

# Worksite Wellness at the University of North Dakota

Laurie Betting, DPT  
Director of Wellness



WELLNESS CENTER  
UNIVERSITY OF NORTH DAKOTA

How it all started....



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UNIVERSITY OF NORTH DAKOTA

# HEALTHY UND COALITION

## Healthy UND Advisory Board



# The UND Wellness Center

*Our mission as the Wellness Center is to enhance the campus climate and enrich the quality of life for the University of North Dakota community by embracing all dimensions of wellness.*

*Founded in September 2002*



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# Interim Wellness Center



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# First a little history...

- 2800 benefited faculty and staff
  - Staff members comprise 75% of the workforce)
  - Faculty 25%



# Employee Needs Assessment Survey

- **1) Which of the following health concerns would you like to know more about? (Circle all that apply.)**
  - a) Nutrition
  - b) Physical activity and exercise
  - c) Blood pressure
  - d) Blood cholesterol
  - e) Stress management
  - f) Weight management
  - g) Tobacco
  - h) Heart attacks/strokes
  - i) CPR
  - j) Smoking
- **2) From which of the following sources do you currently get most of your health information? (Circle up to three sources.)**
  - a) Television, radio
  - b) Newspapers, magazines
  - c) Reference books
  - d) Doctors
  - e) Other health professionals
  - f) Voluntary health organizations
  - g) Health promotion programs at work
  - h) Friends, family and other sources



- **3) There are many ways to get health information at the worksite. Which of the following ways would you prefer? (Circle all that apply.)**
  - a) Pamphlets and other written materials
  - b) Films and videos
  - c) Talks by experts (seminars)
  - d) Discussion groups
  - e) Classes and courses
  - f) Screenings
  - g) Contests and incentive programs
  - h) Employee Assistance Programs
- **4) How long should a health promotion activity last? (Circle only one answer.)**
  - a) Less than 30 minutes
  - b) 30-45 minutes
  - c) 45-60 minutes
- **5) What time of day would be best for you to participate in a health promotion activity? (Circle only one answer.)**
  - a) Before work
  - b) Lunch hour
  - c) After work
  - d) Would not participate
  - e) Other



- **6) In which of the following support groups would you be likely to participate? (Circle all that apply.)**
  - a) Walking group
  - b) Weight control group
  - c) Parenting group
  - d) Other
- 

- **7) Below are health screening tests which could be offered to employees on a confidential basis. Please circle all those in which you have an interest and would likely participate.**
- a) Blood pressure
- b) Blood cholesterol
- c) Blood glucose (sugar)
- d) Colon/rectal cancer
- e) Skin cancer
- f) Breast cancer
- g) Male cancers
- h) Body fat
- i) Glaucoma
- j) Fitness assessments (cardiovascular fitness, flexibility, strength)
- k) Hearing
- l) Oral health



- **8) Circle all the activities in which you would be likely to participate.**
  - a) Pick up educational materials on health topics.
  - b) Check out a health/fitness video to watch at home.
  - c) Participate in a challenge or incentive program as an individual.
  - d) Participate in a challenge or incentive program on a team.
  - e) Read a health and fitness newsletter.
  - f) Share health information with family members.
  - g) Invite family members to participate in worksite health promotion activities.
  - h) Help plan and promote health promotion activities at work.
  - i) Attend a health promotion seminar or talk (single session).
  - j) Attend a health promotion course (multiple sessions).
- **9) Would you be willing to cost-share with the company for some health promotion activities? (Circle only one answer.)**
  - a) Not interested in any health promotion activities.
  - b) Interested, but unwilling to contribute to cost.
  - c) Interested, and willing to contribute a reasonable amount.



With the exclusion of physical activity these are the most sought after services:

- Health Assessment
- Nutrition
- Weight Management
- Tobacco Cessation
- Medical Self Care
- Stress Management



# Levels of Promotion

## **Awareness:**

Target Audience =100%

Budget = 20-50%

Posters

Pamphlets

Email

Newsletter

## **Interventions:**

Target Audience=5-50%

Budget=20-30%

One-on-One counseling

## **Education/Motivation:**

Target Audience=20-80%

Budget=20-40%

Displays

Screenings

Videos

Seminars



# Awareness Programs are...

- Planned formal or informal distribution of health information with the objective of having the individual become conscious of the benefits of a healthy lifestyle to achieve a behavior change. Examples of awareness programs include brochures, flyers, books, posters, newsletters, exhibits, bulletin boards and screenings.



# Education Programs are...

- Formal interactive presentations or activities with the objectives of transferring knowledge and changing attitudes regarding health. Examples of education programs include seminars and workshops, interactive computer programs, counseling after screenings and demonstrations.



# Behavior Change Programs are...

- Formal, ongoing presentations or maintenance programs with the objective to actively involve an individual in long-term behavior modification with measurable results. Examples of behavior change programs include classes (ongoing, multi-session), incentive programs tied to outcomes, training programs, support groups and one-on-one counseling over a period of time.



# Health Education Program examples:

- HRA
- CPR and first aid training
- Nutrition education
- Stress management
- BBP
- Healthy Back program & Ergonomics
- Heart Disease and Cancer Education



# Physical Fitness and Nutrition Program examples:

- Strength training
- Flexibility conditioning
- Healthy cooking classes
- Aerobic conditioning
- Diet analysis and planning
- Weight control programs
- Team and individual recreation programs
- Physical fitness assessments

# Employee Health Services and Benefits program examples:

- Free or low cost health screenings
  - Serum cholesterol
  - Colorectal cancer screening
  - Blood pressure
  - Mammography
  - Vision and hearing
  - Diabetes
  - Work comp rehab
  - Disease control and prevention programs



# Safe and Healthy Working Environment program examples:

- Safety compliance program  
lighting, ventilation, heating, control of toxic substances, noise, and universal precautions.
- Ergonomically designed work stations
- Sanitary, clean well designed physical environment
- Recycling promoted
- Employee and management trained in emergency procedures



# Health Related Company Policies and Procedures examples:

- Active employee involvement in health promotion committees
- Availability of flextime work schedules
- No smoking policy
- Drug use policy and testing
- Motor vehicle seat restraints
- Sexual harassment policy
- Family leave
- Consistent and frequent awards and recognition of employee work efforts



# Healthy UND Speaker's Bureau

Click on any of the links to find out the speakers and topic names.

[7 Dimensions of Wellness](#)

[Body Image – Eating Disorders](#)

[Campus Safety](#)

[Depression](#)

[Disease Prevention](#)

[Diversity Issues](#)



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# Step Into Fitness

- Partnership with GF Public Health
- Pedometers
- Teams
- 10 weekly sessions



# Step Into Fitness

**Week One: Anne Dolence, starting with a "Can-Do Attitude"**

**Week Two: "Getting off on the Right**

**Week Three: "Quit Dieting and Lose**

**Week Four: "What's Your Eating Style?"**

**Week Five: "Intuitive Eating: Listening to Your Body's Nutrition**

**Week Six: "It's Time to De-Super Size!"**

**Week Seven: "Eating Smart on the**

**Week Eight: "Overcoming**

**Week Nine: "It's a Family Affair: Strategies for Passing Wellness on to Your Children"**

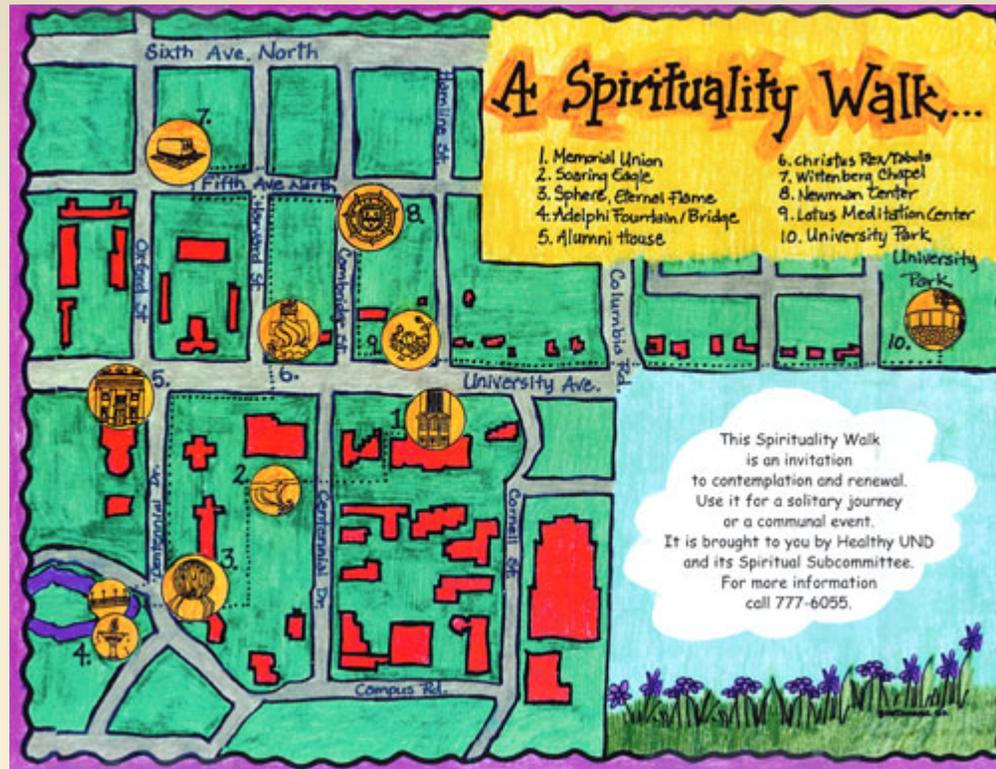
**Week Ten: "Footprints in the Sand- Keep on Walking!"**



# Walking Posture



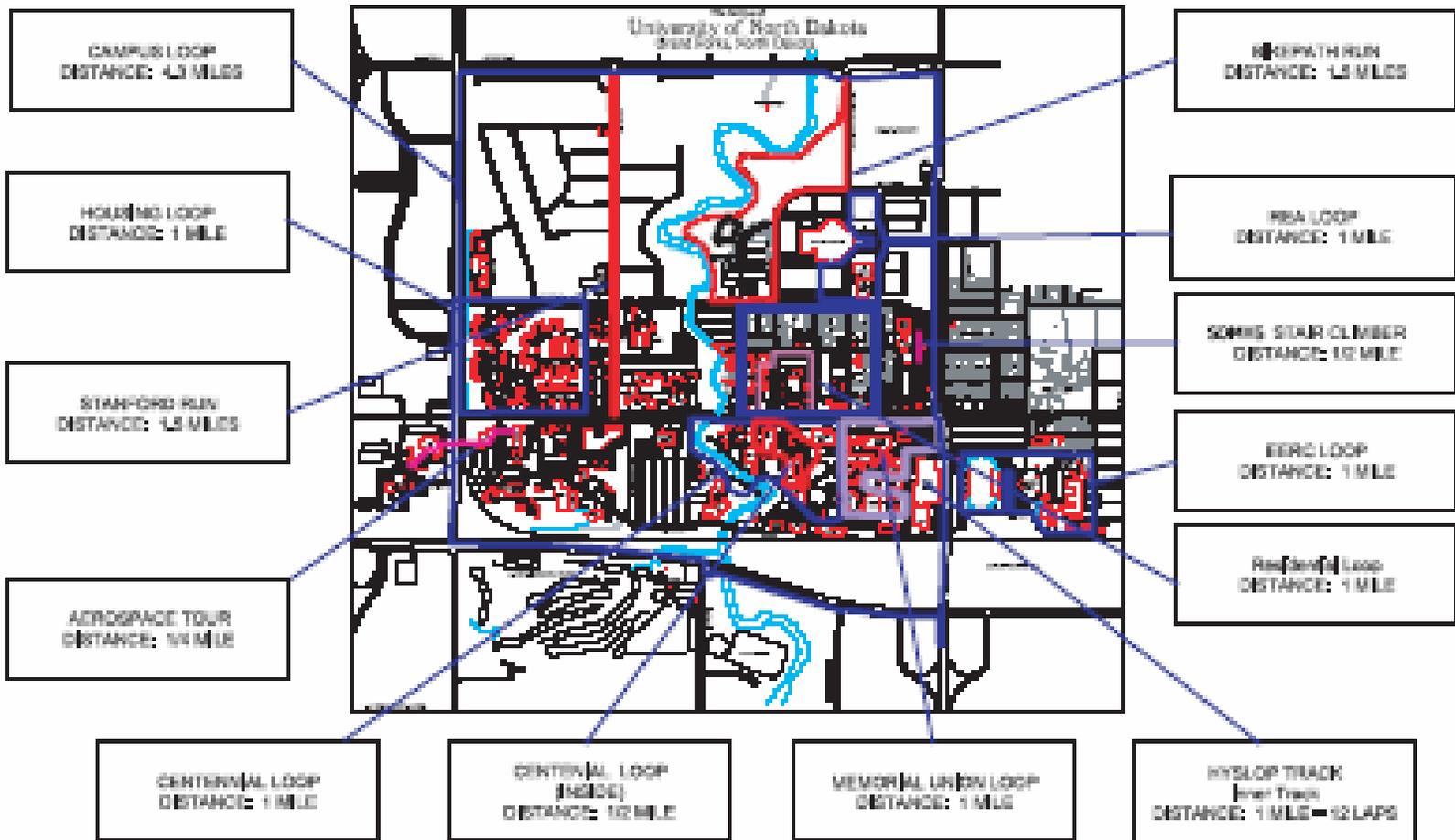
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# CAMPUS WALKING TRAILS



Healthy UND: <http://wellness.und.edu/>

# Healthier Me in 2003

- Spring 2003: partnered with HNRC, SOMHS to provide preventative screenings and service learning opportunities for students: served 475 employees
- Research: Trekking the Trail incentive-based activity program vs. Structured GX 12 week





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Healthier Me in 2003:

I can honestly say that the above statement is true. The reason I can say that is I participated in the 10 week “Work Out” study that was offered after my health assessment. I wouldn’t be able to make this statement if it wasn’t for the two instructors that we had. Heather and Stacy did an excellent job keeping us on track. At times I referred to Heather as a Drill Sergeant. I now have a new respect for the wellness center and the instructors. Of course we have to say this or they will make us do extra pushups.

I just recently completed my follow-up Health Screening and was quite pleased with the results. Not only had I lost weight but I also improved in all the areas being tested. I even was able to do more sit-ups than my mechanic. Once again sitting at home on the couch wouldn’t have gotten me the results that I did get participating in the study. Several of our group has continued working out three times at week and I can honestly say that I look forward to the work outs. That wasn’t true at the beginning of the ten week study. Good job to you and your staff.

RT – Steam Plant



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Laurie, The " Healthier Me in 2003" program was just what I needed to get started . I thought my aches and pains were a sign of age, now that I am the ripe old age of "41". I soon found out that my aches and pains were going away the more I exercised. I feel much better and have lost close to 15 pounds. I plan to continue with a regular exercised program in the future. This was a great beginning to a "Healthier Me".

Thanks, MH - Toolroom



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Thank You, Thank You, I can't say that enough! Laurie and Sandie are some great people, as they were the folks that got me into Healthier Me in 2003.

This program has made me feel great once again! Since I have started working at the University (which is 8 months) I have lost 28 lbs. I lost the first 10 lbs just being on the job and the other 18 lbs have come off with the aide of exercising. Yes, exercising! In 10 weeks I lost 16 lbs and I have continued with exercising and I am on a role I have lost 2 more and counting. This is a wonderful program and the instructors are great!

Thanks again, everyone should give it a try!

JW – Campus Post Office



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# healthy UND walks

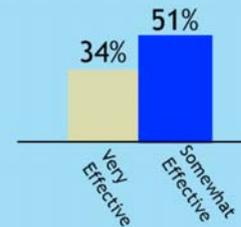
## SURVEY RESULTS SUMMARY

-462 individuals participated in the 30 day walking challenge. 117 of those completed surveys

### Motivation

-85% of people found teams somewhat to very effective in regards to motivation.

-34%-Very  
-51%- Somewhat



### Some Additional Comments:

-”We should have scheduled weekly meetings or been encouraged to add it to our staff meeting agenda as a standing item.”

-”Possible weekly prizes for the individual on each team with the most miles logged. May keep motivation within the team going throughout the whole challenge.”

-”Everyone was very eager to walk and loved getting out there and walking! Some days were just too busy but most days we walked.”



-”I had a great team that made the challenge really fun! It’s much easier to keep on with walking when you have others to go with. It’s easier to skip when going by yourself.”

-”Starting the challenge during the spring time when everyone can’t wait to get outside was a great motivator in itself. We could probably use the challenge even more to take off the winter pounds. It’s more difficult to walk then with the ice and the snow, but if people were made aware of place indoors at UND that they could walk, I think they would do it---especially after the holidays when no cookie or piece of fudge has gone untouched.”

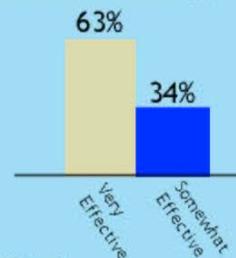
# healthy LIND walks

## SURVEY RESULTS SUMMARY

### Use of Logs

-97% of people found the use of logs help to maintain accountability

-63%-Very Effective  
-34%- Somewhat Effective



### Some Additional Comments:

- "It was nice to see the progress I was making."

- "The logs were very effective. I liked seeing my progress."

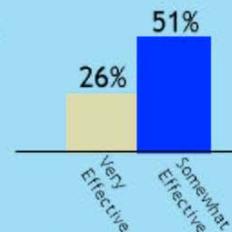
- "I liked the visibility and implied accountability."

- "I would have liked to have known how many miles the other teams had logged (have the walking ambassadors provide weekly updates) to motivate the team even more."

### Daily Tips

-77% of people found daily tips effective

-26%-Very  
-51%- Somewhat



### Some Additional Comments:

- "It would be nice to receive one last email with the entire combined list of tips. That way they would all be together in one easy location."

- "They taught me new things, even when I thought I knew them all."

**Now Coming!**

- "Those tips should be posted all over campus."

- We are in the process of putting these on the walking trails website.

#### Top three times that trails were used:

11 AM - 1 PM	49%
5 PM - 8 PM	35%
3 PM - 5 PM	30%

#### Top three trails frequented were:

Centennial Loop	49%
Memorial Loop	44%
Bike Path	38%

# healthy UND walks

## SURVEY RESULTS SUMMARY

### Trail Location

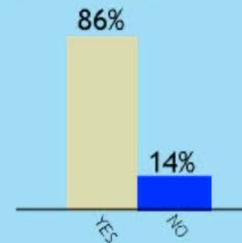
-90% of the people chose the trails they used based on it's location.

### Some Additional Comments:

- "Expand the trails or variations to allow different miles of trails. There was only a 4.3 mile loop, nothing greater. Also there were no 2 mile distances which would have helped to myself as a runner. Going around University Park, or being able to count the bike path near Wilkerson would have been a nice scene change."
- "More inside trails - Perhaps in Twamley or Merrifield."
- "There are a lot of staff members on the West side of campus. Having a trail around facilities might produce some interest."
- "More indoor loops with stairs incorporated. Example: the UPSON engineering complex using Upson I, Upson II and Harrington and all associated levels."
- "Add more indoor trails. In Hyslop, add the upper hallways and stairs (up and down) as an addition."

### Map Orientation

-86% of the people found that the maps were easy to understand and follow.



### Some Additional Comments:

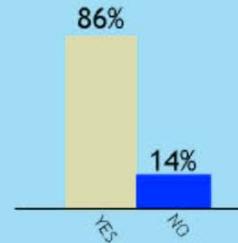
- "Would have been nice to have pocket size maps to take with us while walking."
- "The individual trail maps were easy to read, but the big map with all the trails was hard to follow because it was only two colors. Each path having its own color would have been helpful."

# healthier LIND walks

## SURVEY RESULTS SUMMARY

### Benefit of Trail Markers

-86% of the people indicated that trail markers would be beneficial.



### Some Additional Comments:

-"Even the names of trails out on the trails themselves would inform others that might not be aware of the opportunities and they might seek more information."

### -Suggestions and/or comments regarding the trails and/or maps:

-"I really enjoyed this adventure...it made me get out and do it! Thank you!! The only problem for me was being out of town so much, it took extra effort to stay and walk on the trails when I got back. But at the same time, it motivated me. I felt like trying for my team!"

-"Thanks for all the time and effort from everyone who put the challenge and the trails together. I saw lots of people out and about, so it seemed to help encourage lots of people to walk."

### -Some Physical facilities comments:

-"The road along the tracks on the EERC loop was dangerous - no sidewalk and not well lit."

-"Walking through parking lots probably isn't the safest...such as EERC, etc. Also, the sidewalks on 42<sup>nd</sup> Street for the Campus loop were not the best."

-"Some of the sidewalks around campus are in dire need of improvement (i.e. along 42<sup>nd</sup> and 6<sup>th</sup>)"

-"Several of the sidewalks were broken up or extremely rough. This makes it hard to rollerblade on. There are not many trails that make it a good experience for rollerblading."

-"Emergency phones on bike path along coulee would be a good idea."

-"EERC loop was not safe at night...especially if you want to do it by yourself. Also, the bike path probably was not the safest after dark."

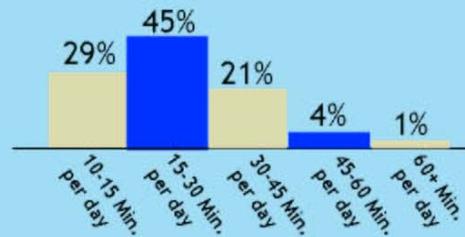
-"The EERC loop had us walking on the road. Also by Chester Fritz."

# healthy UND walks

## SURVEY RESULTS SUMMARY

### Trails Assistance in Physical Activity

-80% of people indicated that trails assisted them in increasing daily physical activity.



### Impact on Participants:

-The Surgeon General's report, *Physical Activity and Health*, stated two conclusions that merit attention here:

-"Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, or 45 minutes of playing volleyball) on most, if not all, days of the week. Through a modest increase in daily activity, most Americans can improve their health and quality of life."

AND

-"Additional health benefits can be gained through greater amounts of physical activity. People who can maintain a regular regimen of activity that is longer in duration or of more vigorous intensity are likely to derive greater benefit."

-"Of the individuals that responded to this survey, at least 71% of them met or exceeded the Surgeon General's recommendations within the 30 day challenge. Our future goal should be to assist these individuals in meeting the second recommendation in maintaining the activity levels they have reached through this challenge."

-If interested in a detailed copy of the survey results, please contact The Wellness Center at [wellness@mail.und.nodak.edu](mailto:wellness@mail.und.nodak.edu)

# Healthy UND

**Tuesday, April 8  
10-2 p.m.**

The Healthy UND Spiritual and Psychological/Emotional Subcommittee and WELLNESS Center acknowledge the *anxiety* and *stress* that comes with war.

**This day is a time set aside for our campus community to engage in a number of healthy stress reduction activities.**

*You are invited...*

Are you a first-timer?  
There will be helpers  
there to guide you.

Would you like  
to lighten your  
load??  
Walk-in counsel-  
ing is available.

**Refreshments  
will be provided!!!  
Please plan on  
joining with us  
as we seek to  
comfort each  
other.**

Labyrinth provided by the  
First Presbyterian Church

An expression wall will be available  
to allow you to transfer your feelings  
into pictures. Also available on the  
main floor of the Memorial Union.

Find renewal and centering with **YOGA**  
12-1 with Heather Thompson  
Make sure you have comfortable clothing.  
**Mats provided.**

*Experience the gift of  
human touch.*  
**Angela Joule, massage  
therapist, will provide hand  
and foot massages**

*Healthy*  
UND

**Tuesday, April 8**  
**10-2 p.m.**

The Healthy UND Spiritual and Psychological/Emotional Subcommittee, First Presbyterian Church, and the WELLNESS Center acknowledge the *anxiety and stress* that comes with war.

*Experience a unique  
and sacred walk.*

*You are invited to...*

**Walk the Labyrinth**  
in the Memorial Union Ballroom



# Fall 2003: Wellness.. A Way of Life based online tracking for multi-dimensional wellness activities

## WELLNESS

a way of life

UND

**WHO:** UND Staff and Faculty

**WHAT:** Focus on the 7 Dimensions of Wellness.

**WHEN:** Each dimension session is scheduled from 11:30 AM to 12:20 PM and 12:30-1:20 PM in the Memorial Union. Please select your preferred time when you register.

**WHERE:** River Valley Room at Memorial Union.

**REGISTER:** U2 website at [www.conted.und.edu/U2](http://www.conted.und.edu/U2) click on the wellness logo, or call 7-4788. Registrations with completed payment are due by October 3.

**FEE:** \$10.00. All participants will receive a pedometer courtesy of Blue Cross/Blue Shield of North Dakota. When participants earn points using the seven dimensions of wellness, they receive water bottles and t-shirts.

For more information visit the UND Wellness website at [www.wellness.und.edu](http://www.wellness.und.edu). Click on the Wellness a Way of Life icon.

Sponsored by Blue Cross/Blue Shield, University Wellness and University within the University Programs.

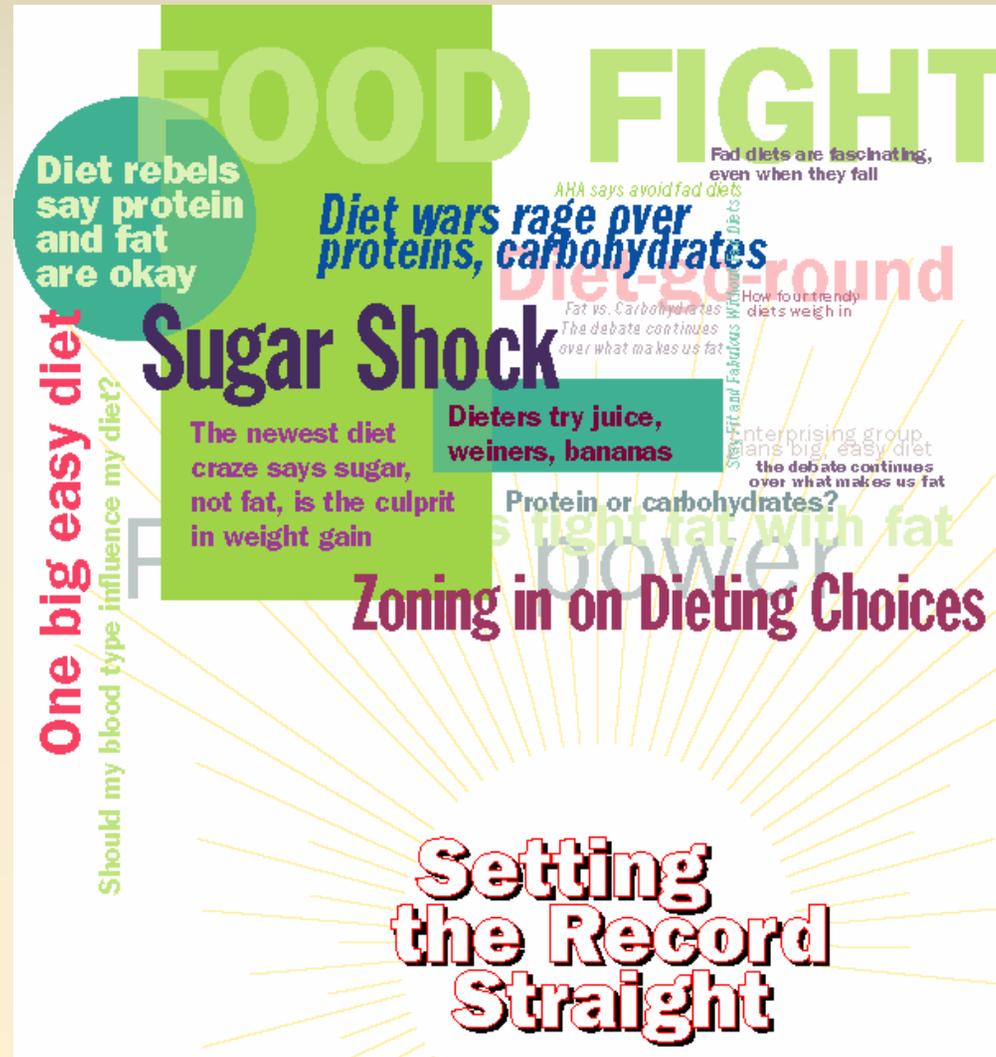
### PROGRAM SCHEDULE

October 13th	Physical: "One Foot in Front of the Other"
October 20th	Spiritual: "Labyrinth Walk"
October 27th	Psychological: "Stress Management: Caring For Yourself When You are Stretched To The Limit"
November 3rd	Intellectual: "What is Insight Meditation?"
November 10th	Environmental: "The Hunt"
November 17th	Vocational: "The Power of Recognition"
November 24th	Social: "Celebrating Self-Care," <i>Ann Dolence</i>

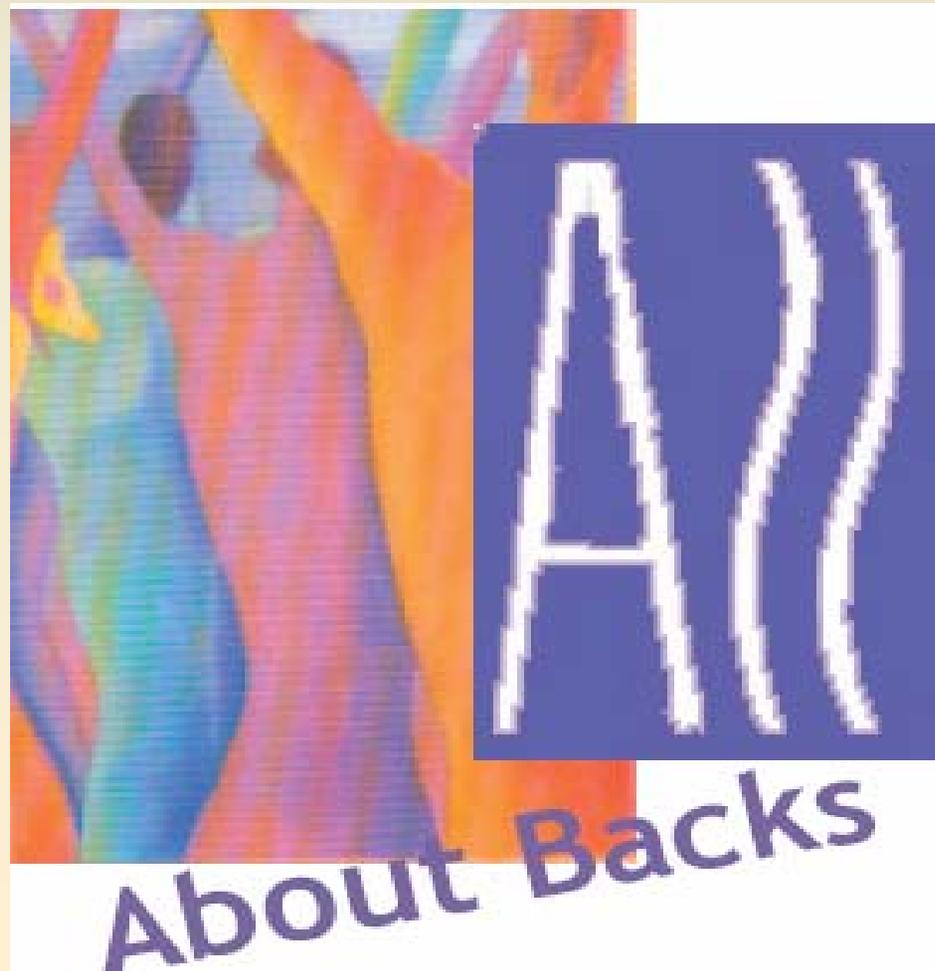


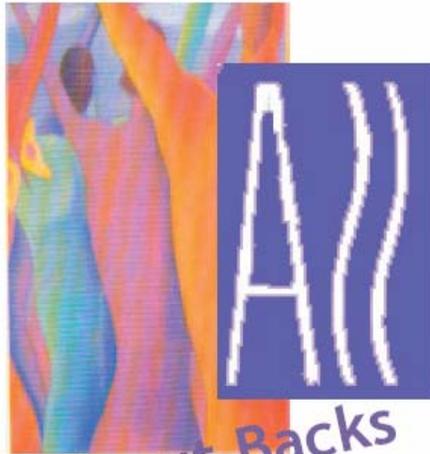
Free Pedometer

# Setting the Record Straight: The Truth About Fad Diets



# Posture Screening for the University of North Dakota





**Does Your Back  
*Hurt?*  
Is Your Backpack  
*Too Heavy?***

**FREE BACK ASSESSMENT!**

Thursday October 16, 10am-5pm  
and Friday October 17, 10am-3pm  
at the Wellness Center.

**Find out how to:**

Improve your work station

Improve your posture

Pack your backpack

Exercise with resistive bands

Appointments are  
**FREE** and take  
15-20 minutes

Call 777-6476 to schedule  
your appointment today,  
or just drop in.  
**YOUR BACK DESERVES IT!**

**SPONSORED BY**  
UND Physical Therapy  
Department, Student Health  
Promotions, and the  
Wellness Center

# Why Posture Screening?

- Back injury one of the most common on the job injuries
- 25% of WC claims are musculoskeletal
- 2% of U.S. Workforce files a LB injury claim each year
- ~ \$400 per injury



# Partnership contributions

- Physical Therapy Department
  - Memorial Union display case
  - Posture Grid, Computers, cameras, prizes
  - 7 students scheduled each 2 1/2 hours
    - Plus 2 support (Meridee and Franz)
- Wellness Center
  - Flyers, duplicating, posture grid, printers, theraband, APTA brochures
- Student Health Promotion
  - Backpack/purse weigh in
  - Reminder postcards with backpack clips







# STATIONS

- 1. Back Pack/Purse weigh-in
- 2. Quick Posture Screen
- 3. Posture Assessment with Photo
- 4. Corrective Exercises
- 5. Correct Lifting
- 6. Ergonomic “Nightmare”
- 7. Massage
- 8. Enter Drawing/Turn in Assessment



## Pre-Screen Questions:

1. Have you ever had any back problems?

If yes, explain.  
(i.e. type, diagnosis, time, treatment, limitations)

2. What do you expect to get out of today's screening?



# Spring 2004: Lifesteps: 15 week weight management class

- Registered Dietitian
  - Weekly meetings around the lunch hour
  - Weigh In on drop in basis

Repetitive offering

Ways to Size Up Your Servings	
1/2 Cup of Ice Cream is the size of a tennis or racquet ball  = 	3 oz. serving of Meat is about the size and thickness of a deck of playing cards  = 
1 Cup of Broccoli or Mashed Potatoes is the size of a fist  = 	1 oz. of Pretzels or Chips is equal to 2 handfuls  = 
1 oz. of Cheese is about the size of 4 stacked dice  = 	1 Teaspoon of Butter is the thickness of a thumb or size of a stamp  = 
1 Tablespoon of Peanut Butter is the size of your thumbtip  = 	1/2 Cup of Cherries or Grapes is the size of a lightbulb  = 



# Establish Wellness Ambassadors

As a UND Wellness Ambassador, you act as a liaison between your department and the UND Wellness Center. Here's your opportunity to become a leader in helping to promote health and well-being at UND!



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# Communication

## Web

- The UND Wellness Center will email you information about upcoming programs which you can forward to your department colleagues and/or post.
- The UND Wellness Center will email you Wellness online newsletters for forwarding to your department and/or posting.
- As a UND Wellness Ambassador, you can request specific health-related programs/workshops for your department which the UND Wellness Center will arrange.
- As a UND Wellness Ambassador, you can help us assess the needs and interests of the staff in your department, thus helping the UND Wellness Center design relevant and goal-specific programs.
- As a UND Wellness Ambassador, you can provide the Wellness Center with feedback about our program, recommendations for changes, new ideas, etc.
- The UND Wellness Center will mail you posters of upcoming events to post or distribute to your department.
- As a UND Wellness Ambassador, you can assist the Wellness Center in implementing major projects.
- As a Wellness Ambassador, you receive a six month membership to the UND Wellness Center for serving from Jan 2005 - May 2005 starts March 1-August 31.



- Dear UND Wellness Ambassador:

UND Wellness Ambassadors act as liaisons between their departments and the University of North Dakota Wellness Center. UND Wellness Ambassadors play a vital role in supporting UND's Wellness mission to promote lifestyle improvements that support good health and improve quality of life. Because they know their coworkers and work area, Ambassadors can motivate their colleagues to achieve healthier lifestyles. They act as both champions of wellness and catalysts for change, providing opportunities for the University of North Dakota coworkers to increase their energy level, enjoy more productive work days, and ultimately feel better about themselves.

Here is a sample of your role as a Wellness Ambassador:

- - Disseminating information to faculty and staff regarding health promotion activities
  - Reserving time in your staff meetings to announce upcoming Wellness activities
  - Providing learning opportunities for health promotion
- You will enjoy many benefits as a Wellness Ambassador, including:
- Receiving first-hand information on UND Wellness Center Programs
  - Learning to be a healthy role model
  - Expanding your knowledge of health and wellness
  - Playing an important role in providing morale within your department
  - Work with other fun Wellness Ambassadors
  - Learn about other things other departments are doing in relation to wellness





# Soar in 2004

Employee Health Screening



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# Spring 2004: SOAR in 2004 employee screening

- “Take Flight” GX classes held on site
- Pilot project with Travel Health America and State Health Department of Comprehensive Health Risk Assessment with 2004 employee screening



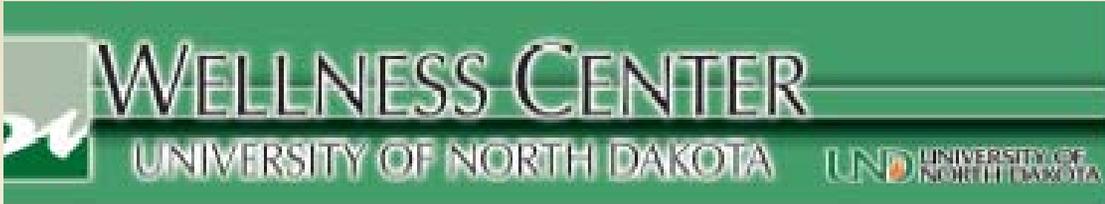
# Active for Life

American Cancer Society 10 week activity program

- Participants receive a point for each minute they are active daily and record the number of points they earn toward their total point goal. This helps people keep track of their progress, and they are then rewarded for working toward their goals.
- Each participant also belongs to a team. Teammates encourage and motivate each other, and teams are rewarded as members make progress toward their goals.



# BCBS Smoking Cessation Services



UNIVERSITY OF NORTH DAKOTA 

Volume 1, Issue 3, Spring 2005

## Letter from the Director *Laurie Betting*

### Smoking Cessation Support for UI



Cigarette smoking has been identified as the most important source of preventable and premature mortality worldwide. Smoking costs the US over \$150 billion in health-care costs, including \$18.9 billion in mortality-related productivity losses and \$75.5 billion in excess medical expenditures.

Smoking has no safe level of use. It is the only consumer product that kills a high portion of those who use it in the way intended by the manufacturer—one in two regular smokers (20 cigarettes a day from age 18) will die from their habit, half of them before the age of 65.

Smoking kills more than 400,000 people in the US every year. It causes lung cancer, heart disease, chronic bronchitis and emphysema and is a risk factor for a host of other cancers. And it doesn't just hurt smokers—secondhand smoke is associated with as many as 300,000 cases of bronchitis and pneumonia each year. Secondhand smoke from a parent's cigarette increases a child's chances for middle ear problems, causes coughing and wheezing, and worsens asthma conditions.

of 35 have a life expectancy not significantly different from people who've never smoked while stopping in middle age avoids most of the later excess risk from tobacco. Whatever your age, if you stop smoking your body will feel the benefits almost immediately:

- after 20 minutes, your blood pressure and pulse return to normal
- After 8 hours, oxygen levels in your blood return to normal
- 24 hours, your body is free from carbon monoxide
- 3 years, your risk of heart attack is the same as for a non-smoker
- 10 years, lung cancer risk is cut in half
- 15 years, your health is effectively the same as a non-smoker

Quitting smoking saves money. A pack-a-day smoker, who pays \$2 per pack, can expect to save more than \$700 per year. It appears that the price of cigarettes will continue to rise in coming years, as will the financial rewards of quitting. Need help? Student Health offers free office visits and one to one tobacco cessation support. In addition free quit kits are available. Medications are available for purchase through the pharmacy. For more information call the Health Promotion Office 777-2697. For additional support, North Dakota Tobacco Quit Line 1-866-388-QUIT. For employees, the Grand Forks



# Spring 2005 Rev Your Engines

- Preventive Health Screenings based upon research of Barriers to Preventive Health Screenings for Benfitted University of North Dakota Employees
  - Put Prevention into Practice
  - BCBS Self Care Video and Books



# The Office Workout Kit

- Therabands
- Swiss Balls
- 1-5# hand weights
- Steps
- Instructional posters



# Y Warm-Up

🚲 Neck Flexion Extension\* – 10 times

🚲 Neck Lateral Flexion\* -- 10 times

🚲 Shoulder shrugs\* – 10 times

🚲 Apple pickers – 10 times

🚲 Desk clearers – 10 times

🚲 Arm circling\* – 10 times

🚲 Seated run – 10 times



# Upper Body

'Y' Bicep Curls\*-8 times on each side

'Y' Chair/Desk Dips-15 times

'Y' Desk/Wall Push-ups-15 times

'Y' Upright Row\*-15 times

'Y' Outward Tricep Pull\*-15 times

'Y' Doorknob Pullups/Seated Rows\*- 8 times



# Lower Body

- 'Y' Wall Squat-hold for 30-60 seconds
- 'Y' Chair Squat-15 times
- 'Y' Toe Raises-15 times
- 'Y' Kick Outs-8 on each leg in each direction
  - 'Y' (can refer to hip & knee exercises\*)
- 'Y' Chair Push n Pulls-10 times
- 'Y' Chair Rotations-8 times toward each side
- 'Y' Rear Enders-15 times

# Why is this important?

- 'Y' Enhances mental functioning and increases productivity.
- 'Y' Improves your mood and minimizes the effects of daily stress.
- 'Y' Improves health and well-being.



# Ripple Effect

'Y' Provide a good example.

'Y' Start off staff meetings with a stretching session.

'Y' Make others hold you to it.

'Y' Put it in your appointment book and tell everyone what you are doing or find someone else that will join you regularly.

'Y' Make it competitive.

'Y' Buy pedometers and see who can take the most steps/day, on average, per year, etc.



# Spring 2005 Campus Survey

Gender \* 4 Educational Levels Crosstabulation

Count

		4 Educational Levels				Total
		HS or less	Some college	Bachelor's Degree	Graduate Degree	
Gender	Male	7	22	30	72	131
	Female	18	107	78	95	298
Total		25	129	108	167	429

Gender \* p1\_01. I experience physical discomfort that limits my daily tasks Crosstabulation

Count

		p1_01. I experience physical discomfort that limits my daily tasks					Total
		Very Frequently	Often	Occasionally	Rarely	Almost Never	
Gender	Male	3	10	25	31	61	130
	Female	13	11	76	72	124	298
Total		16	21	101	103	185	426

Gender \* p1\_02. Outside my job, I am physically active for a total of at least 20 minutes every day Crosstabulation

Count

		p1_02. Outside my job, I am physically active for a total of at least 20 minutes every day					Total
		Very Frequently	Often	Occasionally	Rarely	Almost Never	
Gender	Male	55	39	16	17	4	131
	Female	86	92	77	27	14	298
Total		141	131	93	44	18	427



# Presidential Task Force on Worksite Wellness

- Cross section of the campus
- Larry Chapman, Summex Corporation
- Developed a Blueprint for comprehensive worksite health productivity management



# WALKTOBER™

National Walking Month

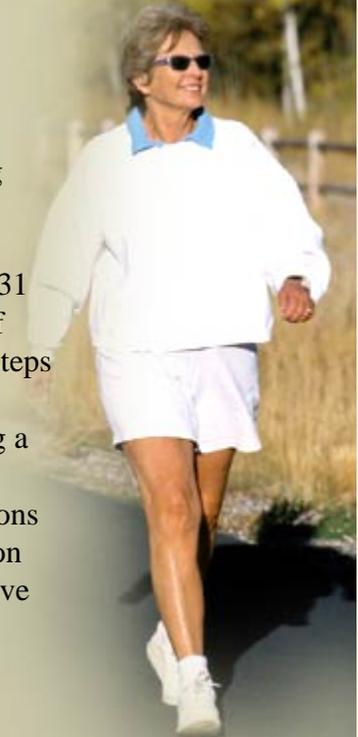
Welcome to  
**WALKTOBER...**



## What is **WALKTOBER?**

*Walktober* is a new national walking campaign designed to:

- Dramatically boost walking in just 31 days — from the national average of 4000 steps a day to 8000 to 10,000 steps a day.
- Inspire individuals to make walking a priority — in October and beyond.
- Foster a commitment by organizations and institutions to place high value on walkable environments and supportive policies.



WELLNESS CENTER  
UNIVERSITY OF NORTH DAKOTA

# References

- Well Workplace Workbook, Wellness Councils of America
- The Wellness Outreach at Work Program: A Step-By-Step Guide, NIH
- Wellness that Works! Strategies to Improve your Wellness Program's ROI, Executive Briefing presented by "Wellness Program Management Advisor" and WellnessJunction.com

# References

- Meta-Evaluation of Worksite Health Promotion Economic Return Studies, Larry S. Chapman, MPH

