

Keys to Wellness at Craven Community College

In January of 2006, Dr. Scott Ralls, President of Craven Community College sent representatives to the NC HealthSmart Worksite Wellness Training Workshop. These representatives, Vickie Moseley Jones, Human Resources Director, and Toni Blount, Health and Physical Education Instructor, returned from the training ready to begin recruiting members to serve on a new employee wellness committee.

The HealthSmart Keys to Wellness Committee was assembled with representatives from across the college, and as their first step, they administered an employee interest survey to assess employees' needs.

The committee found that employees were most interested in having healthy snacks available for purchase at work, participating in group exercise classes, learning stress management techniques, and working in a tobacco-free environment.

After administering the employee survey, the committee planned a large-scale kick-off event that coincided with the Fall Semester Employee Opening Day at the college. The day included stretching led by Dr. Ralls, stress management classes, a health fair, and a healthy lunch.

The Keys to Wellness Committee received funding from a grant awarded by the Craven Community College Foundation. By creating opportunities for employees to be proactive in their health and their lifestyle choices, and by planning activities and environmental changes that capture employees' interest, the committee is already a success.

Key steps

- The employee interest survey, completed by 100 of 200 total employees identified key areas of interest for the wellness program.
- Survey results were presented to all faculty and staff at the Fall Semester Employee Opening Day.
- At the Opening Day kick-off, employees received lunch bags, pedometers, and general information about upcoming plans for worksite wellness on campus.
- The HealthSmart Keys to Wellness committee developed a year long action plan that included a run/walk in October, a flu clinic, lunch-and-learns on healthy eating, a Biggest Loser Holiday Challenge contest, walking clubs, a spring kayak trip, and continued investigation into foods served at campus snack bars and cafeterias.
- The committee has strong leadership support at the college and enthusiastic committee members from across the campus.