

## Agency Wellness Champions Team March 8, 2016 Minutes

### In Attendance:

#### *In Person:*

Aaron Richert  
Amy John  
Chris Painter  
Holly Glaubitz  
Janis Nelson  
Jennifer Verbrugge  
Linda Feltes  
Lynn Burwell  
Mark Forsberg

Angela Discher  
Ann Ward  
Ned Rousmaniere  
Nikki Trifilette  
Sandy Karnowski  
Steph Peterson  
Tamara Bohmert  
Xia Thao

#### *By Phone:*

Dawn Cvengros  
Donna Tabat  
Eileen Brooks

Jessica White  
Joyce Traczyk  
Robin El-Ibrahim

*Presenter:* Teresa Ambroz

### The Joy of Healthy Eating and Making the Healthy Choice Easy

*Teresa Ambroz, State Nutrition Coordinator, MDH*

Click on the image below to review Teresa's presentation. Several takehome messages are:

1. We have an obesity epidemic, not because our willpower changed; our environment changed.
2. Only 2% of food advertising is for healthy food. 98% is for processed food. So rather than let advertising create our food stories, create our own healthy food stories, (like the trip to the orchard...)
3. We need to change the choice architecture: product, price, placement and promotion of healthy foods.



### Energy Break

Steph and Nikki made us dance. Thanks!

### Resources for Eating Well

Linda provided reviewed materials that support our healthy food interventions. See the document pasted below.

## Program Updates

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**DPS-Holly** helped DPs develop a March “Healthy Habits Bracket” 2-week challenge. It will be evaluated and available to share with others.

**Education**-building relationships with Executive Team and HR

**Explore MN**-noticing more healthy foods at meetings.

**Commerce**-starting a stretch break

**Housing Finance** will again host a CSA. Have one activity per month including how to coach, gardening and game day.

**OHE** is starting ‘community lunches’. Mark is on 5K committee for Sep run, with clinics and preparation runs planned for over the summer.

**ADM** is focusing 2016 in Move More. Committee members will motivate employees to use stairs and walk more, and report back by division to committee.

**MDH Freeman** is rebuilding a wellness committee.

**MDH Lab** is a CSA site, with the Freeman Building and Ag. The CSA farm is year-round

**Revenue** offered a stair challenge. 225 tracked their steps. The snack shop owner donated healthy food and fruit was donated as incentives. Hosting a hydration challenge in Apr. where teams of 3 will compete. Revenue provided camelback water bottles for employee appreciation day. All to draw people to the newly installed hydration stations.

**Revenue’s** Ely office invited Holly up to walk through the StayWell site and self-directed coaching.

**MMB** is noticing healthy snacks offered beside the donuts.

**MSRS** has new committee members. Has launched a Facebook-type page which you can ‘like’ to be alerted to events. And lunch and learns.

## Next Meeting

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Tuesday, April 12, 2016

MDH Golden Rule Building\*

85 7<sup>th</sup> Place East

St. Paul, MN 55155

***\*Note different location for this meeting only.***

Topic: Panel discussion of ‘The Intersection of Wellness and Environmental Sustainability’ Our panelists are Eric Davis (MnDOT), Melissa Wenzel (MPCA), Chris Kimber (MDH) and Linda Feltes (MMB)

Energy Break: Rick Lorenzen

(CONT)

# Eating Well

Programs, strategies and resources to create a healthy eating environment

Linda Feltes, Work Well Project Manager

The Federal Government's Guide to Community Preventive Services recommends worksite programs attempt to improve diet and/or physical activity behaviors based on strong evidence of their effectiveness for reducing weight among employees. You can find the Community Guide here:

<http://www.thecommunityguide.org/obesity/workprograms.html>

There are two factors to healthy eating: what you eat and the eating environment. And two focuses: individuals and the whole eating environment.

## Eat Well Program Ideas

When designing a program that supports weight loss, good nutrition and/or eating well, include the four elements that support behavior change: Awareness, Motivation, Skill Building and Opportunity (AMSO)

1. Awareness: provide education/information, such as an email campaign
2. Motivation: provide behavioral cues, social support, competition, tracking, goal setting
3. Skill building: provide coaching, opportunity to notice trigger and try new behavior
4. Opportunity: provide an environment that makes healthy choices easy

Some successful weight management programs include:

1. StayWell health assessment and coaching. You can kick off your healthy eating campaign by inviting a health coach to answer questions. Holly Glaubitz can help you arrange for a health coach: [hglaubitz@staywell.com](mailto:hglaubitz@staywell.com).
2. Weight Watchers. Each of our health plans provides information on healthy eating, and a Weight Watcher discount to state employees for their online program. Or start a meeting at your location. Or find a meeting here: [http://www.weightwatchers.com/Templates/Marketing/Landing\\_1col\\_nonav.aspx?pageid=1218011](http://www.weightwatchers.com/Templates/Marketing/Landing_1col_nonav.aspx?pageid=1218011)
3. Spark People or other online programs that provide goal setting and tracking tools, recipes and online social support. <http://www.sparkpeople.com/>

## Work Environment

Some strategies for improving the eating environment at work include:

1. Promote healthy food options in cafeteria
2. Implement a policy for healthy foods at meetings and celebrations. MDH has such a policy: <http://www.health.state.mn.us/divs/oshii/worksite/docs/MDHImplementationGuide.pdf>
3. Work with your vending machine operator to place more healthy options front and center in the vending machines.
4. Eat Away from your Desk
5. Promote nearby Farmers Market
6. Be a Community Supported Agriculture (CSA) farm share drop site
7. Provide healthy eating information on your wellness pages

You can learn more about these strategies from the resources listed below.

## Home Environment

1. Take control of the food that you offer at home by buying healthy foods. One tip is to shop the outer edge or periphery of the grocery store, where fresh produce is offered.
2. Moderate portion size. Plate food in the kitchen rather than family style. Serve on smaller plates.
3. Make half of your plate vegetables and fruits. Serve two fruits and vegetables at every meal.
4. Cook at home. People eat better (and save money) when they eat at home.
5. Bring a healthy snack to work each day: fruit, vegetables, yogurt, or nuts.

## Linda's Worksite Biggest Loser Challenge Makeover

We do know what supports health behavior change—awareness, motivation, skill building and opportunity (AMSO), so be sure these four elements are built in to your program.

- Encourage participation in a StayWell program for personal coaching (free after complete health assessment, which majority do)
- Provide tool for goal setting, tracking
- Build in social support—teams or partners
- Provide opportunity to compete
- Provide weekly educational emails
- Host healthy potluck/potluck salad bar
- Tour and discuss cafeteria/local restaurants/healthy lunch and vending
- Evaluate what worked, weight loss maintenance at 6-month follow-up
- Encourage walking, weight training

## Resources for Eating Well

- Association of State and Territorial Health Officials (ASTHO) Healthy Food Policy
- Calorie Count [http://caloriecount.about.com/cc/recipe\\_analysis.php](http://caloriecount.about.com/cc/recipe_analysis.php)
- CDC Obesity Data <http://www.youtube.com/watch?v=RBKM3b7phJc>
- Centers for Disease Control and Prevention (CDC) US Obesity Facts <http://www.cdc.gov/obesity/data/trends.html>
- Cooking up a Rainbow great pro-vegetable eating ad <http://vimeo.com/35018318>
- Eat Well Work Well <http://www.eatwellworkwell.org/>
- Eatright.org <http://www.eatright.org/>
- Grocery Store Dance Party <http://www.youtube.com/watch?v=G7-JuhTK9pE>
- GSA Concessions and Cafeterias: Healthy Food in the Federal Workplace <http://www.gsa.gov/portal/content/104429>
- HealthPartners' yumPOWER toolkit <http://www.healthpartners.com/employer-public/toolkits/yumpower/>
- <http://www.aicr.org/assets/docs/pdf/ASTHOHealthyFoodPolicy.pdf>
- Mindless Eating <http://mindlesseating.org/>
- NAMA Fit Pick Vending Program <http://www.fitpick.org/nwc/>
- USDA Dietary Guidelines for Americans <http://www.cnpp.usda.gov/dietaryguidelines.htm>
- Work Well's 4 Eat Well Campaigns <http://www.mn.gov/mmb/segip/health-solutions/employees/workwell/awc/progbuildres/campaigns.jsp>