

Worksite Wellness Resources available from the NDSU Extension Service

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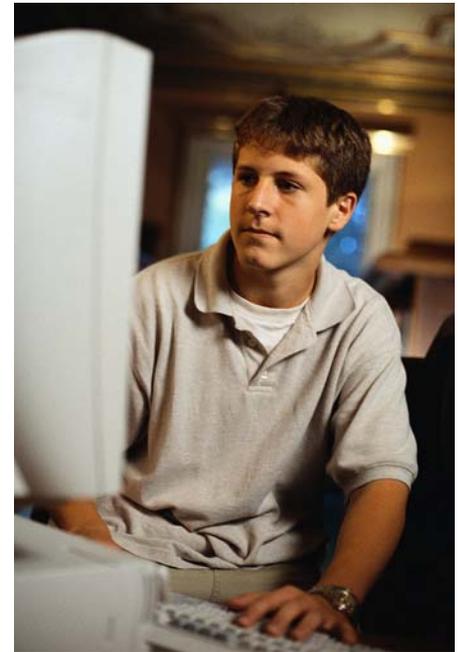


Overview of Presentation

- Mission/outreach of the Extension Service
- PERS 5 A Day Challenge
- Online programs in Nutrition/Fitness
- Group classes offered

Extension Mission

- To create learning partnerships that enhance people's lives and communities





Staffing

- Campus-based specialists and a network of Extension agents located in 52 county offices, Fort Berthold and UTTC.
- Network that reaches into virtually every community across the state.

Issue-based Program Delivery



- **22%** of North Dakota adults report eating 5 servings of fruits and vegetables a day
- **49%** of North Dakota adults report that they participate in regular physical activity.
- **63%** of North Dakota adults are overweight or obese -- up from 47% in 1990.

Nutrition-Food Safety-Health

[Food Preservation and Storage](#)

[Nutrition](#)

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[Wild Game Resources](#)

[Food Entrepreneurship](#)

[Health and Fitness](#)

[Food Wi\\$e - EFNEP/FNP](#)



[Information for Prospective Students](#)

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North Dakota State University Agriculture and University Extension

PERS 5 A Day Challenge

Currently available and will be revamped in 2008 to be consistent with the national "More Matters" campaign

Coordinator:
Karen Ehrens, LRD, Consultant
to the North Dakota Department
Of Health

Karen@ehrensconsulting.com



What does the program provide?

- **Information for agency coordinators housed at a Web site hosted by NDSU Extension Service**
- **Linked from PERS Web site**



PERS 5 A Day Challenge

Information for Worksite Coordinator

[PERS Post Survey](#) (MS Word File)

[Coordinator Instructions](#) (177Kb PDF file)

[Nutrition Professionals](#) (201Kb PDF file)

[Participant Information](#) (243Kb PDF file)

[Pre-Survey](#) (printable copy) (187Kb PDF file)

Post-Survey (printable copy)

[Healthy Food Ideas for Meetings](#)

[Promotional Poster](#) (188Kb PDF file)

[Promotional Ideas](#) (117 PDF file)

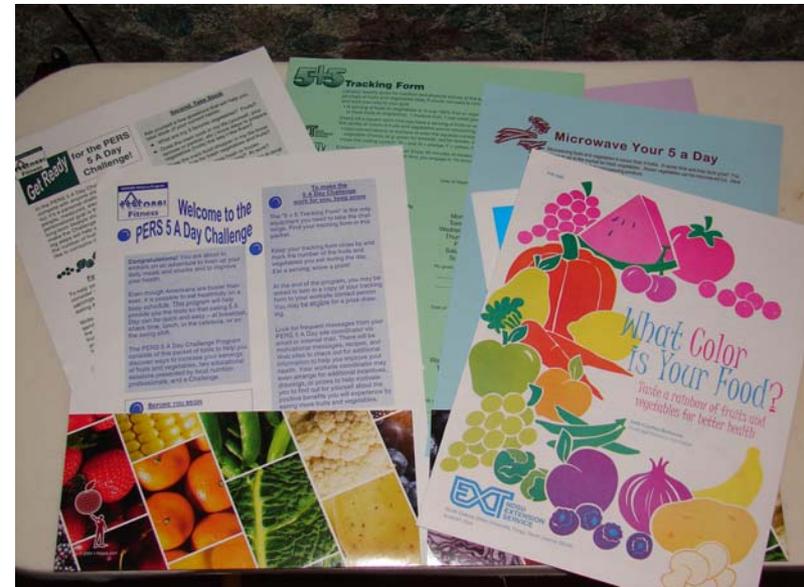
[Novelty Items](#) (160 PDF file)

[Email Messages](#) (81KB MS Word Document)

[PERS Wrap Up Session](#)

Information packet

- Goal-setting information
- Fruit and vegetable information
- Tips and tools
- Online evaluation tools





Two on-site educational sessions by a public health nutritionist or extension professional

- **Kick-off session with tasty samples**
- **Discussion of ways to change the worksite environment**

Results

Based on post-surveys of participants in 33 counties:

57% report eating at least 5 servings of fruits/vegetables daily

64% report eating more fruits

62% report eating more vegetables

81% are bringing fruits and 62% are bringing vegetables as snacks or part of meals



More than **two-thirds** of participants are “very likely” to participate in another worksite wellness program



To apply:

- Request application for funding by e-mail at ndpers@state.nd.us
- Check out the website at www.ag.ndsu.edu/pers/

Online Resources/ Programs

○ **Fruit, Vegetable and Fitness CyberChallenge**

- 8 weeks
- One interactive online lesson module per week
- Online reporting of steps/fruits and vegetables and feedback
- \$10 per participant

Walk North Dakota

WALK
NORTH DAKOTA
NDSU
Extension Service

Join Us Now!

Walk ND

Next WALK ND Challenge begins January 13, 2008!

The current walking challenge runs through November 3, 2007

Submit Your Steps

Print Your Completion Certificate

Participants that complete the September 9 - November 3, 2007 challenge should print a certificate of completion.

The next challenge begins on January 13, 2008. Plan to join us!
You can walk as an individual or as a group.
If your group would like to be included in the next challenge email info@walknd.com

- WALK ND received a 2006 Program of Excellence Large Team Award from the NDSU Extension Service!

Home
Register Now!
Registration Form (PDF)
Healthy 4-H Clubs
Registration Fee
Log Sheet (PDF)
WALK ND Poster (PDF)
WALK ND Postcards (PDF)
Submit Your Steps
Prizes
How to Use a Pedometer
Why Walk?
Conversion Chart

Internet 100%

Walk North Dakota

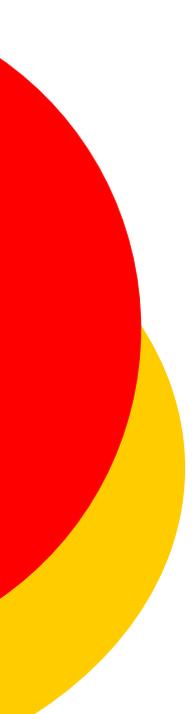
- 8-week pedometer-based program
 - Next challenge begins Jan. 13
- \$10/participant
- Educational e-mail messages, online resources and links
- Bi-weekly online reporting of steps and an incentive item for all who complete program
- Worksite challenges can be set up



Walk ND Impact

- 3,017 participants since 2004
- 1.18 billion steps
- 591,351 miles
- Contact: Linda.hauge@ndsu.edu





Many Research-based Topics Available for Group Classes

- Displays for health fairs
- Contact your county Extension Service office for more information about the specific programs offered
- Most programs are offered free of charge in terms of staff time
 - May request reimbursement for mileage or supply costs



Group Class Topics Available (30-60 minute sessions)

- Stretching Toward Better Health
 - Features a Web site with video clips
- Finding the Truth
 - How to interpret the reliability of health information from a variety of sources
- Small Steps to Health and Wealth
 - Financial and physical health

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- Good Nutrition for Busy Families
 - “Now Serving” series of MyPyramid lessons focusing on Family Meals
 - Fruits and vegetables
 - Whole grains
 - Calcium-rich foods
 - Lean beef





- Have a Healthy Heart
- Osteoporosis prevention/ “Got Calcium?”
- Coming in 2008
 - “Eating for Your Eyes” class with activities
 - Colon Cancer awareness
 - Diabetes awareness online module

Food Safety

- Simple Steps to Food Safety
 - Games, lectures
- Fruit and vegetable safety
 - Games, lectures



3 more E. coli cases reported in N.D.

Bacteria outbreak in Bismarck linked to tainted ground beef

Associated Press

BISMARCK, N.D. — A strain of E. coli bacteria that sickened at least 10 people has been traced to hamburger products, state health officials said Tuesday.

Fred Heer, the health department's director of disease control, said seven other cases are awaiting the results of lab tests. Investigators who traced the background of those taken ill found a common link in the ground beef products eaten at a Bismarck restaurant May 6.

"The thing that we haven't determined is how it got there," said Mel Fischer, Bismarck's city health inspector.

Seven of the 10 confirmed cases, ages 1 to 76, required hospitalization. Heer said those hospitalized ranged in age from 29 to 76 but their conditions were not life-threatening and all have been released from the hospital. He said there were no cases of hemolytic uremic syndrome, a condition in which red blood cells are destroyed and the kidneys fail.

Health officials declined to release the name of the restaurant where the victims ate. Heer said it has been inspected several times since the outbreak was reported.

"Thousands of people have eaten at this place since (the outbreak), and there's been nothing occurring since," he said. "Unfortunately, something occurred that time with a contaminated product."

Fischer said the symptoms of poisoning from the strain known as E. coli O157:H7 bacteria include diarrhea, vomiting and sometimes kidney failure. There is no treatment or cure for advanced stages of the illness.

The city inspector said federal agriculture authorities will try to trace the restaurant's meat suppliers. The city also is interviewing workers at the restaurant, he said.

"They're following the procedures that are required," he said. "They have been very cooperative."

Heer said the health department got the first report of a case May 13, and then began a "food history" of the victims. He said the incubation period averages between four and six days.

"We put down all the places they ate, including home, from May 4th through May 11th," he said.

"Then we line this all up, and we kind of look across and say a good number of people ate at this restaurant at this one day, at this one time."

An E. coli O157:H7 outbreak last year in the Pacific Northwest killed four people and made 500 severely ill. It was traced to tainted hamburger meat at a fast food restaurant.

North Dakota's biggest outbreak was in 1990, Heer said, when 57 people were reported ill after eating roast beef at a threshing show.

Bride sues restaurant over E coli

Bismarck, N.D. (AP)

A Dickinson woman who was sickened on her wedding day by E. coli is suing the restaurant that catered her wedding reception.

Debra Kurtz and her husband, Robert, filed suit against The Wood House in South Central District Court last week.

State health officials say 14 people were sickened by E. coli in the May 1994 outbreak. All the victims were traced to Wood House meals.

The restaurant had catered the Kurtz' riverboat wedding reception, and Debra Kurtz was hospitalized after she became ill.

The couple is seeking reimbursement of \$2,890 in medical bills and \$302 for the catering bill.

They are also seeking an unspecified amount for her pain and suffering, and his "loss of normal society and consortium of his wife."



For more information:

See display for sample materials.

See www.ag.ndsu.edu/food

Contact local extension service offices.

Contact me

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Thank you!