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Collaboration in a University Wellness Initiative

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Workplace Health Promotion

Potential Benefits:

- Improved health and quality of life for employees
- Decreased healthcare costs
- Increased productivity
- Reduced absenteeism and presenteeism
- Improved morale and employee retention

Wellness Council of America: Creating Well Workplaces



- Capturing CEO Support
- Creating Cohesive Wellness Teams
- Collecting Data To Drive Health Efforts
- Carefully Crafting An Operating Plan
- Choosing Appropriate Interventions
- Creating A Supportive Environment
- Carefully Evaluating Outcomes

Marquette's Wellness Program

Timeline:



Vision: To be nationally recognized as an employment environment that integrates a healthy lifestyle with the lifelong pursuit of excellence, faith, leadership and service to others.

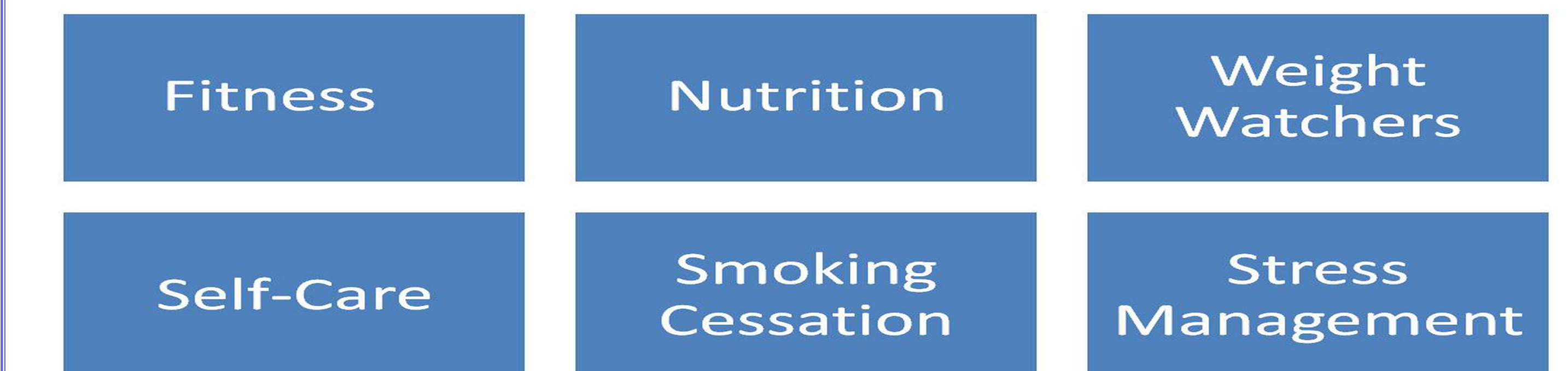
Mission: ...to develop a culture of health and wellness and promote healthy lifestyle choices for employees...through an integrated approach to health promotion activities, participations in educational programs, increased awareness of resources and initiatives ... health screening, and health insurance incentives.

Wellness Implementation Committee

Composition: twenty-six committee members representing all Colleges, Administration, and Office of University Mission and Identity

Charge: select, plan and implement results-oriented health and wellness activities and programs based on critical review of collected data

Sub-Committees



Data Collection: Culture and Interest Surveys, Aggregate Biometric and Health Risk Assessments

Librarian Role

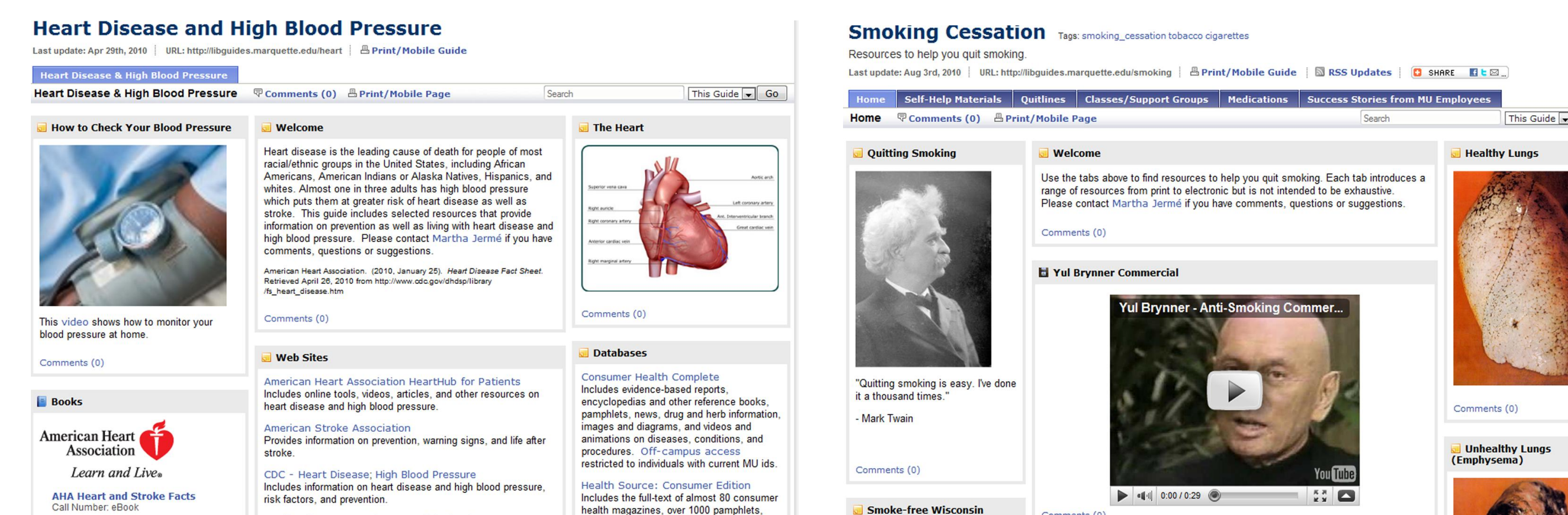
Building New Relationships & Collaborating with other Campus Units

- Program planning with committee members and wellness coordinator
- Promotion of programs to Marquette faculty/staff
- Development of Great American Smokeout activities with Center for Health Education and Promotion
- Advocating policy change with University Tobacco Coalition

Librarian Role

Promoting Library Resources & Services

- Researching best practices
- Identifying toolkits and other wellness program resources
- Developing LibGuides to support committee programming (Goal 4, 2010 Operating Plan: provide monthly educational information aligned with the National Health Observance Calendar)



Smoking Cessation Guide developed in November, 2009 to support Great American Smokeout activities. Link included in Marquette News Briefs when Smoke-Free Wisconsin was implemented. "Hits" as of 9/12/2010: 658

Librarian Role

Promoting Health Literacy

- Compilation of individual LibGuides into Consumer Health Guide (ongoing) for use by Marquette employees and health sciences students working with patients (e.g., NURS 4500 health fairs)
- Enhancement of consumer health collection within Raynor Memorial Libraries

Outcomes

Marquette received Gold Well Workplace award, January, 2010
Milwaukee was designated a Well City USA, March 2010



Interventions

