

Warren County Schools - All On Board

Warren County School District is one of six school districts that are participating in the Staff Together Achieving Results (STAR) Pilot program. Katherine Hilliard, the Warren County School Health Coordinator, has been working since 2004 to create school level wellness committees. The STAR program was instrumental in finalizing administrative support for these committees.

The program provided a school

Worksite Wellness Toolkit, Toolkit training and assistance in action planning. This allowed each committee to create a wellness plan specific to their school's needs.

In the first semester of the 2008/2009 school year all eight schools in Warren County created wellness committees, developed action plans, and began implementing their programs. As an example, Vaughan Elementary

School identified healthy eating and physical activity as two target areas in their action plan. The school now offers a buddy walk program, line dancing and a healthy snack rack for staff.

The STAR program has played a role in Warren County Schools attaining national recognition by the Alliance for a Healthier Generation, Healthy Schools Program.

New Physical Activity Guidelines for Older Adults

The National Institute on Aging has released an updated version of *Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging*, an exercise guide for older adults. The Guide not only includes information on how to get started with a physical activity routine but also includes sample exercises for endurance, strength, balance and flexibility.

This publication is a valuable resource for wellness committees to provide appropriate physical activity information to the older employees in their worksites. To order this free publication or to download please visit www.nia.nih.gov/exercise.

The Institute also offers publications on several other health related topics in English and Spanish free of charge for

downloading or ordering. Some topic examples include healthy aging, healthy eating after 50, diabetes, heart disease, stroke, menopause and several others.



Year-End Worksite Wellness Survey 2009

Your wellness committee has recently received an e-mail from the Worksite Wellness Team requesting the completion of the Year-End Worksite Wellness Survey. This survey is available online. Only one completed survey is needed from each wellness committee. We request that your committee take the time to fill out this short survey. Your feedback will greatly help the Team evaluate and enhance the current worksite wellness program components.

At the close of the survey period, there will be a drawing for three prizes that will help committees with their work. Winning committees will be announced in the next newsletter and via e-mail by mid-May.

SCC Employee Walks 1,000 Miles

The Southwestern Community College (SCC) Walking Trail began in 1998 as a nature trail. In September of 2005, the students and staff at SCC volunteered to re-establish and expand the trail to include newly added wooded sections and urban sidewalks on campus. Now the trail is 1.87 miles long and 53 laps are roughly 100 miles.

SCC wellness committee

established a virtual plaque on the college's Web site to spotlight employees and students who walk 100, 200 or 500 miles around the trail.

Recently, a new category was added to this plaque to honor the first SCC employee who has walked a total of 1,000 miles on this trail.

To get more information about this trail and to see the virtual

plaque please visit www.southwesterncc.edu/info/walking-trail.



WELCOA's Step By Step Campaign

Spring has already begun and if your wellness committee is looking for resources to encourage employees to Move More, the *Step By Step* campaign from the Wellness Councils of America can help. This incentive campaign helps employees to get more physically active by aiming for 10,000 steps a day.

The campaign moves the employees through a 12-week

program to incorporate regular walking into their daily lives. The campaign comes complete with a detailed program overview, a coordinator's guide, employee handouts, and checklists. All the materials are 'printer-ready' and available for easy download at www.welcoa.org/freeresources/pdf/stepbystepfr.pdf.

Several other free resources including case studies, reports on

key worksite wellness issues, presentations, expert interviews and sample surveys are also available in the 'free resources' section of their Web site.



Garden Vegetable Pasta Salad

Ingredients:

- 3 cups whole-wheat rotini, cooked
- 1 cup broccoli florets
- 1 cup cherry tomatoes, quartered
- ½ cup sliced carrot
- ½ cup sliced red onion
- ¼ cup grated Parmesan cheese
- 2 Tbsp fresh basil, chopped (or 2 tsp dried basil)
- 2 Tbsp fresh parsley, chopped (or 2 tsp dried parsley flakes)
- ¼ cup nonfat plain yogurt
- ¼ cup low-fat (1%) buttermilk
- ¼ cup low-fat ranch dressing

Directions: Combine first eight ingredients in a large bowl. Combine yogurt, buttermilk, and ranch dressing in a small bowl. Stir well. Pour mixture over salad, toss to coat.

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