

North Carolina State University  
**Worksite Wellness Committee**

**MINUTES OF MEETING**

August 6, 2008

Administrative Services II Building, Conference Room 101

**Call to Order:** Yvette Griffin called the meeting to order at 2:06 PM.

**Members Present:** Chad Austin, Sue Cross, Lisa Eberhart, Yvette Griffin, Christine Klein, Ken Kretchman, Harvey Lineberry, Matt Miller, Rob Stevenson and Mary Yemma

**Status Updates:**

- Partnerships - Yvette Griffin and Rob Stevenson met with people representing different departments, units and organizations
  - Campus Recreation and Carmichael Recreation Center
    - They discussed ideas for faculty and staff to get involved in activities/programs such as educational sessions, team sports and walking and biking groups.
    - May be possible to utilize interns from four different areas of discipline to put ideas into practice and provide program support
  - Randy Lait with Dining
    - Chefs could present Healthy Picking Sessions; mobile units also available
    - Held a five week weight program for Dining employees in which employees were given pedometers and kept food diaries amongst other things and monitored their progress. This program could easily be expanded to include University faculty and staff.
  - Met with Clint Davis and decided the best approach to measure results is to use a national average.
  - In the future, they will meet with Stephanie Sobol from Healthy State and Carolyn Dunn with Eat Smart, Move More.
- State Health Plan
  - The State Health Plan recently hired a new director and, due to budget issues, many of the periphery programs have been put on hold. Support cannot be expected from the SHP for wellness initiatives at this time.
  - Re-ran the *Membership and Population Profile* which statistically compares NC State University employees' health-related information to that of all North Carolina State Health Plan members. A summary sheet was passed out.
- Weight Watchers may not be the ideal program for NC State as there are other options available on campus such as TOPS.
- Transportation is pursuing their bike rental program. They are currently refurbishing bikes and working out liability issues.

- Website
  - The Wellness website will be linked to from the HR website. Would like to place a link to the site from the main NCSU site under the Faculty and Staff link.
  - Angelina Blackmond, wellness intern, has been assembling prototypes for the wellness website and showcased three. Each prototype contained links to items that had been discussed at past meetings such as an events calendar, wellness programs (list of programs available all year), wellness tips and links to departments' websites. The committee liked the second option best.
  - Before the site is launched, a graphic designer will work with it to ensure that it matches the HR website's structure and design.
  - The current goal is to make sure the content is correct. The committee was asked whether they had any comments regarding the content.
    - Add a section of exercises that are possible at one's desk for those who are unable to leave their desks during the day.
    - Videos available on the Dining's website to which we can link. These videos are between 30 seconds and 4 minutes and should be easy for employees to utilize as they present information in a YouTube format. The committee could also create their own video or hire students to do so as the resources are available on campus.
    - Link to the nutrition calculator on Dining's website; contains the nutritional information for all food served on campus.

**Identify Ambassadors:** The committee would like to identify Wellness Ambassadors who would be people responsible for disseminating wellness information to employees in their units/departments. The group will explore this further at the next meeting.

**Next Steps for Implementation:**

- The earliest the committee can successfully implement an initiative is September. Should start out by promoting current programs, organize walking groups and follow up by implementing a weight program. The weight program will be a derivation of the one used by Dining which has yet to be named. Maybe combine a fitness class with the weight class.
- Think about ways to communicate with faculty and staff successfully. Building liaisons? Periodic meetings such as Personnel Connections or Staff Senate?
- Lisa Eberhart will take on the design of a weight management program for campus. She plans to modify the program she ran for Dining. Mary Yemma will determine how to incorporate current Campus Rec initiatives with the weight program.
- Mary Yemma will work on the details for walking/running groups.
- The Benefits Office is evaluating pedometers and looking for sponsors; will also continue to work on the website.
- Chad Austin will research marketing and determine efficient methods to disseminate program information to faculty and staff
- Mary Yemma and Christine Klein will pool their resources in an effort to assemble a running map for campus.

**Adjournment:** The Meeting adjourned at 3:25 PM.