

**FACS Niagara**

**April - December, 2011**

**EWSNetwork Summary and Progression Report**

**Wellness Coaching Highlights:**

During this reporting period, consultant transitions occurred in the early summer and in the fall months. Percentages are reflective of these 2011 changes.

* Booking rates have decreased slightly [95% from 97%].
  + Out of a possible 560, 536 were booked.
* Cancellation rates have increased slightly [21% from 19%]. Cancellations vary from sickness, last minute changes to schedules, and other.
  + Out of 536 booked, 413 were attended.
* Attendance rates have decreased slightly [79% from 81%].
  + Out of 536 booked, 122 were cancelled.

**Personal Wellness Profile PWP Highlights:**

* Annual on-line health questionnaire with incentive $500 draw [all eligible EWSNetwork participants]
* 28% participation rate [120 participants]
* The health risk profile for 2010/2011 is below.

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| --- | --- |
| **2011** | **2010** |
| 1. Cancer Risk Reduction (73% have higher cancer risk) 2. Improving Fitness (68% showed need for improving fitness levels) 3. Weight Management (61% are above their recommended weight range) 4. Better Nutrition (50% showed need for making nutritional changes) 5. Managing Stress (26% are bothered by excessive stress) | 1. Cancer Risk Reduction (69% have higher cancer risk) 2. Improving Fitness (69% showed need for improving fitness levels) 3. Weight Management (55% are above their recommended weight range) 4. Better Nutrition (51% showed need for making nutritional changes) 5. Managing Stress (27% are bothered by excessive stress) |

* **Readiness to Change Behaviours**
  + There has been a positive shift in the behavioural change continuum. Less people are in the planning stage of healthy lifestyle change with more in the healthy maintenance stages of change.

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| **Stages of**  **Behavioural Change** | **2010** | **2011** |
| Pre-contemplation | 3% | 3% |
| Contemplation | 15% | 18% |
| Planning | 22% | 9% |
| Action | 20% | 20% |
| Maintenance | 39% | 47% |

**2011 Summary of Wellness Program** [from the period of April – November/December 2011]:

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| **April** | 12th | Coordinator Conference Call - Program Staff |  | Meaghan participated in call with coordinators to discuss strategies for including program staff in program. |
| 18th | Healthy FACS meeting |  |  |
| **May** | 10th | Healthy FACS Meeting |  |  |
| 24th | Heart Health Talk (St. Catharine's) | 15 | Facilitated by Tamara on Heart health awareness. |
| Wednesdays during month | Blood Pressure Awareness Campaign - Program Staff | all coordinators | Email campaign sent to program staff coordinators to share with staff or post on "wellness walls". |
| **June** | 1st-17th | Walking Works | 150 | Pedometer and incentive-based individual challenge. Prizes drawn for winners. |
| 3rd | Program Staff Wellness Sessions Event 12:30-3:00pm | 10 | Tamara talked to Nancy Lisi and her group - It's in You to Move and held one-on-one consultations |
| 20th | Program Staff Wellness Sessions Event 12:30-3:00pm | 8 | Tamara talked to Sharon Milne and her group - It's in You to Move |
| 21st | Healthy FACS Meeting |  |  |
| **July** |  | 9 Weeks of Summer | all staff | Awareness email campaign included nine consecutive weeks of summer recipes, exercise tips, sun safety, hydration etc. Information was emailed to all staff on Wellness Wednesdays. |
| 19th | Healthy FACS meeting |  |  |
| **August** | 8th-23rd | August Exercise Series | 8 to 10 | Tamara instructed the following summer exercise programs: August 8th-Welland (Lower Body BAT Workout), August 10th-St. Catharines (Lower Body Power), August 16-St. Catharines (Body Weight Fun), August 17-Welland (All Abs), August 22-Welland (Boot Camp) and August 23-St. Catharines (All Abs) |
|  | 9 Weeks of Summer Continued | all staff | Awareness email campaign included nine consecutive weeks of summer recipes, exercise tips, sun safety, hydration etc. Information was emailed to all staff on Wellness Wednesdays. |
| 16th | Healthy FACS Meeting |  |  |
| August 29-Sept.28 (week 1 of 5) | Learn to Walk/Run EWSNetwork-5 Week Series Begins August 29-September 30th. Goal is the Run for a Cure on October 2nd. | 5 | Instructional sessions on how to develop a personal walk/run program for the month of September. Calendar of workouts and locations of group run/walk was posted on Webby and emailed to staff. Locations alternated between Welland and St. Catharines. |
| **September** | Week 2 - 5 (September 5-28th) | Learn to Walk/Run EWSNetwork-5 Week Series Begins August 29-September 30th. Goal is the Run for a Cure on October 2nd. | 8 to 10 | Instructional sessions on how to develop a personal walk/run program for the month of September. Tamara lead the following sessions: Niagara Falls- September 7th, 14th, 26th, Welland-September 12th, 23rd, and St. Catharines-September 9th, 21st, and 28th. |
| Wednesdays during month | Healthy Lunch Box | all coordinators | 3 week email campaign sent to all staff and uploaded on intranet. Back to school strategies for families were included along with ideas on what to pack in a lunch and some recipes. |
| 20th | Healthy FACS Meeting |  |  |
| 22nd | Healthy Lunch Box | 16 | Healthy Lunchbox lunch n' learn presented in St. Catharines |
| 27th | Running Room Speaker | 15 | Holly de Bray-Benard (Mgr. of St. Catharines Running Room) discussed "Factors Contributing to Making Running and Walking More Efficient". Presentation done at St. Catharines. |
| 28th | Apple Walk Around | 60 | Colleen EWSNetwork walked around and pasted out apples and nutritional information about apples to all St. Catharines staff. |
| 29th | Apple Walk Around | 25 | Colleen EWSNetwork walked around and passed out apples and nutritional information about apples to all St. Catharines staff. |
| 30th | Wellness Day for Support Staff |  | Meaghan presented information on wellness benefits, group walk at lunch and health fair display. |
| **October** | 2nd | Run for the Cure |  |  |
| all month | Breast Cancer Awareness | all sites | An educational kiosk was set up with some health tips and information about Breast Cancer. |
| 3rd | Apple Walk Around | 25 | Tamara EWSNetwork walked around and passed out apples and nutritional information about apples to all St. Catharines staff. |
| 18th | Healthy FACS Meeting |  |  |
| **November** | Wednesday, November 9th-December 14th | Maintain Don't Gain. |  | 6 week awareness program with weekly tips about how not to gain over the holidays. Measurements were done for accountability for those who wanted them. |
| all month | Prostate Awareness | all staff | An education display was set up with some health tips and information about Prostate Cancer. |
| Nov 15-Dec 20 | Core Classes | 4 to 5 | Welland core classes led by Tamara Brouwer. |
| Nov 16 - Dec 21 | Running/Walking Series | 4 to 5 | Running/walking series led by Tamara Brouwer. |
| all month | Personal Wellness Profile | 120 | Awareness campaign to establish baseline health risk profiles for employees. Group trend reports and corporate analyses are presented to management. |
| 15th | Healthy FACS Meeting |  |  |
| **December** | Wednesday, November 9th-December 14th | Maintain Don't Gain Continued. |  | 6 week awareness program with weekly tips about how not to gain over the holidays. Measurements were done for accountability for those who wanted them. |
| Dec 8 & 14 | Flu and Cold Prevention | 6 at St. Catharines; 10 at Welland | Dr. Erin MacKimmie and Dr. Mary Magnotti presented a lunch n' learn session at St. Catharines and Welland to discuss flu prevention. |
| 9th | Maintain, Don't Gain group session | 12 | Tamara talked to Nancy Lisi and her group - Maintain, Don't Gain - and held one-on-one consultations |
| 20th | Healthy FACS Meeting |  |  |

**2012 Wellness Program at a Glance** [from the period of Jan – June 2012]:

EWSNetwork and the wellness committee will be designing the on-site wellness program in accordance to the needs and interests of the staff. The results from the health risk profile, the group trends recognized by the health coaches, and objectives from management, will be taken into consideration with the design for 2012.

The FACS Wellness Program at a Glance is included and attached for the period of Jan – June 2012. The wellness committee will finalize the wellness initiatives and timing at upcoming meetings.

**Virtual Wellness Program Addition** – EWSNetwork is launching a NEW Virtual Component to the wellness program. Employees will have access to on-line personalized profiles [with personal wellness goal setting], tracking programs [exercise, steps, nutrition, sleep, stress scores/goals, etc…], wellness challenges [team and individual], health coaching appointment sign ups, and a comprehensive reporting program. The planned roll-out is 2012 [date TBA].

Some screen shots are below.



