

**Agency Wellness Champions Meeting**  
September 24, 2013

**Notes:** Stacey Phillips

**Energy Break:** Ang Croisant

**In Attendance:**

Linda Feltes	Lauren Burks
Tamara Bohmert	Dana Matson
Melissa Jensen	Lynn Burwell
Julie Joyce	Stacy Phillips
Sandy Stolt	Debbie Lerdahl
Brenda tuma	Susan Bishop
Bob Eder-Zdechlik	Deb Loy
Dawn Cvengros	Sally Kupferschmidt
Thomas Conway	

**Presenters:**

Ang Croisant  
Jill Haring

1. StayWell Presentation – Jill Haring and Ang Croisant (see presentation on website)  
Ang will be the new onsite Wellness Coordinator for StayWell. 40% of her time will be spent as wellness coordinator and 60% will be spent on the road visiting agencies across Minnesota for the next year.
  - a) What to expect with the new StayWell vendor.
  - b) Website is currently “live” – employees will be able to login November 1<sup>st</sup>. Participants in the MTM program will be able to login earlier.
2. Energy Break (Ang from StayWell)
3. Linda Feltes - Updates
  - a. Supporting Working Caregivers – DHS survey- November 2013 results for Senior HR Management.
  - b. “Tobacco Free” campus info available from Linda Feltes if you are interested.
  - c. Adjustable workstations – Ergotron Work Stations at MMB – pilot project. (See research findings below.)
  - d. 5K race – successful – one incident reported. 8 agencies participated, (550 people) as well as the Governor and 4 Commissioners.
  - e. “Mo-vember” – the month of November – bringing attention to Men’s Health Month. Linda has handouts and links available for agency Wellness rep’s to use.
  - f. A survey will be sent out in November to see who would like to remain a Wellness Champ at your agency from Linda Feltes.
4. Round Robin –
  - a. PEIP – held a “try it” – 20 people attended – try workout equipment that one can buy at

Target for example.

- b. MDH Golden Rule – developing a catering policy so people know what to do if they need to order catering for events. Developing a breast feeding policy as well. Freedom Building has removed all of their ashtrays. Adjustable workstations are in and will be used in Golden Rule.
  - c. MMB - Dawn Cvengros – 2 campaigns are coming up – more to be announced at a later date.
  - d. DEED – New Commissioner – very supportive of Wellness. – Workplace violence training offered.
  - e. Public Safety – 1<sup>st</sup> wellness week was hosted last week.
  - f. DOC – Hennepin County hosted a “Frosty Challenge” – 96% success rate. Bought a pre-packaged program. Mo-Vember promo pack – available online – free this year for those interested. Mo-Vember.com. January – steps program – guess the steps between facilities – walk the steps campaign.
  - g. Administration – co-chair of wellness committee, Patrick Prose, has left – hoping to replace so they can keep Wellness Promo’s going.
  - h. MDH – Freeman Building – Starting a SharePoint site – get more people involved. Lunch and learns on the horizon- have experts from MDH come and speak about relevant topics.
  - i. Revenue – Assistant Deputy Commissioner is on the committee now. Working on their first campaign. Health eating – working with Taher cafeteria on food choices – put wellness committee logo next to healthy eating choices on menu. Table tents in cafeteria and on intranet site to promote group.
5. Closing

Next meeting healthy eating challenges and new year projects for 2014.

## EID Stand and Move Pilot

### Summary

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The Employee Insurance Division (EID) of Minnesota Management & Budget purchased Ergotron adjustable work stations for employees who responded to an invitation and agreed to participate in an 8 week study. Fourteen of 36 (40%) EID employees opted into the study. Participants were sent weekly emails and asked to complete three surveys (at Weeks 2, 5 and 8).

The **expectation** of most participants was that reducing time sitting would improve their health.

*“The studies showing that sitting for an excessive period of time during the day may shorten a person’s life span are alarming. I am hoping to feel better physically by using the sit/stand, with less shoulder/neck pain. I also hope to feel less tired and lethargic due to the increased movement and activity, which in turn would result in an increase in productivity.”*

–Participant

When asked to rank how they liked the option of standing more, at Week 2, 72% and at Week 8, 88% checked “I’m never going back to just sitting”.

A large majority of respondents stood at least twice a day; 75% stood for at least 3 hours per day. Benefits cited across all three surveys were less back pain and more energy. This was an especially positive finding as low back pain is one of the top four health care costs for the State. At Week 8, respondents also cited better mood and more focused.

*“My chiropractor noticed a discernible difference in my low back, for it is not as compressed. Even my neck is a bit easier to adjust. Kudos from my chiropractor.”*

–Participant

The two primary obstacles to standing more were “better arrangement of my work space”—for example, some cabinets have yet to be moved over or removed, and phones aren’t at the same height as the standing workstation. And “uncomfortable standing when others are sitting”. Another obstacle reported was “Hard to sit for a long time anywhere else!”

For more information on the study design and results, contact [linda.feltes@state.mn.us](mailto:linda.feltes@state.mn.us).