

North Carolina State University
Worksite Wellness Committee

MINUTES OF MEETING

November 1, 2007

Administrative Services III Building, Conference Room 101

Call to Order: Yvette Griffin called the meeting to order at 2:10 PM.

Introductions: As this was the first meeting of the committee, the members introduced themselves to each other. Members present were Jerry Barker, Jennifer Byrd, Corrie Cadwallader, Sue Cross, Yvette Griffin, Peter Kay, Peter Koutroumpis, Ken Kretchman, Terree Kuiper and Rob Stevenson. Guests present were Casey Herget, State Health Plan and Elizabeth Zimmerman, North Carolina Department of Public Health.

Overview of the State Health Plan Worksite Wellness Program: Casey Herget, Health Promotion and Disease Prevention Consultant

- Ms. Herget, State Health Plan Health Promotion and Disease Prevention Consultant, presented a brief overview of the NC HealthSmart Worksite Wellness program. She discussed NC State University's health demographics in comparison to the state's state health plan members; NC HealthSmart components; how members get information; tools and resources; and pilot wellness initiatives. Ms. Herget then asked the committee members if there were any questions. Questions and answers included the following:
 - Are there any incentives for employee to complete the Health Risk Assessment? Not currently. The General Assembly has approved financial incentives, but it has not yet been finalized.
 - How will the wellness program affect employees who are eligible for the plan but not enrolled? Incentives should be offered to all employees, regardless of enrollment status.
 - Is there an off-work safety component? Some organizations have partnered with their Health and Safety departments and/or started committees at that level.

Brainstorming: Mrs. Griffin asked the committee if they were aware of campus activities promoting wellness and/or organizations on campus that were active and to discuss their details.

- Professional Growth Committee sponsors a program called Shape Up State where staff members can earn point by logging physical activity.
- Centennial Campus Partnership
 - Have partnered with Rex Healthcare to offer wellness activities such as a health fair, fitness day, mobile mammography and health screenings. These programs have not typically been promoted to all employees, but the initiative can be expanded.
- Student Affairs organizes programs where information is passed out to incoming students at orientation including magnets advertising HealthySTATE website and HealthySTATE pamphlets.

Committee Infrastructure: Mrs. Griffin asked the committee for ideas on how to communicate information regarding the wellness program and activities to campus.

- Advertising online is an option, but does not reach the entire campus as many employees do not have access to computers while at work.
- E newsletters
- Fliers on campus
- HR personnel distribution list or building liaisons
- Departmental Committees

NC HealthSmart Worksite Wellness Toolkit: Elizabeth Zimmerman, Worksite Wellness Manager

- Ms. Zimmerman, Department of Public Health Worksite Wellness Coordinator, presented an overview of the Worksite Wellness Toolkit. She discussed the model used to develop the program, including pilot initiatives, communication and technical directories. The kit also includes a contact list of committee members who are willing to discuss their wellness programs.

Next Steps: Further discussion on committee infrastructure

- If we have additional members or committees what that infrastructure would look like and who would be involved
- Potential vendor relationships that may be tapped into to use to provide incentives
- Seek out other wellness programs or initiatives to share with the group
- What is currently being done on campus and throughout the university

Adjournment: The Meeting adjourned at 4:00 PM.