

NCDOT – Expands its Worksite Wellness Program

NC Department of Transportation (NC DOT) has built an impressive, agency-wide wellness infrastructure through the leadership of Transportation Secretary Lyndo Tippett and a talented coordinator, Robin Hicks. Fourteen worksite wellness committees, representing more than 12,000 DOT employees, have received training on ways to develop and sustain a wellness program.

The Raleigh-based wellness committee, *Highway to Health*, held an event in the fall during which Secretary Tippett pledged his support for the DOT wellness program and invited all employees to join him in making a personal commitment to live a healthier lifestyle.

As of February 2008, DOT has entered a second phase of its wellness initiative which will expand its programs for its

employees. This three-year project, made possible by a charitable donation, will help DOT employees increase healthy behaviors and aims to achieve cost savings through reduced health care claims and improved employee productivity.



Office of State Personnel Passes New Worksite Wellness Policy

The NC Office of State Personnel (OSP) has established a Worksite Wellness Policy for all state agencies and universities that became effective February 1, 2008. The OSP and the State Health Plan (SHP), in collaboration with the NC Division of Public Health, will assist agencies and universities in the development of a comprehensive wellness program that will

address the primary components of a healthy lifestyle, including healthy eating, physical activity, tobacco cessation and stress management. The NC HealthSmart Worksite Wellness Toolkit and Web site, available at www.shpnc.org/worksite-wellness.html, will serve as a resource for organizations implementing the policy. Wellness committees will continue to receive support

from the SHP. Now, agency and university leaders will also receive training and technical consultation on how to create an effective employee wellness program and provide ongoing support for existing wellness committee initiatives. To download the complete policy including the purpose, components and guidelines please visit www.osp.state.nc.us.

March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created by the American Dietetic Association. The campaign reinforces the importance of making informed food choices and developing sound eating and physical activity habits.

Your wellness committee can help employees stay in tune with this year's theme - **Nutrition: It's a Matter of Fact**. The *Eat Smart* section of the NC HealthSmart Worksite Wellness Toolkit

is packed with suggestions and resources to implement programs and activities that can help your employees choose healthy foods. It can also be downloaded online at www.eatsmartmovemorenc.com/Resources/wttoolkit/eatsmart.html. See the *HealthStart* activity for a quick and easy program idea.

Help Employees Quit Now with State Health Plan Benefits



With the start of the New Year, smoking is prohibited in all state government facilities in accordance with Session Law 2007-193.

A complete copy of this Law can be accessed at www.ncga.state.nc.us/EnactedLegislation/SessionLaws/PDF/2007-2008/SL2007-193.pdf. Employees can use this regulation as a motivation to Quit Now. Wellness committees can help by making employees aware of the tobacco cessation benefits available from the State Health Plan, including over-the-counter

(OTC) generic nicotine patches for members. To receive these free patches, Plan members must receive counseling from their health care provider or call the NC Quitline (1-800-784-8669). Members will need a prescription for OTC generic patches.

For more information visit www.shpnc.org/pdf/SmokingCessation_flyer.pdf.

Challenge Employees to Get Fit with the President's Challenge

The National President's Challenge is a free fitness program that begins March 20, 2008. The Challenge is designed for everyone – kids, teens, adults and seniors.

Registration will begin on March 1, 2008. All Challenge participants are encouraged to be active at least five days a week, and log their activity on a personal activity tracker. Participants must start (or

continue) logging their activity by April 3, 2008 in order to complete the minimum six week requirement by the last day of the Challenge, May 15, 2008.

Downloadable tools to help people stay active and certificates to congratulate winners will also be available at the Web site.

Wellness committees can use the President's Challenge program to help employees be more active

and lead healthier lives.

Employees may sign up for the Challenge as individuals or in groups. For more information and to register visit www.presidentschallenge.org.

You're it.
Get fit!

Worksite Wellness Webinars

Several webinars have been scheduled for March 2008.

Upcoming topics include:

- Surveying your Worksite
- National Employee Health and Fitness Day
- Helping Employees Manage Arthritis
- Increasing Employee Participation



Four Layer Dessert

Ingredients:

- 1 cup flour
- ½ cup finely chopped almonds
- ¼ cup butter or margarine, melted
- 1 (8 oz) package fat free cream cheese
- ½ cup powdered sugar
- 2 cups thawed light whipped topping, divided
- 3 cups fat-free milk
- 2 pkg fat free, sugar free instant pudding, chocolate flavor

Directions: Preheat oven to 350°. Mix flour, almonds and margarine until well blended. Press onto bottom of 9 x 13 inch baking pan. Bake 15 minutes, or until lightly browned. Let cool. Mix cream cheese and sugar until well blended. Stir in 1 cup of the whipped topping. Spread onto crust. Pour milk into a large bowl. Add pudding mix. Beat with a wire whisk for 2 minutes. Spread over cream cheese mixture. Cover with remaining whipped topping. Refrigerate to chill.

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