

Wellness Presentation

Staff Senate

November 18, 2009

Cathy Mascelli

Employee Wellness Coordinator

www.scranton.edu/employeewellness

What is Wellness?

An intentional choice of a lifestyle characterized by personal responsibility, moderation, and maximum personal enhancement of physical, mental, emotional and spiritual health.

source: WebMD, 2008

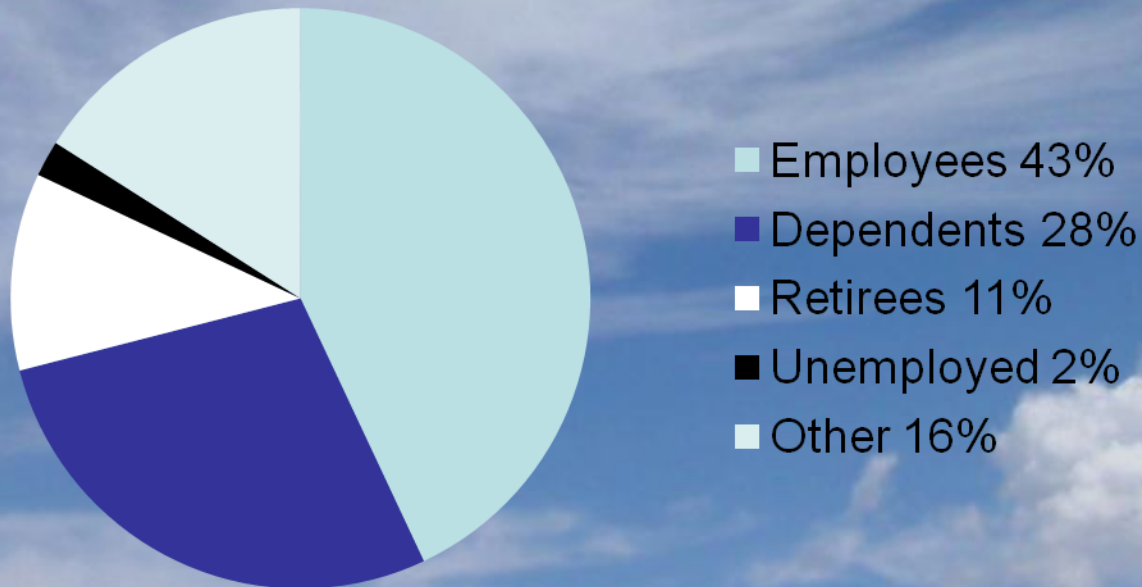
What is worksite wellness?

An organized program in the worksite that is intended to assist employees and their family members (and/or retirees) in making **voluntary** behavior changes which reduce their health and injury risks, improve their health consumer skills and enhance their individual productivity and well-being.

Source: WebMD, 2008

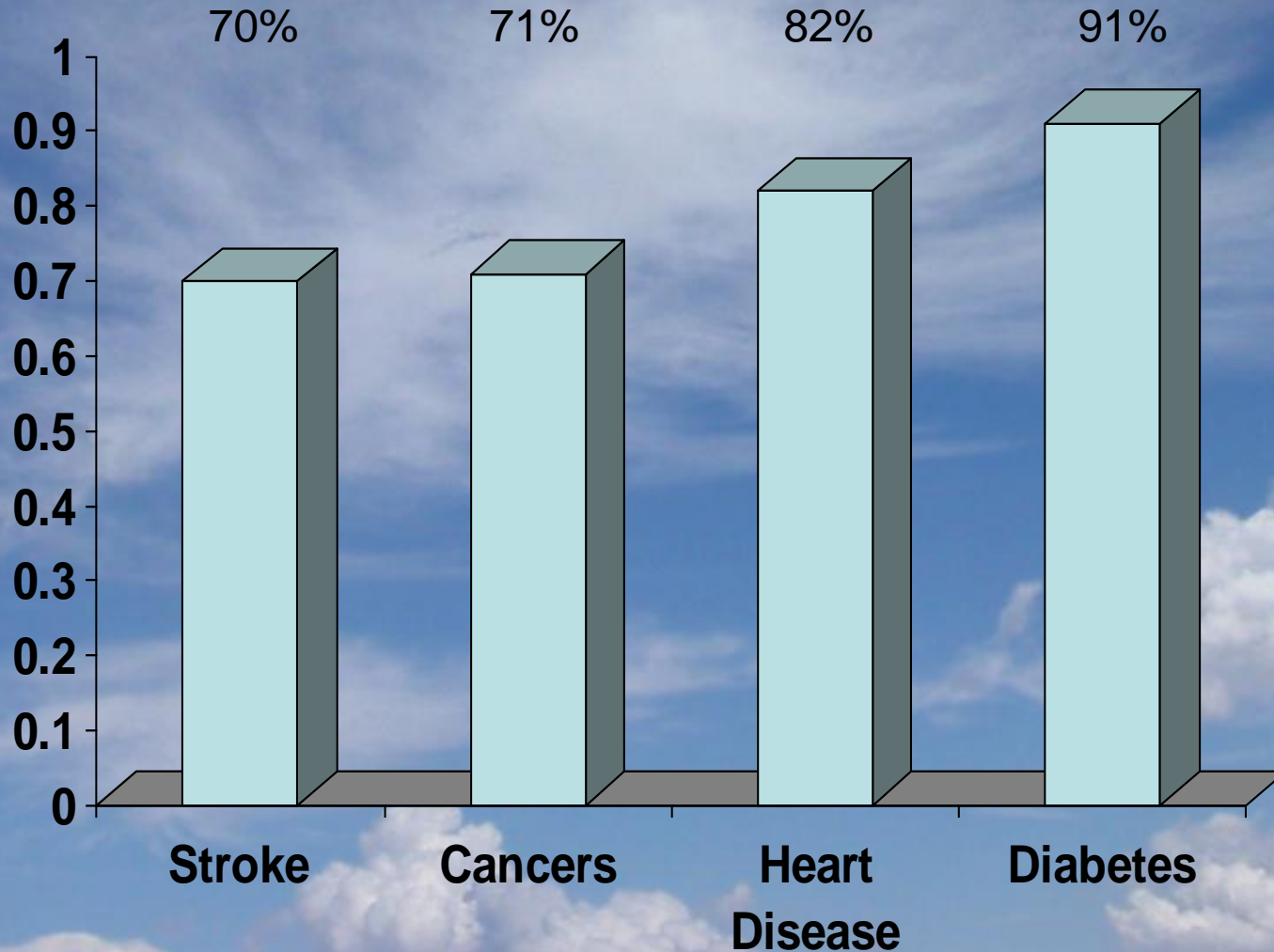
Why at the worksite?

**82% of U.S population
has employer connection**



source: The National Data Book, 2006

Lifestyle Causes Chronic Disease



Sources: Stampfer, 2000; Platz, 2000; Hu, 2001

Table 1. Classification and management of blood pressure for adults*

BP CLASSIFICATION	SBP* MMHG	DBP* MMHG	LIFESTYLE MODIFICATION	INITIAL DRUG THERAPY	
				WITHOUT COMPELLING INDICATION	WITH COMPELLING INDICATIONS (SEE TABLE 8)
NORMAL	<120	and <80	Encourage		
PREHYPERTENSION	120–139	or 80–89	Yes	No antihypertensive drug indicated.	Drug(s) for compelling indications.‡
STAGE 1 HYPERTENSION	140–159	or 90–99	Yes	Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB, or combination.	Drug(s) for the compelling indications.‡ Other antihypertensive drugs (diuretics, ACEI, ARB, BB, CCB) as needed.
STAGE 2 HYPERTENSION	≥160	or ≥100	Yes	Two-drug combination for most† (usually thiazide-type diuretic and ACEI or ARB or BB or CCB).	

Who Needs Help Adopting and Maintaining Healthy Behaviors?

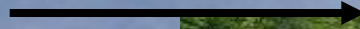


Who Needs Help
Adopting and Maintaining Healthy
Behaviors?
Everybody



Designing a wellness program

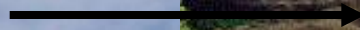
Behavior



Screening



Claims





The University of Scranton
WELLNESS WORKS
for a healthier you

Wellness and Strategic Plan

A Caring Community:

- Actively examine and improve the quality of campus life.**
- Create an environment that nurtures the wellness-physical, spiritual and emotional- and promote the safety of all within our community.**



Wellness Committee Members

Janice Winslow, Intramurals & Recreation,
Chairperson

Megan Davitt, Dorm Maintenance

Prof. Tara Fay, Biology

Dr. Debra Fetherman, Exercise Science

Erin Maguire, Athletics

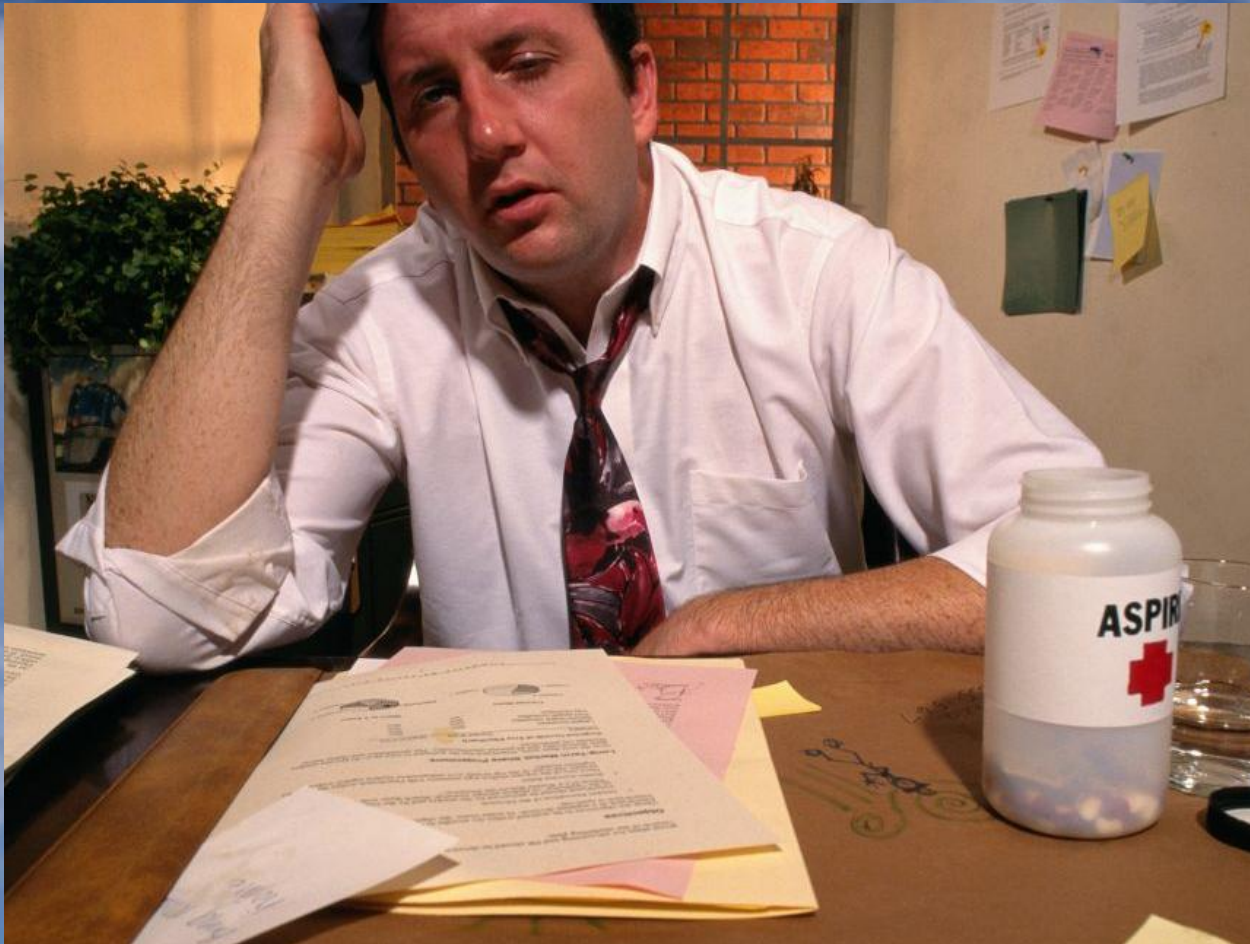
Cathy Mascelli, Employee Wellness Coordinator

Maribeth Smith, Student Affairs

Patti Tetreault, HR

Dr. Monica Thomas, Center for Health Education &
Wellness

Dr. Barb Wagner, Physical Therapy



Poor health is not always obvious

Take the online health assessment

Talk to a health coach

Know your numbers (Blood Pressure, Cholesterol, Glucose)

Incentives support your efforts



What you can do

- ✓ Take the online Health Assessment
- ✓ Talk to your health coach
- ✓ Increase your activity
- ✓ Eat better
- ✓ Relax
- ✓ Earn your Pillars (up to \$400)
- ✓ Participate in wellness program

Wellness Programs

- Mind Pillar

- Enneagram
- Freedom from smoking
- Gentle Yoga
- Health Screenings
- Mindfulness Meditation
- Relaxation 101
- Stress Management
- Tai chi
- Health Presentations

- Body Pillar

- The Biggest Loser
- Healthy Eating Everyday
- Healthy Cooking
- Nutrition
- Weight Management
- Weight Watchers
- 30 min Walk
- Active Living Everyday
- Lt wts & abs
- Pilates
- The fitness Challenge

We need your help for success

- Your participation is crucial
- Data must prove wellness program works
- Compare year 2 health assessments to year 1
- Are sick days down?
- Is the campus climate healthier?

What you do affects your quality of life now and in the future





Save the date

Friday, March 19, 2010



Questions?

www.scranton.edu/employeewellness

466 St Thomas

941-4550