

# Worksite Wellness Rocks the Region

## Arvig and MnDOT Reach Multiple Sites

In Minnesota, over half of employers with 100 or more employees participate in health promotion programs.<sup>1</sup> Arvig and MnDOT District 4, two members of PartnerSHIP 4 Health's (PS4H) Worksite Wellness Collaborative, used their Wellbeing Committees to coordinate health and wellness efforts for their employees across multiple locations.

Arvig's Wellbeing Committee consists of 11 members, as well as 29 "Wellbeing Champions," one for each location, who focus on making changes supporting healthy eating, tobacco-free living, and physical activity. For example, the committee organized access to free fruit in each break room, helped revise and implement a new tobacco-free workplace policy, designated walking paths, and supports walking challenges. With some encouragement and connections made through PS4H, Arvig trained several Perham staff as Lifestyle Coaches for the "I CAN Prevent Diabetes" program and offered its first class in the spring of 2017. The class of 11 employees collectively lost 232 pounds, and a new class is starting in February 2018. "This program has been a great success," said Erin Stumbo, an Employee Relations Professional with Arvig. "The I CAN Prevent Diabetes Lifestyle Coach training was awesome. It was a two day training, and we got a lot of great ideas and were really able to form the program into something that was going to work for us to offer to our employees."



PS4H's 2017 Worksite Wellness Partners

At MnDOT, representatives from seven of its 17 locations serve on the Wellbeing Committee. The committee secured a dedicated budget of \$3,000 for wellness activities as well as 10 percent of one staff member's time for wellness initiatives. To communicate wellness information to employees, they utilize email as well as an easily-accessible online resource created for the wellness initiative. MnDOT has begun a fruit of the quarter program that makes fruit available to employees at all locations every three or four months. Using a PS4H funding award, the committee purchased three small glass-front fridges for easy access to healthy snack options. To support physical activity, the Detroit Lakes location applied for, and became recognized as, a silver-level Bicycle-Friendly Business by the League of American Bicyclists. There is also an updated workout room, covered bike parking and designated walking routes. The MnDOT committee plans to designate walking paths and install water bottle fill stations at all locations, start a district-wide walking challenge, and work with the social committee to ensure availability of healthy snacks at all events.

## Worksite Wellness Collaborative Leads to Cooperation

PS4H's Worksite Wellness Collaborative serves as a forum where members share best practices and resources. Arvig developed a "wellness pyramid" and a set of "flip facts" to use at events, and allowed MnDOT to adapt them for their use in MnDOT settings. Jane Butzer, a Program Coordinator at MnDOT, expressed appreciation for these items: "We're so grateful for what Arvig has shared with us, because what they developed is spot on." The PartnerSHIP 4 Health worksite wellness collaborative empowers worksites to learn from and support each other as they create sustainable healthy environments for their employees.

Is your organization interested in improving wellness at work? Contact PartnerSHIP 4 Health about its collaborative starting January 2018.

Learn more about PartnerSHIP 4 Health (local public health in Becker, Clay, Otter Tail and Wilkin counties) at <http://partnership4health.org>

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<sup>1</sup> <http://www.health.state.mn.us/divs/oshii/worksite/>