

Cultural Resources Kicks of Walking Map!

The Department of Cultural Resources (DCR) held a successful kick-off event for their downtown Raleigh walking map on October 25, 2006.



This walking map was created as a part of the DCR worksite wellness program to provide downtown employees a way to experience more physical activity during the workday.

Safety officer Rick White of the Department of Cultural Resources attended a NC HealthSmart Worksite Wellness Toolkit Training in January of 2006. Rick quickly organized fellow DCR employees to form a worksite wellness committee for the Department. Many committee members attended training in 2006.

The DCR wellness committee created a walking map that connects to each downtown DCR site, offering a safe and accessible route for employees to use during the day. This map was created with the assistance of the Raleigh City Planner's Office, who mapped out the route taking points of interest to the DCR employees and safety concerns into consideration. The committee worked together to create a map that is visually stimulating and educational, with tips from www.eatsmartmovemorenc.com.

The wellness committee held a kick-off ceremony for the walking map, complete with a healthy snack and several raffle prizes. All participating employees also received a 'DCR Bodies In Motion' water bottle to take back with them. This kick-off highlighted the importance of wellness for DCR employees and offered employees a taste of NC history from their fellow colleagues in Historic Preservation, who served as tour guides along the way. The walking map will not only benefit DCR employees, but can also be used by other downtown state employees who would like a walking route for their daily physical activity breaks.

A copy of this downtown Raleigh walking map can be downloaded at <http://web.dcr.state.nc.us/Documents/HumanResources/Walking-Map.pdf>

The walking map indicates routes for distances of 0.5 mile, 0.75 mile, 1.0 mile, 1.5 mile and 2.0 mile along with approximate time. It also lists several points of interest along the routes.

To create your own walking map, call your city planner's office or print a free map at: www.gmap-pedometer.com

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Worksite Wellness Web Site Coming Soon!

Visit the newly launched worksite wellness Web site at:

www.shpnc.org/worksite-wellness.html

Coming in 2007, this Web site will provide a wealth of worksite wellness resources including worksite wellness data & statistics, PowerPoint presentations, resource guides, toolkit documents in MS Word, the full Toolkit available for download, and lots more!



Utilizing National Resources to Enhance your Committee's Work

The Centers for Disease Control and Prevention recently unveiled their new worksite wellness Web site - The Healthier Worksite Initiative. This has been designed by the Centers for Disease Control as a resource for worksite wellness program planners in state and federal government.



Here you will find information, resources, and step-by-step toolkits to help you improve the health of your employees, including how to establish a stairwell program, set-up a garden market on-site, and cost-calculators for worksite wellness cost savings.

www.cdc.gov/nccdphp/dnpha/hwi/index.htm.

Additional Trainings - Winter 2007

If you would like someone from your wellness committee to attend a NC HealthSmart Worksite Wellness Toolkit training workshop, the Worksite Wellness Team will hold additional trainings this winter. Contact a member of the Team to receive information on upcoming trainings in your area.

Quick & Easy Employee Survey Tools

Are you trying to figure out how to create a quick and easy survey for your employees at little or no cost? Check out the following online survey Web sites for launching surveys that can be e-mailed to your employees:

- www.freeonlinesurvey.com
- www.zoomerang.com
- www.surveymonkey.com

All of these Web sites offer a free 'basic' membership, which allows a limited number of responses over a defined time period. This option may work for your committee if you don't have a large employee population. For larger worksites, consider purchasing a monthly or annual subscription, or find out if someone else in your agency already has a subscription. The survey tools are very easy to use and they compile all the data for you in a ready-to-use format.

More ideas for administering employee surveys can be found in Appendix Q (pg. 59) of the Committee Workbook in the Toolkit.

Coping with the Holiday Season

Many Americans are over-stressed during the holiday season and end up with extra pounds around the New Year. Your wellness committee can promote weight maintenance during the holidays by encouraging employees to participate in the Eat Smart Move More Holiday Challenge.

The state-wide challenge runs through December 31st but individuals can sign up anytime.

Registration is free, and email addresses will not be shared with anyone or used for any other purpose. Each registered participant will be able to:



- Chat with fellow Holiday Challengers across the state to get moral support every step of the way!
- Ask the experts questions on the Holiday Challenge message board.
- Receive a free weekly newsletter chock full of tips, recipes, and more.
- Download tools to monitor progress.

Ask your fellow co-workers to go to www.myeatsmartmovemore.com to sign up today!



Check the Eat Smart and Move More sections of your toolkit for recipes, physical activity ideas, handouts & resources to help employees maintain their weight during the holidays!

Simple Holiday Recipe



This broccoli and chicken quiche is sure to be a hit at your next employee holiday event. Remember to offer healthy options at all staff events and meetings – for suggestions, see Appendix A in the Eat Smart section of the NC HealthSmart Work-site Wellness Toolkit.

Ingredients:

- 9 inch ready-made pie crust
- 4 eggs
- 1 cup low-fat or skim milk
- ¾ cup low-fat cheddar cheese, shredded
- ¾ cup cooked, chopped chicken
- 10 oz. frozen, chopped broccoli
- ¼ cup carrots, shredded
- ¼ cup finely chopped onions (optional)
- ½ - ¾ tsp garlic salt

Directions:

1. Preheat oven to 350 degrees. Bake pie crust according to package directions
2. In mixing bowl, combine eggs, milk, salt & pepper. Mix well.
3. Place frozen broccoli in microwave. Cook according to package directions. Pour off excess liquid. Let cool, then squeeze to remove more liquid.
4. Layer meat, vegetables and cheese into baked pie crust. Pour egg mixture over other ingredients.
5. Bake at 350 degrees 30-40 minutes or until top is brown and knife inserted into center comes out clean.
6. Let stand 5 minutes before cutting

Nutrition information Per Serving

270 calories	Total Carbohydrate	17 g	
Total Fat	16 g	Dietary Fiber	2 g
Saturated Fat	6 g	Sodium	540 mg
Protein	16 g		

- Excellent Source of Vitamins A
- Excellent Source of Vitamin C
- Excellent Source of Calcium

Worksite Wellness - Making the case

Numerous studies have proven that worksite wellness programs help improve both employee health and a company's bottom line. The Worksite Wellness Team has compiled these studies, including information on the cost benefits of worksite wellness programs. A one-page overview of these studies will be available for download on the new worksite wellness Web site coming in 2007.

Remember that the Worksite Wellness Team can help your committee to make the case to management for wellness at your worksite by providing the information and tools you need. Contact a member of the Team today for assistance.



Getting in Touch—How to reach other wellness committees

Contact a member of the Worksite Wellness Team for a directory of other wellness committees across the state. Networking provides an opportunity to share successes and barriers with your peers. To include your committee's contact information in this directory, please provide us with the following:

Name
Agency/School
Division (if agency)/Department (if school)
Committee Name (if applicable)
Contact Phone
Contact E-mail
Committee Website (if applicable)
Can we share your contact info with other committees (Yes/No)?

If you have not already submitted your information, email or call us soon to be included.

Promoting NC HealthSmart Materials and Programs

The following NC HealthSmart information and resources are available for FREE for State Health Plan members. By promoting these resources to your employees, you are helping them to better identify their health risks and take the first step toward better health:

- *Health Risk Assessment* – simple and easy-to-complete survey that provides Plan members with a comprehensive personal action plan to help identify personal health risks
- *Interactive Tools & Lifestyle Plans* - online personalized plans for tobacco cessation, weight loss or physical activity
- *Health Education Tools* –free video, printed and audio materials around specific topics available by contacting a Health Coach
- *Health Coaching* – trained health professionals available to all members who want disease and lifestyle management support. Call 1-800-817-7044 anytime.

Find out more about these and other State Health Plan benefits at www.shpnc.org.



The NC HealthSmart Worksite Wellness Program is a part of the NC HealthSmart wellness initiative designed to help State employees improve or maintain their health. The aim is to assist state agencies, community colleges, public universities and public schools in creating a culture of wellness at their worksites. Currently, the NC Division of Public Health administers the program. Additional resources and support for public schools will be launched in 2007.

