

Wellness Program

ND Department of
Transportation



Wellness

Areas of Focus

- Screenings (Health Fairs)
- Physical Activity
- Lifestyle Education



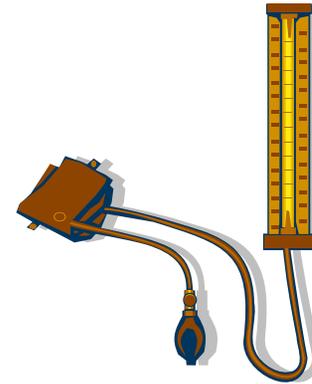
Screenings (Health Fairs)

- Health Fairs
 - 8 Districts and Central Office
- Offered – Once per biennium
- Contractor– *American Red Cross, Burleigh-Morton Chapter*



Screening (Health Fairs)

- Blood Glucose
- Cholesterol
- Blood Pressure
- Strength Testing (Grip)
- Step Stress Testing
- Flexibility Testing
- Body Mass Index (BMI)
- Sleep Analysis and Counseling
- On-line Health Risk Assessment



2004-05 Health Fair Attendance

- **DOT-wide** - 611/ 1,030 (59.3%)
 - Low – 47.9%
 - High – 91.1%
 - **Biggest Concerns:**
 - **PRIVACY**
 - BMI / Body Fat Measurements
 - Screening Results
 - Bottlenecks



Physical Activity

- Blue Cross-Blue Shield Presentations
 - Walking Works
 - Stretching
- Group Walks
- Central Office Walking Challenge
- Web Site
 - Activity Conversion Chart
 - Trail Maps



Physical Activity



- In-House **Exercise Classes**
 - *Fitness Express* / Mid Dakota Clinic – exercise classes at NDDOT Building
 - Risk Management *Facilities Use Agreement* – Approved

Physical Activity

■ *Challenges*

- Duration
 - Department-wide appeal
 - Individual compete against themselves
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Lifestyle Education

- Weekly Newsletter – *The Grapevine*
 - Healthy Recipes / Wellness Tips
- Internal Wellness **Web Site**
 - Focus – NDDOT employees
 - General wellness info and links



Lifestyle Education

- 10-Week Wellness Campaign
 - Increase awareness of nutrition, physical activity, and lifestyle
 - Educational Health Presentations
 - Training Library
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Other Developments

- NDDOT Wellness *Policy* – Published
- Wellness *Action Plan* – Published
 - Wellness Committee Composition
 - Get-started guidance
 - S.W.O.T. Analysis
 - NDDOT Workforce Analysis
 - Wellness Survey Data



Other Developments

- Wellness *Budget* – Per Biennium
- 1% “savings” on health insurance premiums dedicated to Wellness
 - Incentives / Rewards
 - Literature
 - Supplies / Equipment
 - NDDOT-sponsored activities and competitions



Questions? Comments?

