

Taking School Wellness to the Next Level

December 9th, 2010

Iowa Department of Education

Bureau of Nutrition, Health, and Transportation Services



To access the recorded webinar, follow the link below.

<http://iowaec.na4.acrobat.com/p16593761/>

Webinar Results

1. Does your school have an employee wellness program?
 - a. Yes – 35 (54%)
 - b. No – 30 (46%)

2. If yes, does your employee wellness program have a strategic plan that it is working off?
 - a. Yes – 6 (16%)
 - b. No – 31 (84%)

3. What kinds of programming are you offering to your employees?
 - a. Health Screenings – 32 (52%)
 - b. Health Assessment – 8 (13%)
 - c. Health Coaching – 3 (5%)
 - d. Educational Seminars – 10 (16%)
 - e. Health Challenges – 26 (43%)
 - f. Other – 9 (15%)
 - g. No Wellness Programming – 12 (20%)

4. What kinds of incentives are linked to participation in your wellness programs?
 - a. Health insurance premium reductions – 1 (2%)
 - b. Gift cards – 11 (19%)
 - c. Trinkets – 7 (12%)
 - d. Other – 7 (12%)
 - i. Cash, ½ personal day, donated massage

- e. No incentives – 25 (44%)
- f. Not applicable – 15 (26%)

5. What do you think employees in the school system are most interested in to support them in improving their health?

- Affordable access to fitness programs.
- Better food choices in staff lounge.
- A wellness center on-site.
- Not being judgmental or tying their wellness to evaluation.
- Healthy lunch choices.
- Machines/classes/activities available for exercise.
- Other vending choices.
- Wellness discount card.
- Provide classes and provide incentives.
- Want more exercise opportunities at school during their work day. Use of the school gym for indoor walking.
- We just did a staff survey - number one was offering health screenings to employees, walking program, healthy cooking class and meal planning, improving balance, flexibility and muscle endurance, etc.
- Membership to the rec center.
- Candy dishes need to disappear.
- Educational opportunities for health related topics.
- ability to use equipment/gym after hours
- Discount at local exercise center
- Use of the school facilities and equipment
- health insurance premium reductions, fitness equipment
- Free Flu Vaccinations
- Activity programs for weight loss and exercise
- buddy system
- access to the Wellness Center- fitness equipment, classes, healthy cooking classes
- time - activities in each building rather than a centralized location
- health screening, use of the weight room after school, healthy alternatives for food, incentive programs with rewards

6. Tell us what is working well with any staff/worksites wellness programming currently going on in your school.

- Flu shots and cholesterol screenings.
- Access to weight room at the high schools.
- Periodic offers of reduced cost to join local YMCA.
- Salad luncheons.
- At our Junior High, they are building a new track, and it will be available for the entire community to use, and the district has been advertising it to encourage community members to use it.
- Activity incentive programs.
- Great communication of wellness programs available in district and out of district.

- Stress management education and trying to eliminate stress.
- Anything offered at our building site (rather than central location).
- Individual building wellness activities rather than an entire district activity.
- On-site flu shots.
- Encouraged staff to bring healthy snacks to share in the teachers' lounge.
- Winter exercise and stress reduction incentive calendar.
- Offering salads daily for staff.
- Flu shots for all staff with discounts and group weight watchers.
- Biggest Loser Contest.
- In our district the high school weight room is available for use. It only has 2 treadmills, and a bunch of weights, but it's better than nothing for those who can't afford a gym membership. The district has a Weight Watchers meeting each week.
- Wellness fairs.
- Extra jeans days as an incentive!
- Lunch and Learns.
- Educational e-mails about nutrition and stress relief.
- Competition between dieters seems to work.
- Fun activities that make staff members think more carefully about their diet, exercise, and sleep patterns.
- Staff newsletter with healthy tips, i.e. "New Year, New You!"

7. Tell us about the challenges you are having with any staff/worksite wellness programming currently going on in your school.

- Superintendent will not use professional development time for wellness.
- People who don't want to be judged for their weight or poor wellness practices.
- No facility to do physical activity-gym being used for sports, dance, etc.
- Lack of participation.
- Lots of junk food in the lounge.
- The high school teachers bring potluck foods every Thursday - that adds up to 20% of the time they're at work, they have accessibility to junk food
- Staff members are not allowed to use the district's facilities and equipment.
- It is a tough sell to get faculty and staff to make changes in their own lives.
- It is hard to please everyone.
- Limited gym/equipment availability.
- There is no budget for wellness.
- We have budget restraints.
- Lack of time to hold activities/do wellness.
- Lack of motivation and interest.
- Low morale.
- No time to coordinate activities.
- Lack of administrative support.
- Conflicting priorities.
- No time to get together with staff.
- Busy teachers who don't see wellness as a priority.

8. What information or resources do you need to assist in planning, implementing or evaluating your staff wellness efforts?

- A concise and quick plan to start from so we don't have to reinvent the wheel.
- How do you motivate staff to help?
- Information on how districts handle staff use of facilities and equipment given insurance issues.
- More emphasis from Superintendent down on principles for better health and wellness.
- Dedicated staff to help coordinate staff wellness.
- Short presentations to do at staff meetings.
- Where we do we find the time?
- Information about the possible reduction of health insurance premiums.
- Surveys that can be used for teachers.
- New ideas; we seem to do the same challenges.
- Money.
- A blueprint for starting a wellness program.
- I need more people to help get it going.
- Ideas for staff challenges and budgeting.
- How to get staff buy-in/involvement.
- A compiled list of school successes and ideas.
- Funding streams which would support at least subsidization of wellness screening.
- A list of available resources.
- Insurance allowing a blood screening at school with charges being submitted to them.

9. If we were to host a quarterly forum for all of you that are leading the way with employee wellness programs at your schools, would you participate?

- a. Yes – 58 (97%)
- b. No – 2 (3%)
- c. Comments:
 - More information and webinars on staff wellness would be great!
 - I'm not sure I would be given the time off to go?
 - This is a nice format. It provides resources, quality information and does not require us to leave the district.