

GET FIT KAUAI

Worksite Wellness Challenge

2014



HATS OFF TO OUR TEAMS

1. BAYADA Habilitation

2. Costco

★ 3. Courtyard by Marriott Kauai

★ 4. Gerald J. McKenna MD, Inc.

★ 5. Grand Hyatt Kauai

6. HMSHost

★ 7. KaiKini Bikinis

★ 8. Kauai Community College

★ 9. Kauai District Health Office

10. Kauai Independent Food Bank

★ 11. Kauai Marriott Resort

★ 12. Kauai Veteran Memorial Hospital

★ 13. KIUC

★ 14. KOA Trading Co.

★ 15. KONG Radio Group

★ 16. Kuhio Medical Center

★ 17. Lawai Beach Resort

★ 18. Ohana Real Estate Investors

★ 19. Puakea Golf Course and Ho'okipa Cafe

★ 20. Pyramid Insurance Agency

★ 21. Samuel Mahelona Memorial Hospital

★ 22. Syngenta Hawaii LLC

★ 23. The Cliffs at Princeville

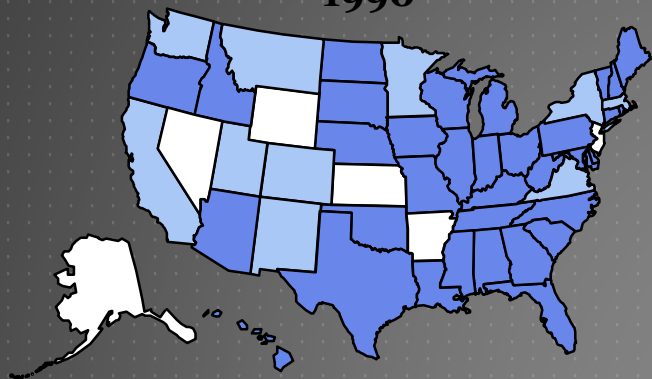
24. Wilcox Memorial Hospital

25. Kauai Medical Clinic

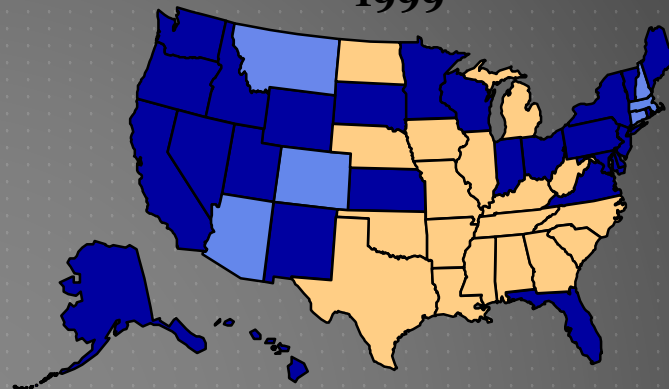
OBESITY TRENDS AMONG U.S. ADULTS

BRFSS

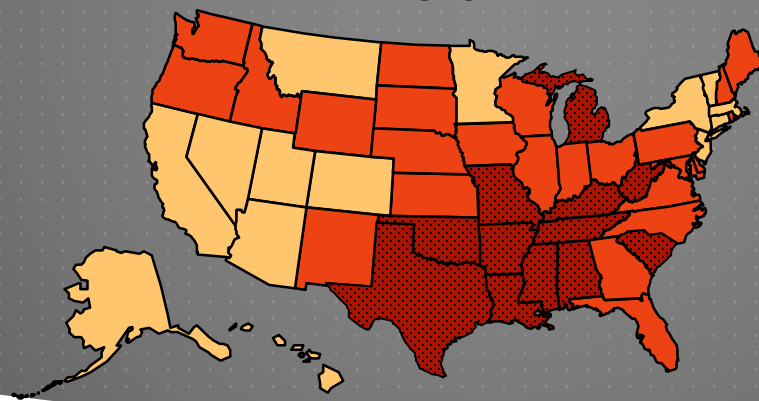
1990



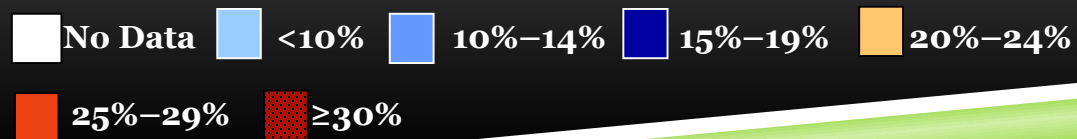
1999



2010



(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



COST

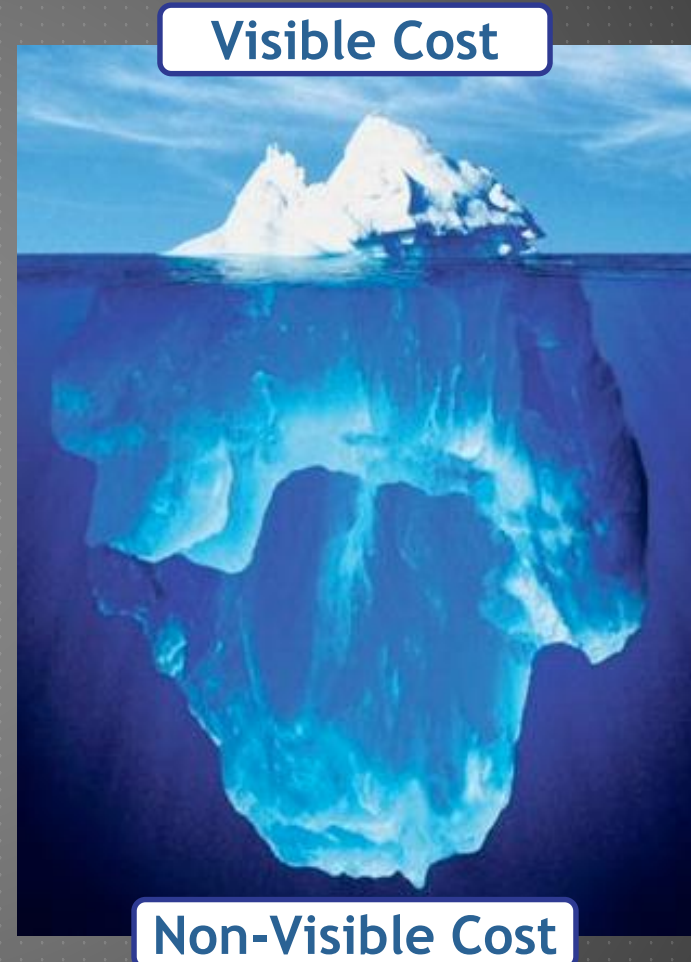
Direct Medical Costs

- ▶ Medical
- ▶ Pharmaceutical

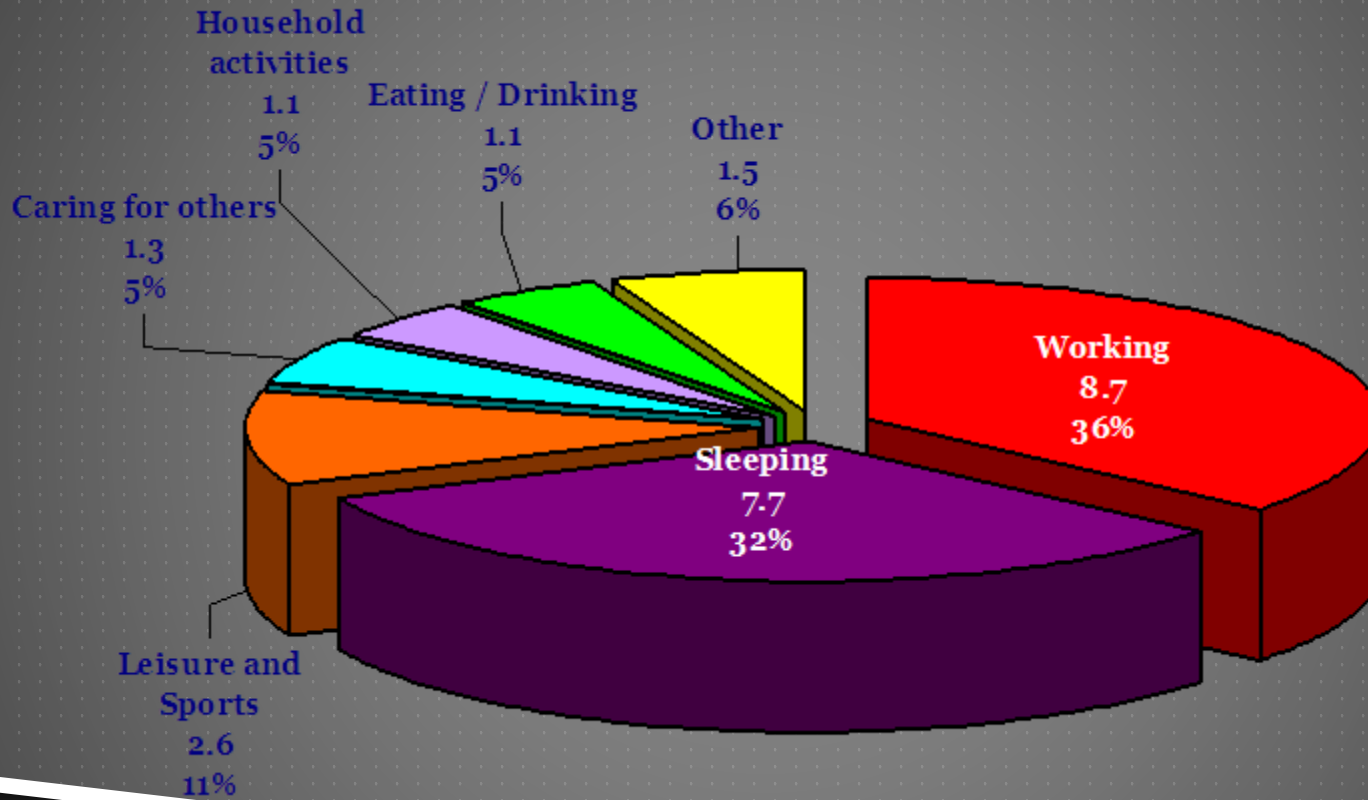
Indirect Costs

- ▶ Presenteeism *“Presenteeism: At work but out of it”, Paul Herd, Harvard Business Review, October 2004*
- ▶ Short-term Disability
- ▶ Long-term Disability
- ▶ Absenteeism
- ▶ Workers Compensation

Sitting at a desk all day = 1½ packs of cigarettes; per Kellogg Foundation

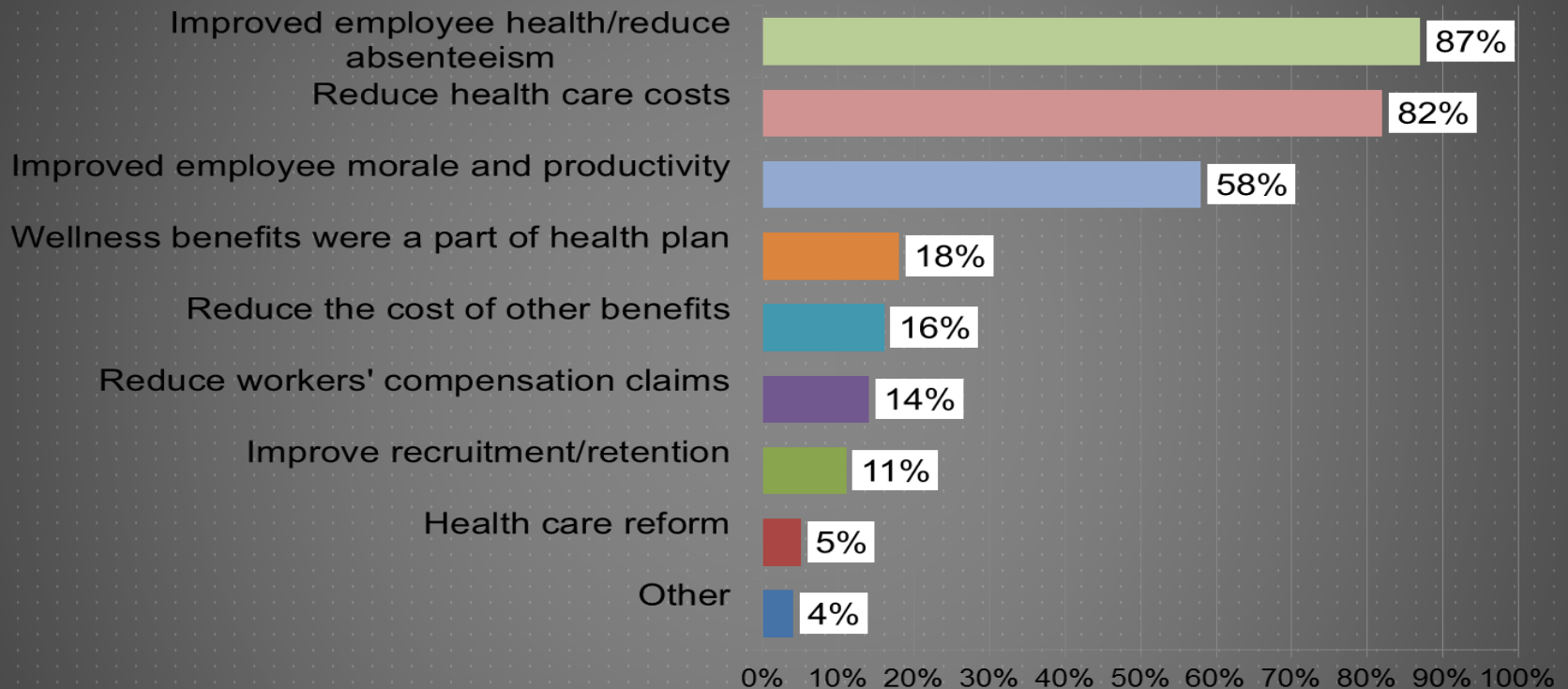


WHY WORKSITE WELLNESS?



Source: Bureau of Labor Statistics

BENEFITS OF A WORKSITE WELLNESS PROGRAM



Source: CDC 2012 Wellness Benefits Survey.

PAY ME NOW, OR PAY ME LATER



\$85

OR



\$85,000

HOW DID YOU DO WITH YOUR
WORKSITE WELLNESS PROGRAM?

Round Table Discussion

with

Frieda Gayle

Round Table Questions

Question 1: What really worked well for you/your company in this Challenge?

Question 2: What was the most challenging part of this Challenge?

Question 3: What do you see going forward for Worksite Wellness in your company?

Question 4: What ideas do you have that you can add for either this Challenge or Worksite Wellness for your company?

Reward Question: What's your takeaway from the WSW Challenge in general?

**AND NOW THE WINNERS
OF
GET FIT KAUAI'S
2014
WORKSITE WELLNESS
CHALLENGE**

A FEW ACCOMPLISHMENTS OF THE 3RD PLACE TEAM

- ▶ Created a Worksite Wellness Committee.
- ▶ Conducted an employee needs and interests assessment for planning health promotion activities.
- ▶ Installed bike racks for employees who ride their bike to work.
- ▶ Provided health insurance coverage for prescription tobacco cessation medications.
- ▶ Created a walking club and a “Healthy Tips” newsletter.
- ▶ Created a dedicated space where employees can engage in relaxation activities

In 3rd Place

With an improvement of

46 points

The Cliffs at Princeville

Beginning Score: 46

Improvement Score: 46

Ending Score: 92

A FEW ACCOMPLISHMENTS OF THE 2ND PLACE TEAM

- ▶ Created a Worksite Wellness Committee.
- ▶ Created on-site gardening and access to a community garden.
- ▶ Installed bike racks for employees who ride their bike to work.
- ▶ Created a walking track/path for employees.
- ▶ Provided training for managers on identifying and reducing workplace stress-related issues.
- ▶ Actively enforcing a written policy banning tobacco use.

In 2nd Place
With an improvement of

52 points

Syngenta

Beginning Score: 52

Improvement Score: 52

Ending Score: 104

A FEW ACCOMPLISHMENTS OF THE 1ST PLACE TEAM

- ▶ Created a Worksite Wellness Committee.
- ▶ Promotes farmers' markets where fresh fruits and vegetables are sold.
- ▶ Identifies healthier food and beverage choices with signs and symbols
- ▶ Created a written policy banning tobacco use at your worksite.
- ▶ Posted signs at key locations that encourage employees to use the stairs.



In 1st Place
With an improvement of
53 points
Kauai Marriott Resort

Beginning Score: 59
Improvement Score: 53
Ending Score: 112

WHAT'S NEXT

1. If you are dedicated, and committed to making our island a healthier place, please consider joining Get Fit Kauai's Worksite Wellness Leadership Team. Membership is Free! See Kathy for a Get Fit Kauai Membership form on your way out.
2. Stay tuned and get ready for Get Fit Kauai's Worksite Wellness Challenge 2015!
3. Be sure to complete your Reward Question: *“What's your takeaway from the WSW Challenge in general”* and turn it into Kathy for your *Thank You gift!*

THANK YOU!

