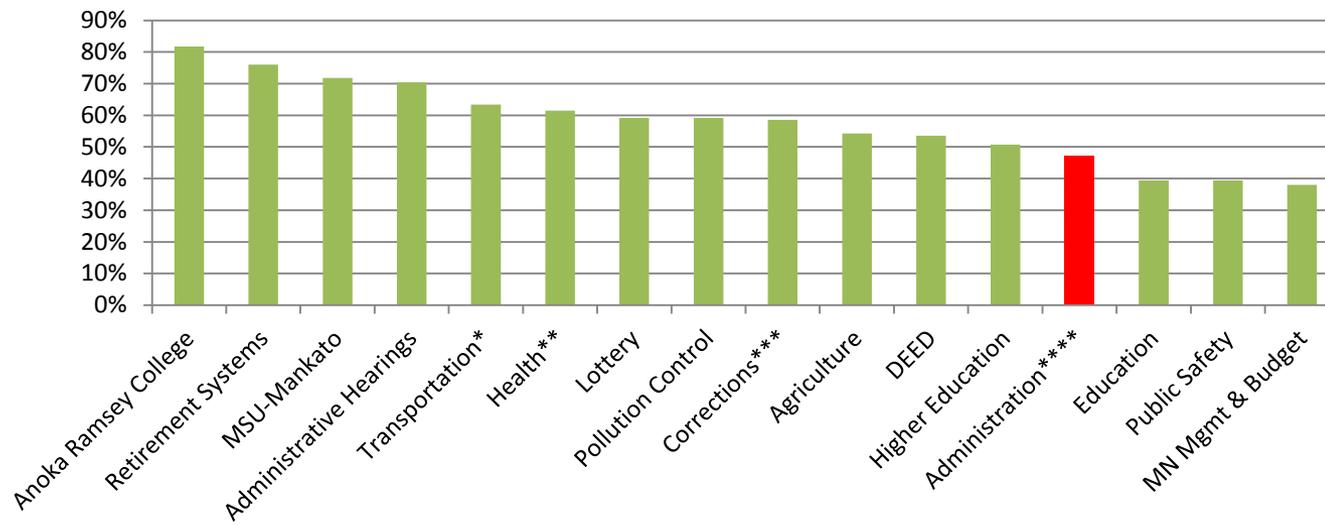


One Year Progress



Department of Administration 2011

Achievement of Wellness Program Benchmarks-All State Agencies

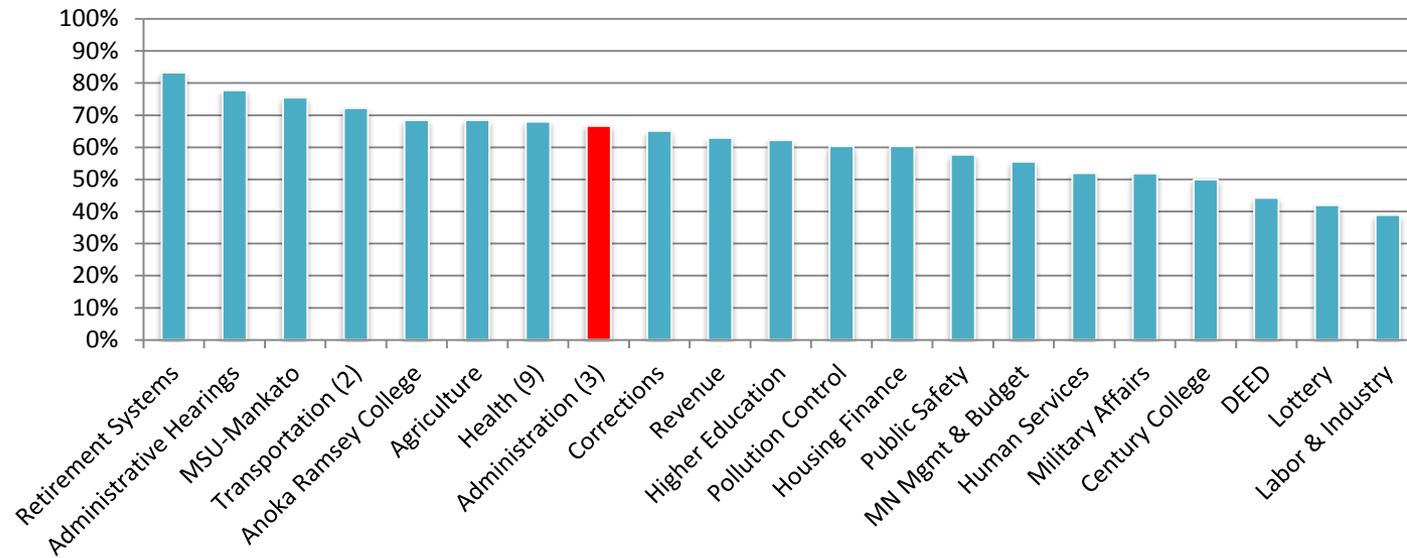


AWC Results Achieved



Department of Administration 2012

Achievement of Worksite Wellness Best Practices
(Percentage of Practice Achieved)



Best Practices



Worksite Wellness Best Practices are derived from the following categories:

- **Infrastructure** – A program with a mission, plan, dedicated staff, budget and involvement of managers
- **Programs** – Opportunities that provide education, skills and teamwork to try healthy behaviors
- **Physical Activity** – A workplace with the physical space and a work culture that is encouraging to regular physical activity
- **Healthy Eating** – Policies, practices and places that support a safe and healthy eating environment. Also, lactation rooms
- **Mental Health** – Availability of an employee assistance program (EAP) and flexible work scheduling. Also, opportunities, support and places for relaxation
- **Safety** – A workplace that has and communicates emergency medical response plans
- **Tobacco Cessation** – Benefits that encourage tobacco cessation and policies that provide a tobacco-free campus or designated smoking areas

Wellness at Admin



What We've Accomplished:

- Hennepin County Step-To-It Program
- 5-K Run at Capitol
- Spring into Summer Event
- Capitol Walk
- Mindful Eating Challenge
- Depression Awareness
- Drive Safe Workweek
- Financial Wellness Presentations
- Give Thanks, Give Blood Drive
- Social Security Benefit Presentation
- Lunch & Learn

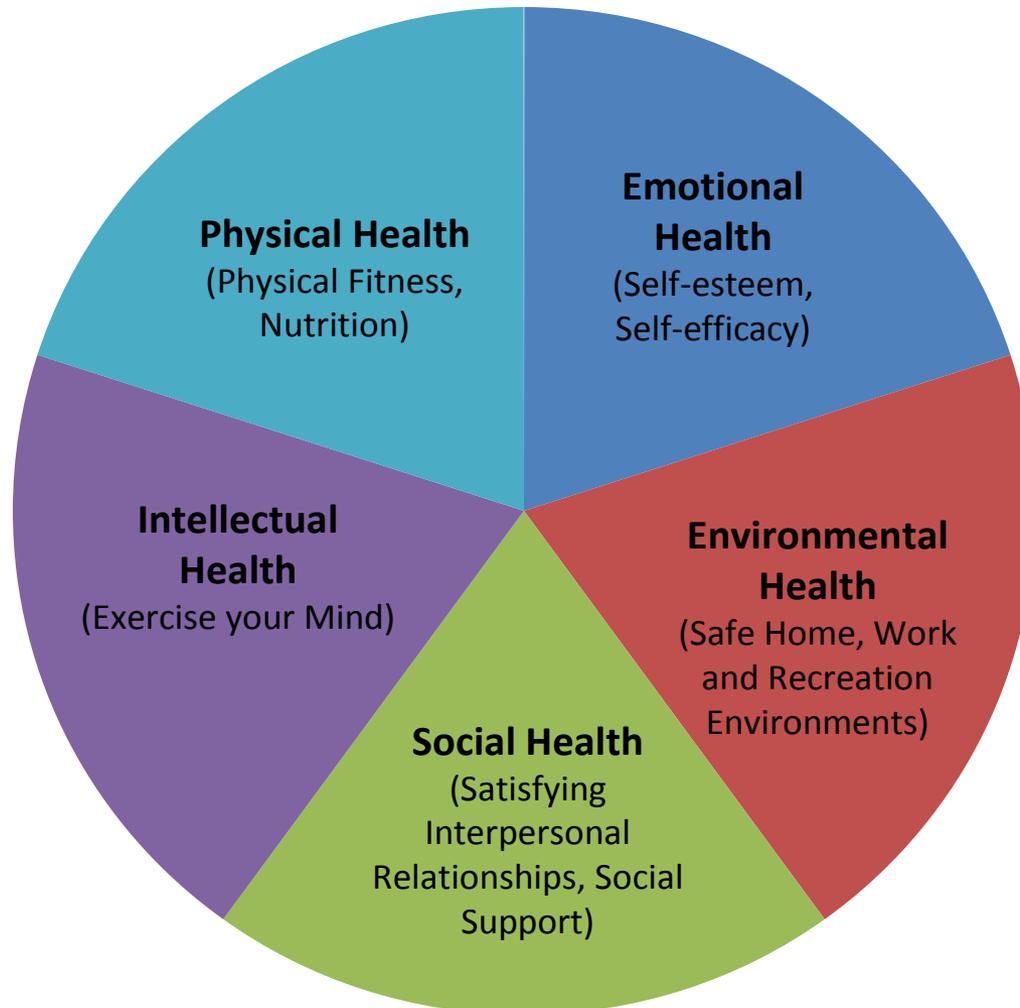


What We Do



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- Provide opportunities to engage in wellness efforts
 - Identify and promote wellness initiatives
 - Supplement what Admin employees are already doing to maintain health and wellness

What Is Wellness?



Why Wellness at Work?

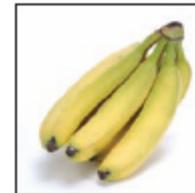
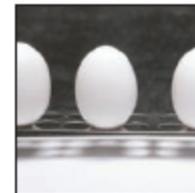
Benefits of Employee Wellness Programs

- Decreased Health Care/Health Insurance Costs
 - At least 25% of health care costs are directly attributable to health risks that can be modified (diet, exercise, tobacco use, alcohol consumption, etc)

If Food Were Health Care

If food prices had risen at the same rates as medical inflation since the 1930's, we would be paying an astronomical amount for common grocery items as evidenced below.

1 dozen eggs \$ 80.20
1 pound apples \$ 12.23
1 pound sugar \$ 13.70
1 roll toilet tissue \$ 24.20
1 dozen oranges \$ 107.90
1 pound butter \$ 102.07
1 pound bananas \$ 16.04
1 pound bacon \$ 122.48
1 pound beef shoulder \$ 43.57
1 pound of coffee \$ 64.17
10 item total \$ 586.56



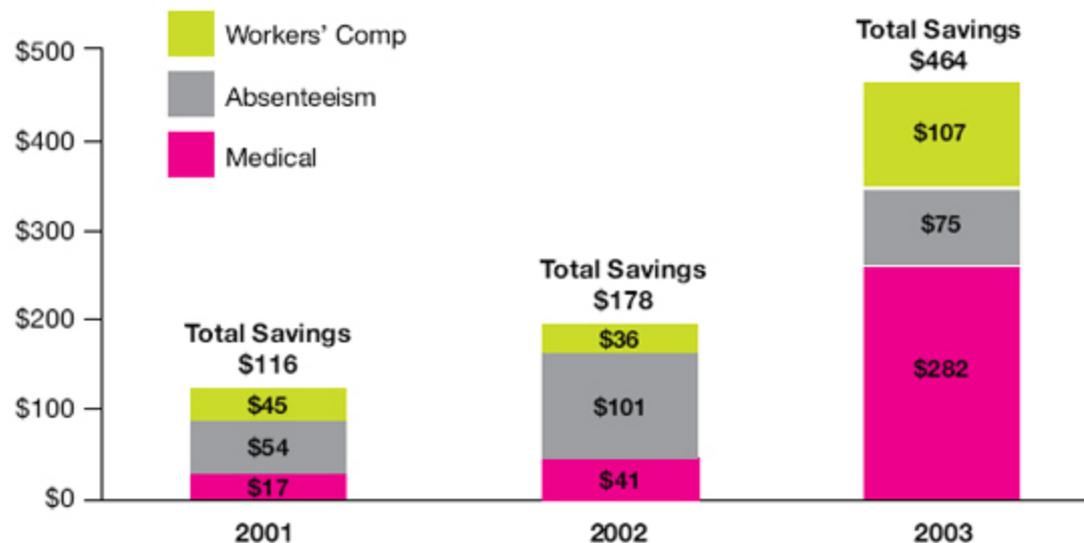
Why Wellness at Work?



Benefits of Employee Wellness Programs

- Reduced Overall Costs

- A three year study conducted at a health system in Minneapolis found that health risks decreased after the implementation of a comprehensive worksite wellness program. This led to increased savings due to reduced health care costs, absenteeism, and workers' compensation claims each year of the program.



Source: Fairview Alive Program Evaluation (StayWell, 2004)

Why Wellness at Work?



Benefits of Employee Wellness Programs

- Reduced Sick Leave
 - Estimated 450 million days of work are missed per year because of health problems
 - Estimated cost of \$153 billion in lost productivity
- Improved Work Place Morale
- Improved Work Performance
 - “Presenteeism” - when employees report to work but are less productive in their jobs because of poor health or wellbeing.



Employee Input



We are an employee-driven committee and would like your input.

- What would you like to see from the AWC in the future?
- Do you have an idea for a health and wellness event?
- How can the AWC help you to achieve wellness?
- Are you interested in joining the AWC?

Resources



Current Wellness Offerings:

<http://extranet.mmb.state.mn.us/workwell/index.htm>

Email questions or suggestions to:

#ADM_Admin Wellness Committee

the BITE IS RIGHT

**Without going over,
how many calories
are in one handful of
Goldfish Crackers
(20 crackers)?**



51

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**Without going over,
how many calories
are in one coconut?**

1,406

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