Every Body WALK!

Worksite Campaign

Kanawha Coalition for Community Health Improvement

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www.healthykanawha.org
About Our Coalition

• Founded in 1994

• Steering Committee represents the county’s hospitals, behavioral health facility, federally qualified health center, health department, school system, United Way, business alliance, state wellness council and bureau for public health

• Mission: To identify and evaluate health risks and coordinate resources to measurably improve the health of the people of Kanawha County, WV

• Conducts a triennial community health needs assessment (CHNA) that guides our work

• Our workgroups facilitate solutions around priority issues like obesity, nutrition, drug abuse, and lack of physical activity.
2014 Community Health Assessment

Physical inactivity in Kanawha County, WV
County, State and National Trends

Kanawha County is getting worse for this measure

Household survey respondents who were employed...
Mostly sit or stand 68%
Strategy Selection

The Community Preventive Services Task Force recommends worksite programs intended to improve diet and/or physical activity behaviors based on strong evidence of their effectiveness for reducing weight among employees.
2012 West Virginia Physical Activity Plan, *Be Wild. Be Wonderful. BeActive*, sent out the following call to action:

- The **well-being of West Virginia’s workforce** greatly impacts the fiscal health of businesses and the overall economic climate of the state.

- **Business and industry leaders must play a crucial role** in promoting physical activity and healthy lifestyles among their workforce.

- This can be accomplished through advocating and supporting **increased opportunities for physical activity during and outside the workday**.

- By providing opportunities for physical activity and encouraging employees to participate in physical activity, business leaders can **foster a climate that promotes healthful habits** among dependents, community members, and business partners across the state.

- Business and industry leaders/professionals **must begin to view physical activity as a vital tool** that will improve the personal health of employees, the fiscal health of the business, and the business climate of the state.
KCCHI Healthy Choices E-Zine!

http://wcwv.org/
To provide employees with supportive worksite environments for healthy eating and being physically active while at work

To provide small business owners with access to low to no cost resources, ideas, examples

To refine KCCHI’s online resource guide
Take The Stairs! Kanawha County

https://www.facebook.com/takethestairskanawhacounty/?hc_location=ufi
ATTENTION
Kanawha County Employers!
Join the EVERY BODY WALK! Campaign
April 6 through May 25, 2016

WHY A WALK-FRIENDLY WORKPLACE?
Walking 30 minutes a day can:
- Lower Bad Cholesterol!
- Lower Blood Pressure!
- Help Lose Weight!

IT’S COST-EFFECTIVE
A healthier workforce results in:
- Lower Rates of Absenteeism!
- Increased Productivity!
- Lower Health Care Costs for Employers!

IT’S SOCIAL
Walking gets co-workers interacting, building a stronger sense of teamwork and increased morale. It can be enjoyed by young and old, fast or slow, beginner or experienced!

THERE IS NO COST TO PARTICIPATE!
Your company will be provided with a walking map for your worksite area and asked to provide the map to your employees. We ask that you encourage walking during breaks and/or lunch time, or even before/after work. You’ll have access to training on ways to encourage walking among your employees and how to begin/maintain walking clubs or groups at your worksite.

KEY DATES
Registration Deadline: April 3, 2016
Kick-Off Event: National Walking Day Event
April 6, 2016, 10:00 a.m. Appalachian Power Park
Registration Link:
www.surveymonkey.com/r/everybodywalk
Attention Registered Worksites!
Free Regional Training Schedule
(Your registered contact person needs to attend only one training ---pick the one that works best!)

Wednesday, May 11
8:30 – 10:00 a.m.
(Light breakfast provided)
Kanawha-Charleston Health Dept.
(108 Lee Street East - Park in lot off Washington Street or if lot full, parking at Charleston Town Center is always an option)

Thursday, May 19
8:00 – 9:30 a.m.
(Light breakfast provided)
Mountaineer Gas
501 56th Street, SE, Charleston, WV 25304
(Visitor parking is in front of the building)

Friday, May 20
11:30 a.m. – 1:00 p.m.
(Light lunch provided)
Kanawha-Charleston Health Dept.
(108 Lee Street, East- same parking instructions as above)

Pick a Date and RSVP to Judy.Crabtree@camc.org
Physical Activity Guidelines

• Adults:
  • 150 minutes of moderate aerobic physical activity per week
  • 75 minutes of vigorous-intensity physical activity per week

• Adolescents:
  • 60 minutes of physical activity every day

Center for Disease Control
Regular Brisk Walking Can Help You:

- Maintain a healthy weight
- Prevent or manage various conditions including heart disease, high blood pressure, and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

*Mayo Clinic*
Evidence Based Walking Benefits

- Walking Reduced the risk of cardiovascular events by 31%
- Protection was evident at distances of 5 ½ miles per week at a casual pace of 2 miles per hour
- Among 44,452 male health professionals, walking at least 30 minutes a day was linked to an 18% lower risk of coronary artery disease
- Among 72,488 female nurses, walking at least three hours a week was linked to a 35% lower risk of heart attack and cardiac death and a 34% lower risk of stroke

Building the Case for Walking at Work

• At least one fourth of health care costs incurred by working adults are attributed to changeable health risks

• Companies that implemented an effective wellness program realized gains including:
  • An average of 28% reduction in sick days
  • An average of 26% percent reduction in health costs
  • An average of 30% reduction in workers compensation and disability management claims

• Employees who were offered wellness programs exhibit higher levels of job satisfaction and feel happier with their employer

• Employers can benefit from workplace health programs through:
  • Enhanced Productivity
  • Decreased employee absenteeism
  • Improved Mood

The Institute for Healthcare Consumerism/ Centers for Disease Control
Other Walking Resources


http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Walking_UCM_460870_SubHomePage.jsp

http://americawalks.org/a-walkable-america/

http://trythiswv.com/walking-it-off/
Motivational Signage—Mid Ohio-Valley Health Department

If you can dream it, you can do it.  
Walt Disney

Nothing worth having was ever achieved without effort.  
Theodore Roosevelt

The secret to having it all... is knowing you already do.
WVU Extension Summer Steps Challenge (statewide)

All West Virginians are invited to participate in the 4th annual Summer Steps walking program June 1 - August 31.

Summer Steps motivates West Virginians to be more active in the communities where they work, live, and play.

YOU decide how active you want to be and track daily steps on an online tracker available at ext.wvu.edu/summer-steps.

You can walk by yourself or ask others to join, too.

Summer Steps is as easy as 1-2-3:
1. Register for your free account.
2. Set your count for which you want your steps to count toward.
3. Track your mileage between June 1 and August 31.

Be active in your own way. Count every 10 minutes of physical activity as one mile. All activity counts – biking, swimming, playing soccer, walking out, and of course walking.

Help your county be a winner. The county with the most "mileage" will receive a community sign and designation as a "West Virginia Activity Community". Also, a fitness variability study will be conducted by the WVU Bolin Center.

http://fh.ext.wvu.edu/summer-steps
West Virginia Mall Walkers

CTC Mall Walkers
Charleston, WV
Charleston Town Center Mall

Healthy Start Mall Walker
Martinsburg, WV
WVU Medicine University Healthcare and Foxcroft Towne Center at Martinsburg

http://www.charlestonstowncenter.com/info/mallwalkers/

Article: http://www.journal-news.net/page/content.detail/id/650583/Members-of-the-community-turn-to-the-mall-for-fitness-outlet.html?nav=5006
Lincoln County Mud River Volunteer Fire Department—Lincoln County, WV

Women of the Lincoln County's Mud River Volunteer Fire Department had no track, gym or nearby grocery. But they dramatically improved their health by forming their own group, walking every day and working out at the fire station to exercise videos. “Our doctors told us we needed to do something, and we just decided OK, we’re going to do it,” said group member Melisa Ferrell. In six months, they lost an average of 70 pounds apiece. (Photo: Kate Long)
Successes continued

• Walking Breaks
• Music in Stairway
• Floor walking route for employees
• Walking meetings
Welcome to Healthy Choices while at Work!

Considering that employees spend an average of 9 hours at work per day, worksites are an excellent venue for promoting healthy lifestyle habits. Organizations with worksite wellness programs improve employee health, productivity, and quality of life, while reducing the cost of healthcare, benefits, insurance, and workers’ compensation. Contrary to popular belief, starting a worksite wellness initiative doesn’t need to be expensive. There are relatively inexpensive and even some no-cost ways to give your employees the information, motivation, and work environments that support healthy eating and physical activity.

Testimonials

An effective workplace wellness program is much like laughter in that it is contagious, not only among its direct participants but also among those initially stressing only to observe, often veering off course of belief it planned.

...Dana Atkins, MD, MPH, Chief Wellness Officer, Virginia Kapha
Action Planning
Potential for Prizes!

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