

We Choose Health

Worksite Wellness Technical Assistance Q & A

What is the page limit for section 7 of the application form?

There is no page limit for section 7 of the application form.

Where can we find minutes/meeting summaries for the *We Choose Health* Worksite Wellness Workgroup?

There are no official Worksite Wellness Workgroup meeting minutes. However, below you can find notes that are available from previous *We Choose Health* Worksite Wellness Workgroup meetings:

***We Choose Health*- Worksite Wellness Workgroup**

May 22 2012, 10:30 a.m.-11:30 a.m.

External Lead: Laura Minzer

IDPH Lead: Carla Cox

Questions to Consider:

1) What are some of the potential Technical Assistant (TA) needs at the local level for worksite wellness strategies?

- Framework for how to organize
- Tools to use to assist with policy change such as examples of policy statements or nutrition standards
- How to address issues of worker's comp and unions
- How to link worker's comp issues with worksite wellness issues
- Reducing accidents vs. health promotion
- How to break down barriers in major silos between human resources and worker's comp and disability

Helping employees navigate the health care system.

Employers have an obligation to help employees be better consumers of health care.

Empower and engage the consumer to make smarter choices.

2) How can *We Choose Health* have a statewide impact?

- Needs are different for every company.
- If you don't have funding, it's difficult to do worksite wellness.
- May also look at where are health costs coming from (employers are interested in saving money).

3) Where are there areas of alignment statewide on worksite wellness policies?

- There will be a lot of overlap between tobacco and worksite wellness.

4) What are some resources we can suggest to communities on worksite wellness strategies?

- Develop a wellness coalition
- Building Healthier Chicago (Employer coalition in Chicago)
 - o Has worksite wellness assessment tool
 - o No cost to any employer in state of Illinois
- Communication on benefits literacy
 - o Available to any employer in the country
- Volunteer coalition to prevent obesity
- Take some of the work from Chicago Park District, tweak to make applicable to park districts across the state.

- o Example: Vending machine policy
- Employer toolkit on smoking cessation
- o www.TCYH.org (Take Control of Your Health)

5) How frequently do we need to meet to keep these efforts going?

Meet again after the grantees are selected and then decide on frequency ... probably more frequently in the beginning and then less frequently as things get rolling.

Worksite Wellness Workgroup Meeting

November 26, 2012

10 a.m.-11 a.m.

Leticia Reyes-Nash, Carla Cox, Laura Minzer, Tracy Morgan, Jason Villasenor

Doris Turner (IDPH); **Elissa Williams** (Macon County Health Department); **Amy Wright** (Southern Illinois Healthcare); **Amy Maslowski** (Jackson County Health Department); **Shlonda Knox** (Peoria County Health Department); **Phyllis Wood** (Egyptian Health Department); **Jenna Jameson** (Franklin-Williamson County Health Department); **Elissa Wallace**; **Angie Charlet** (Illinois Critical Access Network); **Bobbie Gosset** (Fulton County Health Department); **Rebecca Mueller** (Kendall County Health Department); **Christy Filby** (Two Rivers YMCA-Rock Island); **Kimberly Goodall** (Whiteside County Health Department); **Matt Maloney** (Respiratory Health Association of Metropolitan Chicago); **Jennifer Herd** (Chicago Department of Public Health); **Jenna Williams**; **Monica Hendrickson** (Knox County Health Department); **Amber Uskali** (Evaluation); **April Bailey** (American Lung Association); **Kyle Auman** (Winnebago County Health Department); **Coby Jansen** (IPHI); **Kemia Scharff** (Gen H Coalition); **Bradon Moline** (Champaign-Urbana Public Health District); **Sara Coleman** (Child Center Illinois Health Coalition); **Kathy Dory** (American Lung Association); **Jackie Lang** and **Angie Hogen** (Moultrie County Health Department); **Gregory Norris** (ACES 4 Youth)

Leticia: Purpose of workgroup: space to talk about best practices, peer-to-peer network, and resource for anybody who is working on worksites wellness to collaborate and share information.

-Worksite wellness funds being used to implement policies.

Laura: 12 grantees have worksite wellness

-Beginning to compile resources (trying to pull in concise way).

Coby Jansen: Illinois Alliance for Obesity Prevention has workgroup that focuses on worksite wellness. Currently building a resource guide (assessment tools for healthy eating, active transportation). This is designed to be a guide to different available resources.

Amber (Evaluation): Monitoring policies that have been adopted. Making policy cover sheets to understand what policies are already in place, and which are in place after the grantees have implemented new policies. Currently working with grantees to understand their focused policies.

Laura: Ideas for worksite wellness: *We Choose Health* website links to worksite wellness information, newsletters are possible.

-Online platform for information sharing purposes. Department is currently working on this community forum. Opportunity to help target what resources grantees need to shape the best strategy.

-Waiting on TA provider. IDPH will release RFA for TA. This person will guide the grantees with any issues that may occur. TA will conduct a webinar series that can be accessed by all. Best practices will be a major focus.

Follow-up: May want to create a survey to find out what resources are already available within the workgroup participants. Webinar speakers, highlighting issues, (internal/external assessment surveys).

Open the line for questions:

-Brandon: Content driven materials (surveys) are being created to assess internal programs.

Janet: worksite wellness definition varies by county. Who are the leaders of worksite wellness in their respective communities?

Leticia: The cover sheets are intended to answer questions regarding what resources/implementations are already occurring.

Janet: Can IDPH harness the data regarding what initiatives are occurring?

Leticia: Coby's resource guide is a good step to call the experts to answer these questions. This could help drive webinars/agenda items. First step is to develop the assessment.

Follow-up- Can "what are some areas that you want to learn about?" be added to the survey? This is for the funded communities.

-Not sure when survey will be sent out.

-Policy cover sheet will be discussed during the January webinar.

Christy Filby: Surveys are good because need to determine what we want to focus on.

Coby: Can we get a database of work plans?

Follow-up: we can create a work plan chart about worksite wellness interventions. To see how it looks across the state (12 grantees).

Follow-up: Schedule of conference calls for this group. Monthly meetings will work. Next meeting for this group will be in January (the week of the 14th).

-will talk about the survey results

-have a sense of where the need is and move from there.

Leticia: Is there anyone that should be in this group to engage for implementation?

Kyle: Local park district (Rockford Park District) has wellness model, but hard to connect with them. Can the state intervene to catch their interest?

Yes, Carla Cox will coordinate outreach there.

Follow-up: Identifying partners in their respective communities.

Tracy Morgan is the workgroup coordinator. E-mail Tracy to be added to e-mail lists.

Tracy.Morgan@illinois.gov

I. Ongoing/Follow-Up: • Compile list of resources/tools for worksite wellness – best practices (see attached working document)

- Newsletter and website (webinar calendar); other resources
- Status of technical assistance provider

II. Next Steps

- Assess Expertise Survey
- What is occurring in the funded community?
- What is the need?
- Policy Cover Sheets
- Work Plans – Chart – to group types of WW interventions
- Local Park Districts – help locals connect with/Rockford Park District (Statewide Park District Association)