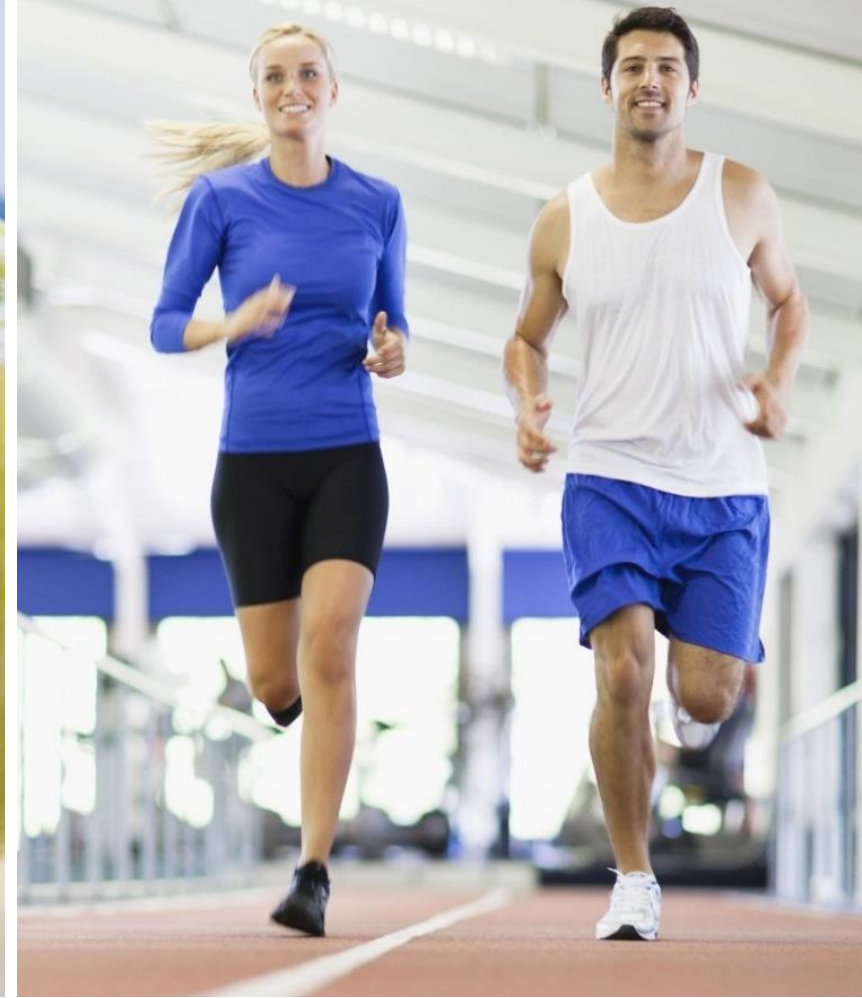


FEEL BETTER

BE HEALTHY

LIVE LONGER



**ENGAGING STAFF WITH AN
ACTIVE WELLNESS PROGRAM**

WHY WELLNESS?

The Culprit & The Cure

- 40% of all cancers are caused by the typical American diet, lack of physical activity, and obesity.
- Cancer is mostly a preventable disease
- Chronic diseases are responsible for 7 out of 10 deaths in the United States
- Top two: Cardiovascular Diseases and Cancers
- 82% of cardiovascular deaths are caused by a lack of exercise, poor diet, and tobacco use.
- Heart disease begins as early as age 5 years.
- 83% Americans have an unhealthy diet
- 67% Americans don't get enough exercise
- Risk of premature death increases as weight increases.
- In 2002, of the 2.5 million people who died, 37% died from cardiovascular diseases, 23% died of cancer, and 3% died of diabetes.
- For every 10 grams of fiber you average per day, your risk of heart attack goes down 14% and risk of heart disease goes down 27%
- Every day the DNA in our cells gets attacked 10,000 times by free radicals (phytochemicals found in fruits and vegetables can neutralize free radicals and help prevent cancer)

KESA
RESPONSIVE CULTURE- COMPONENT 4
NUTRITION & WELLNESS

- **District Wellness Policy**
- **Wellness Committee: Policies & Rules**
- **Communication**
- **Nutrition Resources**
- **Meeting USDA Guidelines**
- **Nutrition Program**
- **Fitness & Wellness**
- **Physical Activity & Assessment**

1. STATE & FEDERAL GUIDELINES

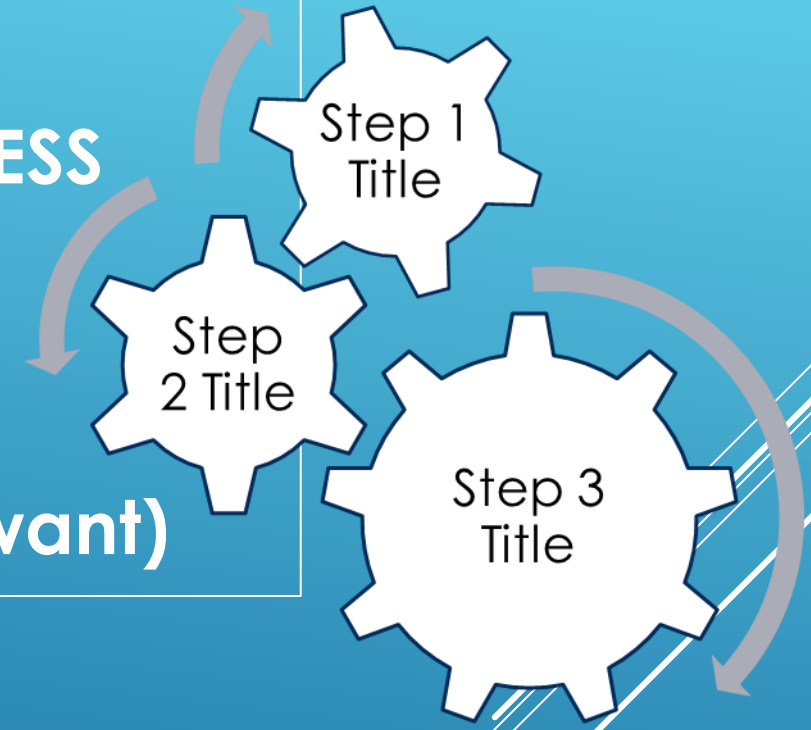
(Nutrition & Student Requirements)

2. WHAT DO YOU WANT TO DO WITH WELLNESS

3. HOW ARE YOU GOING TO DO IT

4. NEEDS ASSESSMENT

(Identify what your employees know and want)



DEVELOPING YOUR WELLNESS PLAN

VISION

To improve the health and wellness of all employees and students in order to “Feel Better, Be Healthy, and Live Longer”

GOALS

1. Improve the mental, physical, and environmental wellness of all employees and students.
2. Increase healthy options for all employees and students.
3. Build partnerships within the community in order to provide health and wellness resources for our staff and students.
4. Promote a plan and put it into action

UTILIZING INCENTIVES TO MAXIMIZE PARTICIPATION

In the world of worksite wellness incentives, if used effectively can significantly increase participation and improve the likelihood that employees will embrace, and ultimately adopt, healthier behaviors (www.welcoa.org, 2008 Wellness Council of America).

2017-2018 Wellness Incentives

Level I: 100 Points

Participants who accumulate 100 wellness points will earn:
2 Movie Coupons
Prize drawing at the end of the year.

Level II: 150 points

Participants who accumulate 150 points will earn:
2 Movie Coupons
Level I Prize Drawing
Name Submitted for our USD 220 Wellness Raffle (10 Prizes)
Chance to win \$220 Cash Money

WELLNESS CHALLENGES

40 points (each)	30 points (each)	20 Points (each)	10 Points (each)
<p>Biometric Screening</p> <p>In order to be eligible, you must have the following assessments completed:</p> <ul style="list-style-type: none"> • Height/Weight • Blood Pressure • Total Cholesterol • LDL, HDL Cholesterol • Fasting Glucose • Triglycerides <p>Step 1: Go to your personal medical doctor,</p> <p>Step 2: You must submit this verification form.</p>	<p><input type="checkbox"/> Well-Woman Mammogram</p> <p><input type="checkbox"/> Well-Woman Pap Test</p> <p><input type="checkbox"/> Well-Man PSA Test</p> <p><input type="checkbox"/> Tobacco Cessation Class</p> <p><input type="checkbox"/> Colonoscopy</p> <p><input type="checkbox"/> Non-Tobacco User</p> <p><input type="checkbox"/> Flu Shot</p> <p><input type="checkbox"/> Dental Cleaning (6 months)</p> <p><input type="checkbox"/> Annual Eye Exam</p> <p style="border: 1px solid red; padding: 5px; display: inline-block;">Begins May 1st, 2017</p>	<p><input type="checkbox"/> Walktober</p> <p><input type="checkbox"/> Battle of the Bulge</p> <p><input type="checkbox"/> Fiscal Fitness</p> <p><input type="checkbox"/> Physical Activity</p> <p>Participants must successfully complete each challenge by <u>submitting all required data</u> in order to qualify for wellness points.</p> <p>District Wellness Challenges are tracked by self-reporting via google forms. You must submit all data by the required date to obtain wellness points.</p>	<p><input type="checkbox"/> Wear Red Day</p> <p><input type="checkbox"/> Jump Rope for Heart</p> <p><input type="checkbox"/> Lunch & Learn</p> <hr/> <p>Superintendent's Challenge 20 points (each)</p> <p>Participate in a 5K Event (Race, Run, or Walk).</p> <p style="text-align: center;">and</p> <p>10 Day Healthy Choices (avoid soda, candy, etc., and/or begin a daily exercise routine)</p>
80 Points Possible	270 Points Possible	80 Points Possible	90 Points Possible
All activities highlighted in "BLUE" are tracked via google documents during activity.			
All activities in red must have proof of completion form submitted.			

The Culprit & The Cure

I-Don't-Care-itis:

Fix Me Up, Doc – we treat or fix the problem through surgery or medication. We don't change habits.

Preventing chronic disease does mean you can determine, in large measure, how and when you will die.

People Who:	Live an extra:
Are vegetarians	1.5 years
Exercise regularly	2.4 years
Eat nuts five times a week	2.5 years
Have normal blood pressure	3.7 years
Are not diabetic	6.6 years
Maintain normal weight	11 years

How do you want to live the end of your life?

1. Life full of chronic illness, disability, or years of intensive, full-time nursing care...
2. End of life medical events are delayed 7 to 13 years (compression of morbidity – compress the time horizon between the onset of chronic illness or disability and the time in which a person dies).