

Healthy Campus Lifestyles

2011 OACRAO Conference
Presented by Janet Duber
Session 8.3

Wouldn't you love to say...

- ◉ My cholesterol is perfect
- ◉ I lost 20 pounds this year
- ◉ What stress?
- ◉ My blood pressure is of no concern
- ◉ I am totally content with my life

How about saying this?

- Sweating is the best part of exercising
- I haven't had this much energy in years
- I get up early every day to run a few miles before work
- I've never felt or looked better
- People gravitate towards my positive attitude

The reality of it all...

- ◉ I feel worse now than ever
- ◉ I hate dieting
- ◉ My life is falling apart
- ◉ Doctor visits are becoming my social life
- ◉ I need help!

Thank goodness our colleges care!

- ◉ Programs offered at convenient times
- ◉ Low or no cost to you
- ◉ Insurance premiums can be reduced
- ◉ Incentives are offered
- ◉ Fitness assessments available
- ◉ Support groups of all kinds exist
- ◉ No excuse not to get involved

Wellness Programs

- Percentage of large U.S. organizations offering at least one wellness program grew 93% in 2009
- Research confirms such programs improve health and reduce costs
- Designed to supplement the care you already receive from your primary care physician
- Almost 50% of medical costs incurred due to illness can be avoided with small lifestyle changes
- Workplace wellness is an investment.

Interesting Facts

- Very few people are in perfect health
- Many people aren't aware of their potential risks and don't understand how their lifestyle choices affect their health
- Study showed those who reported "good eating habits" had dangerously high fat levels in their blood

OACRAO Survey

- Information gathered from 15 colleges and universities in Ohio
- Two and four-year private and public institutions responded
- Excellent programs offered for physical, emotional, financial and spiritual health

Benefits of Participation

- Reduce stress and anxiety
- Enhance work performance (less sick days)
- Lower insurance costs
- Engage in employee camaraderie
- Minimizing risks leads to longer more productive lives
- Physical activity significantly reduces cognitive impairment

Current Campus Programs

- ◉ Worksite Wellness
- ◉ Healthy Miami
- ◉ *Benefits* Challenge
- ◉ WellAware
- ◉ Wellness@JCU
- ◉ Bee Well
- ◉ Your Plan for Health (YP4H)
- ◉ Bee Healthy

Healthy Campus Goals

- Primary focus – healthiest state possible
- Identify and act on health conditions
- Promote cost-efficient choices
- Provide resources to empower staff
- Take control of health care spending
- Inspire behavior & lifestyle changes

Common Services

- ◉ Educational programming
- ◉ Physical activity classes
- ◉ Brown bag lunches
- ◉ Health Fairs
- ◉ Chemical dependency counselors
- ◉ Heart health
- ◉ Personal and campus safety

Oberlin College

- ◎ New Year – New Me Initiative

- ◎ 17 fitness mentors available
- ◎ Walk/run, yoga, swim, organic cooking
- ◎ Individualized plan primarily for employees
- ◎ Prizes courtesy of Human Resources

- ◎ OC Well

- ◎ Collaborative effort by Student Life, Dept of Athletics & PE and Human Resources

The Ohio State

- “Someone to Watch Over Me” provides living wills & power of attorney preparation
- Complimentary 10-minute chair massages offered annually to each department
- Flu shots provided free to faculty/staff
- Earn up to \$360 in premium reductions for participating in Your Plan 4 Health

Bowling Green

- Affordable lab tests available from BGSU's Student Health Service for faculty/staff without doctor's order
- Wellness Profile of 22 tests for \$30
- Individual tests for blood sugar, thyroid, strep throat, liver profile and fasting lipid

Franciscan University of Steubenville

- ◉ LifeStyle Returns program
- ◉ Point rewards system means \$300 each for you and spouse
- ◉ Largest savings from lower inpatient costs
- ◉ Eye/dental exams, spiritual, back pain, asthma & depression programs

Baldwin-Wallace

- ◉ Annual Mammogram on campus for breast cancer screening
- ◉ Weight Watchers offered during lunch hour at no cost to employees
- ◉ Soul Work – Weekly discussions led by Religion faculty
- ◉ Total Confidence self-defense courses offered free to B-W women
- ◉ All students required to take 0.5 credit online Personal Wellness course

Cedarville

- Annual Faithful in Training (FIT) Challenge
- 12-week incentive program for entire family
- Knowledge of Ergonomics maximizes safety and efficiency.
- Caregiving resources
- Emergency preparation through Red Cross

Mount Union

- ◉ 64-ounce-a-day Water Intake Challenge
- ◉ Safety on the Road agreement – wear seat belt and motorcycle helmet
- ◉ Time Out! Guidelines – Take 20 minutes for reading, napping, daily reflection, calling a friend, day dreaming and/or meditation

Miami University

- Healthy Miami program focuses on Personal Wellness Profile
- Preventive screenings by gender and age
- Must not use tobacco
- Employees earn \$15/month credit toward their share of health insurance premiums

Special Topics

- ◉ Diabetes
- ◉ Nutrition
- ◉ Self-Defense
- ◉ Grief counseling
- ◉ Eating disorders
- ◉ Aging/Retirement Planning
- ◉ Cancer Support Group

So, what's stopping you?

- ⦿ Too much office work
- ⦿ Too little time
- ⦿ Family obligations
- ⦿ Not able to attend during work hours
- ⦿ No long-term motivation

Discussion Questions

- ◉ What are politics of these programs and are there any consequences regarding non-compliance?
- ◉ How much can be done on company time?
- ◉ What are pros/cons of organized campus programs?

Conclusion

- Everyone would like to live a longer, healthier life
- Eating more fruits/veggies, regular physical activity, not smoking/drinking could add up to 12 years to your life expectancy
- Are you physically, mentally, emotionally and spiritually healthy?