Collaboration in a University Wellness Initiative

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

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.

Timelines:
- Executive Advisory Board, 2008
- Well City Milwaukee Initiative, Fall 2008
- Marquette University Well City Recognition, January 2009
- WELCOA Workplace University Certification, Fall 2008
- University Wellness Committee Meeting, June 2009
- University Wellness Committee Meeting, January 2009

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:
- Fitness
- Nutrition
- Weight Watchers
- Self-Care
- Smoking Cessation
- Stress Management

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

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

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)

Interventions

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

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