

Agency Wellness Champions Meeting
Tuesday, February 22, 2011
1:30 pm-3:00 pm
MN Department of Health-Golden Rule

Members Present:

Sally Kupferschmidt
Debbie Lerdahl
Linda Feltes
Kim Engwer-Moylan

Chris Barth
Bob Eder-Zdechlik
Patrick Wenum
Mandy Torgerson

Cori Huffman
Carol Diedrich

Guest Presenters:

Laura Friedenberg
Christine Twait

Welcome (Kim Engwer-Moylan)

State Employee Colorectal Cancer Awareness Month campaign (Laura Friedenberg, MDH)

Laura walked us through this awareness campaign. She is asking all state agencies to roll it out during March via the wellness champions. She will send us messages for our agency's intranet over the course of next month. Several will provide links to a great information video and other information on value of screening for colorectal cancer once you turn 50, or earlier if you have a family history of the disease.

(This campaign was sent to all Agency Wellness Champions on 2/22/11 and will be posted on the Work Well site.)

Introducing the 2010 Dietary Guidelines for Americans (Christine Twait, MDH)

Christine highlighted the new, science-based guidelines, i.e. guidelines with strong evidence to support them.

Please see link to her PowerPoint "Current Nutrition Recommendations".

Some strong messages include:

- Reduce sodium intake
- Choose nutrient dense foods, especially dark green and orange vegetables, whole grains and lean protein (including fish).

Here is a link to the full guidelines:

Dietary Guidelines for Americans, 2010: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

Energy Break (Chris Barth)

Thank you Chris for literally encouraging us to dance outside of our comfort zone.

Brainstorm: Policy, Systems, Environment @ Healthy Eating

1. Food Catering Policy – include healthy guidelines
2. Vending guidelines (%healthy foods and beverages)
3. Admin staff and supervisors get eater to Health book
4. Taher tour

5. Behavioral economics (nudging)
6. Post calories (influence restaurant owners as well)
7. Healthy food labeling
8. Eat in lunchroom, and/or away from desk (use on –line reminders, managers role model)
9. Smaller portion sizes
10. Leadership

Tour

Kim led a tour of the relaxation and blood pressure monitor areas, and fitness and lactation rooms on one floor of the Golden Rule building. There is also space provided by the building management for classes and to secure bikes indoors. Showers and lockers are being added.

Next Meeting

Tue Mar 29

1:30-3:00

Administration Building

Lake Superior Room-1st floor

50 Sherburne Ave

St. Paul, MN 55155

Topics: Updates, coordinating efforts on campaigns

Energy Break leader: Kim Engwer-Moylan