

# After School Worksite Wellness

5210 Goes After School addresses the policies, environments, and practices that influence health behaviors in the after school setting. An important aspect of the after school setting is the employees.

Employees' physical and mental health are essential to the success of an after school program. The promotion of staff members' own health helps them to become positive role models for youth and increases their commitment to promoting youth health.

Worksite health promotion is often overlooked in many after school settings. Worksite health promotion programs for staff may not only impact the health of staff, but also have effects on the youth, their families, and community members. Some examples of health promotion programs for staff include: health screenings, physical activity and fitness programs, nutrition education, weight management, smoking cessation, and stress management. One of the first steps of worksite health promotion is to develop a Wellness Team to help drive the project.

Once wellness and health promotion programs are available, encourage staff to participate in these programs. Examples of promotion ideas include introducing wellness programs to new staff at their orientation sessions, presenting information at regular staff meetings, including flyers and brochures with paychecks, putting information into newsletter articles and e-mail messages, and offering health insurance discounts for participants.

## Steps to Develop a Wellness Team

1. Involve administration/ Board members in your efforts (they often control program agendas and budgets and can provide a visible leadership role for your wellness efforts).
2. Recruit wellness team members from all areas of your program.
3. Develop an action plan based on what's important and achievable in your after school program.
4. Identify resources that can facilitate implementation of your action plan and assign responsibility.
5. Take action.
6. Celebrate and share your successes and monitor your progress.

## Worksite Wellness and 5210

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- Promote healthy snacks at staff meetings. Ensure at least one fruit and vegetable are served whenever food is offered to staff.
- Staff Soup Club—Once a month a person volunteers to bring soup to a staff meeting. Others may volunteer to bring bread.
- Healthy Recipe Exchange—Share healthy recipes and perhaps compile into a recipe book. Visit [letsgo.org](http://letsgo.org) to view our Healthy Favorites Recipe Book.
- Encourage staff wellness team to approach vending machine company for information on their company's healthy snack program.

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- Don't forget that the more time you spend sitting watching TV or surfing the internet, the less time your body is up and moving!
- Make your free personal or family time active time.
- Work with Wellness Team to promote staff participation in Turn Off the TV Week or similar campaigns.

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- Participate in a Let's Go! StairWELL Initiative ([www.letsgo.org](http://www.letsgo.org))
- Work with Wellness Team to promote opportunities for staff to be physically active.
- Make your meetings walking meetings.
- Implement March into May or other State physical activity promotion programs for staff.
- Calculate and post average walking distances around your site.

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- Work with Wellness Team to make sure all beverage machines in teacher lounges have water in them.
- Have water available at all meetings where beverages are served.
- Work with Wellness Team to encourage staff to model the zero message for students.

## Let's Go! StairWELL Initiative

The Let's Go! StairWELL Initiative is based on the Centers for Disease Control and Prevention's (CDC) program, "StairWELL to Better Health." Stairwells represent an important opportunity to increase daily physical activity because of low personal cost and convenience. Point of Decision Prompts and Motivational signs that encourage stair use are a great way to promote your initiative. Placing signs at the places where people have a choice between the stairs and the elevator is a key aspect of encouraging people to use the stairs. It will also remind employees that there are stairs for them to use! The messages contained in Let's Go! StairWELL Initiative posters were reviewed by the StairWELL Subcommittee and deemed appropriate for use at their respective organizations. However, each organization is different and messages that motivate some may not be motivating to others. It is important to consider your audience, and tailor the messages accordingly.

Let's Go! has created a StairWELL Initiative Toolkit that provides tools for Maine employers to improve employee health by implementing a StairWELL initiative within their organization. The toolkit provides options for businesses that do not have stairwells, including links to tools to help map out walking paths around worksites and additional resources to help promote physical activity in the workplace to all employees.

The Let's Go! StairWELL Initiative Toolkit contains ready to use materials that can be used to take advantage of a worksite's built environment as a way to promote and encourage physical activity during the work day and is available FREE online at [www.letsgo.org](http://www.letsgo.org) (click on "Employees" and then "Toolkit") and download your toolkit today!

### The Let's Go StairWELL Initiative Toolkit includes:

- Evaluation Component (Survey)
- Promotional Ideas
- Sample e-mails
- Point of Decision Prompt Posters (Left and Right Arrows)
- Motivational Posters
- Walking Route Posters (Left and Right Arrows)
- Resources

## Worksite Wellness Resources

**Let's Go! Worksite Wellness Toolkit.** <http://letsgo.org/resources/workplacetoolkit.php>

**Southern Maine Wellness Council.** This membership-supported organization is designed to assist employers in their efforts to build capacity, resources, and skilled employees to support their wellness initiatives. Membership is open to employers of all sizes, profit and nonprofit alike in Southern Maine. Council benefits include networking opportunities, educational resources and professional training courses and seminars. Membership information is available through Tom Downing, Lifeline Executive Director, at 207/780-4879 or [downing@usm.maine.edu](mailto:downing@usm.maine.edu).

**A Guide for Protecting the Assets of Our Nation's Schools.** Information, tools, and resources to help schools, school districts, and states develop and promote employee health, improve workforce productivity, and reduce the costs of employee absenteeism and healthcare.  
[www.schoolempwell.org](http://www.schoolempwell.org)

**Alliance for a Healthier Generation – School Employee Wellness Resources.**

School Staff Wellness Program Key Components (PDF), Staff Wellness Baseline Assessment (PDF), Interest Survey (PDF)

[www.healthiergeneration.org/schools.aspx?id=512&ekmense1=1ef02451\\_10\\_84\\_btnlink](http://www.healthiergeneration.org/schools.aspx?id=512&ekmense1=1ef02451_10_84_btnlink)

**CDC's Healthier Worksite Initiative.** Information, policies, resources, and step-by-step toolkits for workplace health promotion program planners in state and federal government.

[www.cdc.gov/nccdphp/dnpa/hwi/index.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm)

**The Wellness Councils of America – WELCOA Website Free Resources**

[www.welcoa.org/freeresources](http://www.welcoa.org/freeresources)

**Health Observances:** [www.welcoa.org/observances](http://www.welcoa.org/observances)

**Healthy People 2010** challenges individuals, communities, and professionals to take specific steps to ensure that good health, as well as long life, are enjoyed by all [www.healthypeople.gov](http://www.healthypeople.gov)

**Map Walking Routes.** Type in your town or city and create a walking route near your organization.  
[www.gmap-pedometer.com](http://www.gmap-pedometer.com)

**Pedestrian and Bicycle Information Center:** [www.walkinginfo.org](http://www.walkinginfo.org)

**Bicycle Coalition of Maine:** [www.bikemaine.org](http://www.bikemaine.org)

### Physical Activity and People with Disabilities:

**The National Center on Physical Activity and Disability,** Department of Disability and Human Development [www.ncpad.org](http://www.ncpad.org)

**Disabled Sports USA** [www.dsusa.org](http://www.dsusa.org)

**National Center on Accessibility** [www.indiana.edu/~nca](http://www.indiana.edu/~nca)

**American Council on Exercise (IDEA)** [www.acefitness.org/fitfacts](http://www.acefitness.org/fitfacts)

