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Workplace Wellness Program- Influencing Healthy Lifestyle and Behaviour

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Workplace Wellness Program: Influencing Healthy Lifestyle and Behavior

Oreoluwa Ayo-Olaniyan

UWILL Discover!

Initiative #1: Stress Management

HOLIDAY STRESS?

TIPS FOR SURVIVAL



Thurs., December 3rd, 2015
(11-1pm)

The Holidays are stressful... Be AWARE!

- *Guide to 3-minute mindfulness meditation
- *Positive approaches to stress management

Initiative #2: New Year's Resolutions



1) Weight reduction



2) Smoking Cessation



3) Stress Reduction

Background: The high rates of cancer and other chronic illnesses in Windsor-Essex County can be prevented and/or minimized through lifestyle and behavioral modifications. The workplace has been identified as one of the most direct ways to influence health behaviors. While positive health outcomes have been supported for employees in large and mid-size companies, less is known about the effectiveness of workplace wellness programs geared to small businesses.

Purpose: The aim of this research is to facilitate the development, implementation and evaluation of a workplace wellness program in a small-sized business in Windsor-Essex County.

Methodology: Employees participated in a needs assessment survey. The health and safety wellness committee within the workplace prioritized topics based on wellness survey results. Employees completed a follow-up survey to evaluate the impact of the wellness activities.

Data/Results: Participants were asked to identify the impact of the wellness initiatives based on the following criteria and on the scale of ... ★ Not at all to ★★★★★ Greatly
(* indicates half a star)

Results	Stress Management	New Year's Resolutions	Heart Health	Cancer Screening
Increased Knowledge	★★★★	★★★★	★★★★*	★★★★
Positive Alteration of Behavior	★★★★*	★★★★*	★★★★*	★★★★
Positive Results	★★★★	★★★★*	N/A	N/A

Initiative #3: Heart Health

Heart Health

Discover your heart's state of health



- Blood pressure checks
- Increase your knowledge of your heart
- Strategies to reduce/manage risk factors

Initiative #4: Cancer Screening



What you need to know about...
Cancer Screening

Thurs. Mar. 17, 2016
11am - 1pm

Did you know...? Most of the common cancers can be treated successfully through when found early.

COME FIND OUT HOW

Conclusion: Key Findings

Collaboration with the health and safety wellness committee within the workplace provided direction in planning initiatives and positively influenced employee motivation to participate. Employees expressed enthusiasm for the wellness initiatives while participating and looked forward to upcoming activities. Personal contact with the employees contributed to trusting relationships.

Future Directions: Evaluate impact of ongoing wellness initiatives on employee health and sense of well-being as well as job satisfaction.