

Goal 11: Worksite Wellness



Worksite Wellness

Office of Community Health and Planning

Miami-Dade County Health Department

“Marketing and Membership Meeting Presentation”

Meet Our Team



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Overview: Goal

- **Goal 11: Worksite Wellness**

- Promote worksite wellness among Consortium member organizations to increase the number of worksite wellness programs that implement nutrition-related policies and physical activity.
- Work directly with Consortium Worksite Wellness Committee



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Our Specific Role



- **Strategy 1:**
 - Increase the number of Worksite Wellness programs within the Consortium that support evidence-based practices
- **Strategy 2:**
 - Develop a Worksite Wellness Team within each Consortium Member Organization (CMO) that will evaluate existing policies, procedures, and recommended changes to promote procurement of healthy food and beverages options.
- **Strategy 3:**
 - Develop a Worksite Wellness Team within the Consortium Member Organization that will promote physical activity.
- **Strategy 4:**
 - Increase the number of Miami-Dade County Public Schools (MDCPS) staff/faculty/administrators engaging in regular physical activity, by establishing a Worksite Wellness Center for the MDCPS Administrative Complex.

Program Objectives



1. **A 10% increase in CMOs implementing a Worksite Wellness program.**
2. **25% of the CMOs will have introduced, proposed, sponsored, enacted two policy changes** that relate to the recommended set of MAPPS strategies.
3. **Two large-scale public service venues (i.e. local government facilities) will have healthier food & beverages vending options.** The venues will serve as hubs for government employees, residents utilizing government services, multiple public transportation sources, and shopping venues.
4. **Increase the availability of healthier foods from farmer's markets, located in public service venues by 20%.**
5. **40% of the CMOs will adopt a policy that meets CDC guidelines** for Worksite Wellness in reference to nutrition and physical activity.
6. **Improve the MDCPS Worksite Wellness Program** by increasing the available opportunities to engage in physical activity.

Policy, Systems, & Environmental

- Senior Management Support
 - Letters of Support
 - Resolutions
 - Policy Implementation
- Capacity Building
 - Meetings
 - Trainings
 - Workshops
- Increased Access to Healthy Food & Beverage Options and Opportunity to Physical Activity
 - Vending machines
 - Farmer's Market
 - Environmental modifications



Achievements / Upcoming Projects



- Assessed WW programs at CMO's (2010: base line data)
 - 2012: follow up – impact data vs. 2010 data
- Identified two public service venues (high risk/impact)
 - Farmers Markets & Vending Machine Implementation
- Assisted with the WW Program Kick-off Event at DCF
- Formed WW Teams at MDC, DCF, & MDCHD
- Developed a general WW Policy Template & WW policy for MDCHD
 - Approval & Implementation
- Developed & Implemented a WW Training for CMO's
 - Upcoming Trainings/ Team Strengthening Meetings
- Assisted with the 2011 South Florida WW Awards Ceremony & Forums
 - Upcoming Forum June 30th, 2011
 - 2012 South Florida WW Awards Ceremony

Our Impact

❖ Identified/Selected Key CMOs

- ❖ Miami-Dade County (~27,000 employees)
- ❖ Department of Children and Families (~1,400 employees)
- ❖ Miami-Dade County Health Department (~900 employees)
- ❖ Miami-Dade County Public Schools (~45,600 employees)
- ❖ ~74,900 (exclusive of smaller organizations)



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Current Partnerships / Resources



Learn and Live





Awareness

- Consortium Worksite Wellness Committee
- Consortium Listserv
- Local wellness events (WW Awards, Mercedes-Benz Corporate Run, etc.)



Thank You!

