**ArCOP Worksite Wellness**

Workgroup Meeting

January 21, 2014

10am – Noon @ ACS, 900 N. University Ave., LR, AR

**Meeting Notes**

* **Immersion Trainings and Regional Summits: Dates and Locations**
  + There will be five two-day Immersion Trainings/Regional summits around the state from mid-March through the end of May 2014. The first day will be the Immersion Training, also known as “Digging Deeper” and the second day will be the Regional Summit.
  + Locations include: Fayetteville, West Memphis, Bryant, Stuttgart, and Camden.
  + Immersion Training dates and locations can be found at <http://www.arkansasobesity.org/2014/01/save-the-date-digging-deeper-training/>
  + Regional Summit Dates can be found at <http://www.arkansasobesity.org/2014/01/save-the-date-regional-summits/>
  + Katrina and Sarah are currently designing the curriculum for the three GHC levels that will be used at the immersion trainings.
  + **Worksite Wellness workgroup members do not need to be present for the immersion trainings, but they are encouraged to attend at least one regional summit.**
* **Regional Summit Trainings**
  + The team reviewed the four suggested tracks for the regional summits. These tracks include (and are 1.5 hours each and would occur in the following order):
    - Overview of the CDC Health Score Card
    - Putting the Score Card into Action, including other resources such as C-HELP
    - Field Trip to School Worksite *(talk with host about getting transportation for this; have email from Amanda Potter Cole with contact information for host communities)*
    - Worksite Wellness Success Stories in Arkansas (case studies recommended so far is an update on Nabholz and Arkansas Wellness Committee…ask Katrina about the name of it)
  + Recruit speakers for regional summit
    - Katrina and/or Sarah will be present all immersion trainings and regional summits (Katrina will be at all 5; Sarah will be at Bryant and Camden)
    - Katrina and/or Sarah will handle the two tracks relating to the CDC Health Score Card (come up with modified version of last year’s presentation)
    - A community member will lead the field trip to the school worksite (and transportation will be arranged by Amanda Potter Cole and the host community); a worksite wellness team member will guide the discussion during the field trip to ensure all relevant questions are answered
    - Success stories: Samantha Nealey from Nabholz stated that Nabholz would be interested in presenting a follow-up to their piece in the Weight of the Nation video. Christy Cobb from the Arkansas Wellness Coalition and Laquita Smith from Acti-Kare also said they would be willing to come to the summits and present.
    - **There will be a worksite wellness speaker training in early March for those coming to the regional summits to make sure the message is standardized**
    - **Next step: Please send dates of availability for each regional summit to Katrina and/or Sarah so the schedule can be finalized.**
    - **Next step: Katrina and Sarah to create template with assistance from group on standard list of questions for speakers and field trips for each regional summit**
* **Updated member listing**
  + Three new members came to the meeting: Laquita Smith (Acti-Kare), Christy Cobb (Arkansas Wellness Coalition), and Samantha Nealey (Nabholz)
  + Next step: if you have an updated email address or know of someone who might be interested in joining the workgroup, please send contact information to Katrina and/or Sarah
* **Next Meeting:**  March 4, 2014 (location TBD)

**Links of Interest from Meeting**

* CDC Health Score Card: <http://www.cdc.gov/dhdsp/pubs/worksite_scorecard.htm>
* The Wellness/Fitness track at Arkansas Tech: <http://www.atu.edu/hpe/undergraduate.php>
* HBO’s Weight of the Nation (free streaming on HBO site; includes piece on Nabholz: <http://theweightofthenation.hbo.com/>
* Nabholz Case Study: <http://theweightofthenation.hbo.com/films/bonus-shorts/overweight-in-the-workplace-how-wellness-programs-can-help-the-american-workforce>
* AHELP and CHELP programs: <http://www.healthy.arkansas.gov/programsServices/chronicDisease/Pages/AHELP.aspx>

**The following are links from Laquita Smith that might be of interest to workgroup members:**

* <http://www.healthvermont.gov/family/fit/worksitewellness.aspx>
* <http://www.health.ny.gov/prevention/worksite/>
* <http://www.dhs.wisconsin.gov/physical-activity/Worksite/kit.htm>
* <http://www.dhhs.nh.gov/dphs/NHP/worksite/>
* <http://startwalkingnow.org/start_workplace_walking_program.jsp>
* <http://www.eatsmartmovemorenc.com/>
* <http://www.dol.gov/odep/research/WellnessToolkit.pdf>
* <http://welcoa.org/freeresources/index.php?category=17>