

Steps to Wellness

Physical Activity Policy Project

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Project Purpose

- ▶ Provide worksites with training, resources and tools needed to create a workplace environment supportive of physical activity.
 - ▶ Project focuses on increasing employee physical activity levels through physical activity policy and environmental change
- ▶ Workplaces receive training, education, resources, funding and technical assistance to help establish and strengthen physical activity efforts

Project Overview

- RFP Selection
- CDC Steps to Wellness: *A Guide to Implementing the Physical Activity Guidelines for Americans in the Workplace Toolkit*
- Webinar Training
- Pre/Post Survey Assessment
- Onsite Visits
- Continued Technical Assistance

Steps to Wellness Toolkit

- CDC Steps to Wellness: *A Guide to Implementing the Physical Activity Guidelines for Americans in the Workplace Toolkit*
- CDC Toolkit offers evidence-based ideas and suggestions for creating a wellness culture through physical activity programs in the workplace
- Webinar Training



Model Policy



Model Worksite Physical Activity Policy

- a. **Active Meetings:** Staff organizing a full working day meeting will incorporate a set amount of time (i.e. 15 or 30 minutes) for physical activity break(s) into the meeting. For example: a one-hour lunch break could have 30 minutes dedicated for physical activity, or two scheduled 15 minute breaks for physical activity throughout the day (i.e. stretching, walking).
- b. **Alternative Work Schedules:** Managers and supervisors encourage and support all staff to utilize breaks and lunch periods for physical activity during the work day. In addition, managers and supervisors are encouraged to allow flexible schedules to accommodate employee physical activity, while assuring primary work is accomplished (i.e. flexible work schedules to accommodate active transportation commuters or those that bike/walk to and from work or those that choose to be physically active over lunch periods).
- c. **Allotted Staff Planning Time:** Time will be dedicated for appropriate staff to organize and disseminate information about regular and special opportunities for physical activity engagement or for environmental enhancements to support physical activity.
- d. **Dedicated Physical Activity Time:** Outside of regularly scheduled breaks, employees will be allocated time to be active each day or week. For example, outside of regular break times, employees are allowed 30 minutes per week to engage in physical activity during paid time while assuring all primary job duties are accomplished.



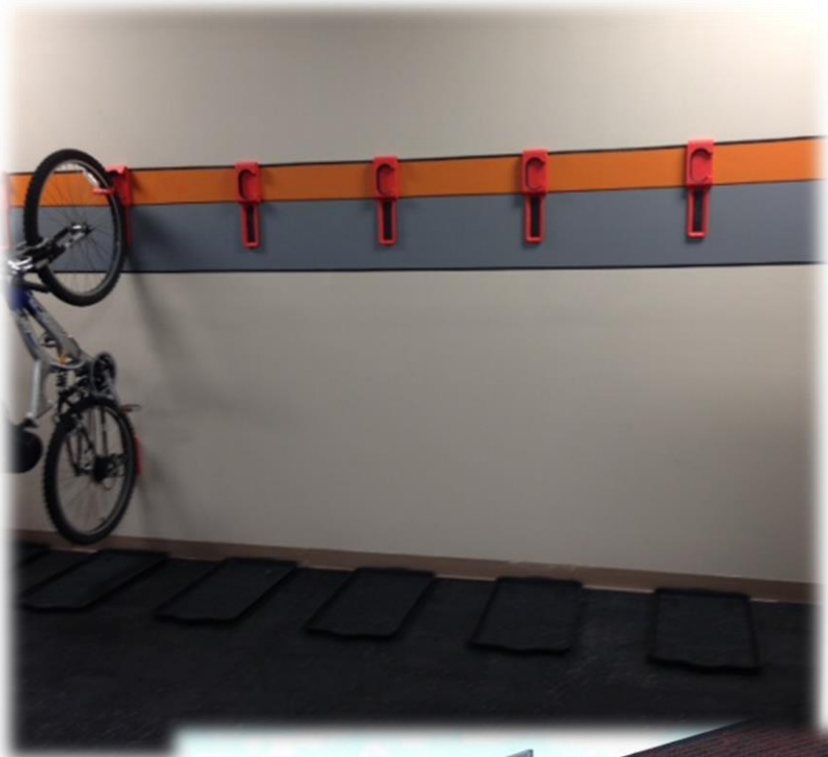
Environmental Change - Project Examples

- Bike Racks/Amenities
- Mapped Walking Routes (Indoor/Outdoor)
- Dedicated Physical Activity Area Onsite
- Small Equipment Checkout
- Healthy Stairwells
- Employee Lockers
- Changing Rooms or Shower Enhancements



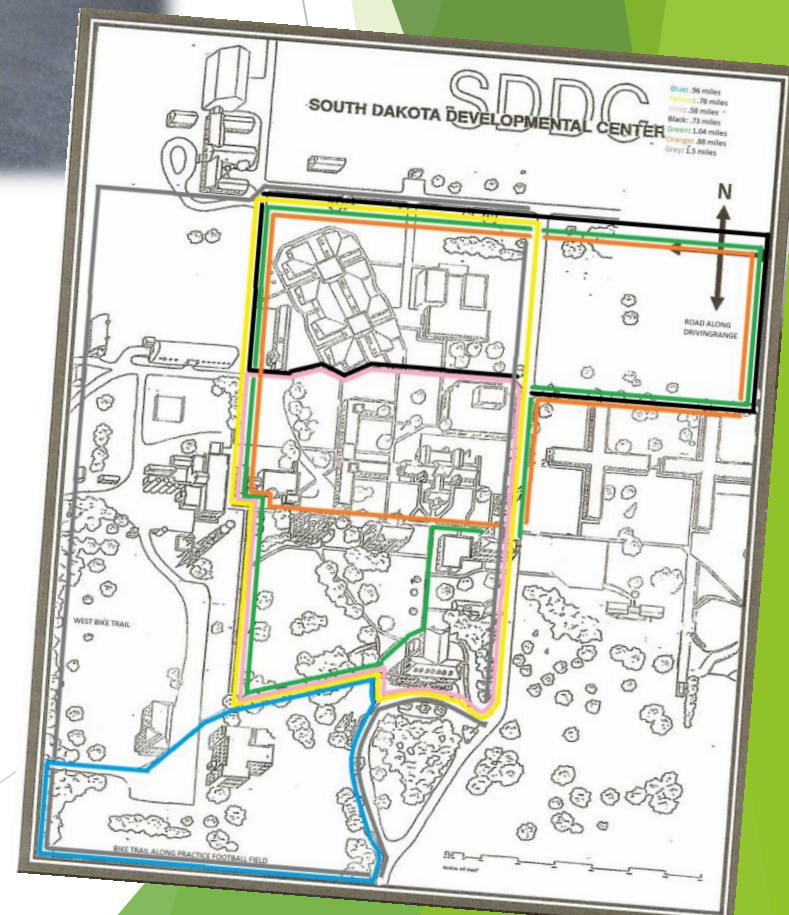
Year 1, 2 & 3 Worksites

- Kingsbury County (De Smet)
- Great Plains Tribal Health Board (Rapid City)
- West River Ag Center (Rapid City)
- Howalt+McDowell Insurance (Sioux Falls)
- Rapid City Stevens School (Rapid City)
- Westhills Village (Rapid City)
- Black Hills Works (Rapid City)
- Sinte Gleska University (Mission)
- Community Health Center of Black Hills (Rapid City)
- Aurora County USDA Service Center (Plankinton)
- Sencore (Sioux Falls)
- SD Developmental Center (Redfield)
- Wurth Electronics Midcom (Watertown)
- Horton Inc. (Britton)
- Aurora County (Plankinton)
- Northern Hills Training Center (Spearfish)
- K&J Trucking (Sioux Falls)
- Mills Property Management (Brookings)
- Summit School District (Summit)
- Brookings Health System (Brookings)
- DakotaCare (Sioux Falls)
- Volunteers of America, Dakotas (Sioux Falls)
- City of Sioux Falls (Sioux Falls)
- Pennington County Sheriff Office (Rapid City)
- ASI Inc. (Rapid City)
- Black Hills Habitat for Humanity (Rapid City)
- Yankton Rural AHEC (Yankton)





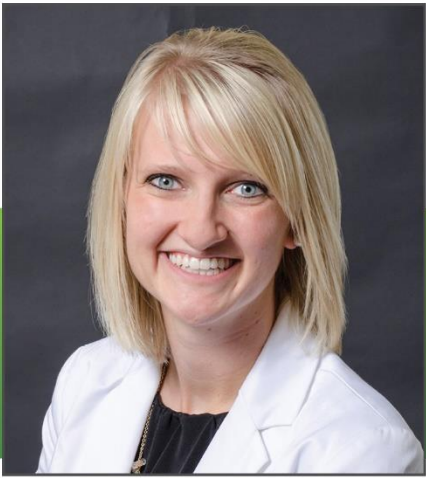
	ONE WAY	ROUND TRIP
ADMINISTRATION	.18	.36
ACTIVITY CENTER	.22	.44
COTTAGES	.26	.52
POWERHOUSE	.21	.42





Next Grant Application

- ▶ RFP will be released September 2016
 - ▶ Posted on HealthySD.gov/fundingopportunities
 - ▶ WorkWell Listserv
- ▶ 10 additional worksites added



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