

HealthQuest Wellness Champion Network Meeting

Thursday, June 14th at 11:30am

Toll-free call in number: 1-800-391-9177
Conference Code: 501 765 7935#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



Agenda

- Announcements
- Rewards Program Update
- New Member Requirements
- WCN Refresh
- Champion Feedback
- Health Promotion Spotlight
- Questions, Comments & Open Dialogue

Announcements

- Credits for Attendance
 - 5 credits - Attend 6/9 Wellness Champion Network webinars (November 2011 – July 2012)
 - 12 champions have earned so far
- Agency Reports Shipping Out Tomorrow
 - Questions on these?

Rewards Program Update

- **21,560** active employees have completed the requirements for the 2013 discount (50%)
 - **May Meeting = 15,001**
- **33,102** active employees have registered on the portal (77%)
 - **May Meeting = 30,519**
- **288** new hire (3/1/12 or later) employees have completed the health assessment (24%)
 - **May Meeting = 79**

New Member Requirements for Rewards Program

Hire Date	Earning Period for 2013 Discount 10/1/11 – 7/31/12	Earning Period for 2014 Discount 8/1/12 – 7/31/13
Hired before 3/1/12	Must complete Health Assessment and earn a total of 20 credits for 2013 discount	Must complete Health Assessment and earn a total of 30 credits for 2014 discount
Hired between 3/1/12 & 7/31/12	Must complete Health Assessment (within 90 days of hire) to earn 10 credits and receive discount for 2012 and 2013 UPDATE: Those hired 3/1 – 4/30 were granted an extension through 7/31/12!	Must complete Health Assessment and earn a total of 30 credits for 2014 discount
Hired between 8/1/12 & 12/31/12	Automatically receive discount for remainder of 2012 and 2013 – but need to start earning credits for 2014	Must complete Health Assessment and earn a total of 30 credits for 2014 discount

What Happens August 1?

- 8/1/12 – 7/31/13 is a new earning period for all employees to start earning credits for the 2014 discount
- Requirements by year to earn premium discount:

Plan Year	Requirement	Earning Period
2012	Non-tobacco User or Completion of Tobacco Cessation Program	10/1/11 - 7/31/12
2013	Health Assessment & 20 Total Credits	10/1/11 - 7/31/12
2014	Health Assessment & 30 Total Credits	8/1/12 - 7/31/13

Wellness Champion “Refresh”

- Refresh list to keep current each program year
- Minimize “burnout”
- Remove inactive members
- 52/95 remain after refresh

Feedback From YOU





K-State Research & Extension

Program overview of health and wellness programs that may be available through Kansas county/district extension agents.



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Today's speakers

Cindy Evans, County Extension Agent
Family & Consumer Sciences
Shawnee County

Lisa Martin, MPH, RD, LD,
Expanded Food and Nutrition
Education Program
Shawnee County



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K-State Research & Extension



- The Cooperative Extension Service was created by the Smith-Lever Act in 1914. Congress felt that education needed to be available through the lifespan, as much of what we need to know is 1) ever-changing with new research, practices and issues of the day, and 2) learned outside of formal education. (classroom)
- Extension provides research-based education on topics including Health and Nutrition, Crops and Livestock, Lawn and Garden, Business and Economics, and the Environment.

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Connect with Family & Consumer Sciences Agents for Health & Wellness programs



- Programs are delivered by county/district level agents with research and support provided by state-level PhD staff.
- Family & Consumer Sciences Agents collaborate with local agencies/partners to plan and deliver programs relevant to their audiences. You can find the office that serves you by visiting www.ksre.ksu.edu Look down the left side of the page. Click on “Contact Us”, then “Contact an Office.”

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Health and Wellness Programs



- Many programs are available from K-State Research and Extension on Health and Wellness. Today's overview will list only a few.

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- **Walk Kansas** is an 8-week program for teams of six. This program occurs each spring and just completed the 11th season. Kansas has about 20,000 participants state-wide. Mark your calendars for March 17 – May 11, 2013.
- Participants register and pay a minimal fee. They receive 8 weekly newsletters, as well as three in the “off-season.” Local agents may plan kick-off events, group walk, nutrition programs, and wrap-up events.

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- Each week, team members report to their team captain the minutes they exercised and the cups of fruits and vegetables they consumed.
- Captains, using their password, insert the team totals on the Walk Kansas web site. The site (www.walkkansas.org) creates a graphic showing the team's progress across the state (and towards the west coast.)

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- **Walk Kansas** is NOT a contest. Everyone wins when they develop healthy eating and exercise habits.
- The *Walk Kansas* web site has recipes, videos for cooking and exercise and links to many health-related sites.

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www.WalkKansas.org

Team Progress - Select your County

Walk Kansas progress by K-State Research and Extension Employees

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Captains insert weekly team totals

Team Leader Welcome Page - Shawnee County [cevans@ksu.edu](#) [Logout](#)

Welcome to Team Captain page at Walk Kansas. Team Captains can manage their teams effectively using this page.

[Change Password](#) [Insert or Update Minutes/Fruits & Veg](#) [Team Progress](#)

Add/Edit Team Minutes/Fruits & Vegetables - Shawnee County - Treadin' Not Veggin'

Add/Edit Minutes :			Add/Edit Fruits & Veg :		
Date Modified	Minutes	Edit	Date Modified	Fruits & Veg	Edit
03/27/2012	1450	Edit	03/27/2012	95	Edit
04/03/2012	2374	Edit	04/03/2012	116	Edit
04/09/2012	1560	Edit	04/09/2012	89	Edit
04/25/2012	420	Edit	04/25/2012	24	Edit
04/25/2012	1950	Edit	04/25/2012	109	Edit
04/25/2012	1675	Edit	04/25/2012	122	Edit
05/04/2012	1490	Edit	05/04/2012	111	Edit
05/09/2012	1375	Edit	05/09/2012	110	Edit
05/18/2012	1455	Edit	05/18/2012	105	Edit

Minutes : FNV:

Date Modified: Date Modified:

[Add/Update](#) [Delete Minutes](#) [Reset](#) [Add/Update](#) [Delete FNV](#) [Reset](#)

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Walk Kansas Resources

The screenshot displays the 'Walk Kansas Newsletter' page. The header includes the K-State logo and the text 'celebrate healthy living'. The main content area has a green background with the text: 'Walk Kansas Newsletter Winter 2011. Newsletters for 2012 will be sent out by your local Extension office. Take a look at newsletters from past years to get more health and exercise information.' Below this is a list of 'Newsletter Archives' for the years 2011, 2010, 2009, 2008, and 2007. A photo of a person on a blue exercise ball is featured. On the right, there is a preview of a newsletter issue titled 'Walk a Bargain!'. At the bottom, there is a 'More News...' section with a list of RSS feeds from K-State Research and Extension, the Food and Nutrition Information Center, and the Food Safety and Inspection Service. A Facebook 'Like' button is also visible.

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Shawnee County Impact

- 650 participants made up 117 *Walk Kansas* teams in 2012. 114/117 (97%) teams reported on the *Walk Kansas* web site. 104/117 teams (89%) successfully completed the goal of walking 423 miles across the state.

207 participants returned a follow-up survey. Of those:

- 163 (79%) said they were **more physically active** as a result of *Walk Kansas* participation.
- 165 (80%) of participants reported they **met the minimum goal for physical activity**– 150 minutes of moderate/vigorous activity per week.
- 166 (80%) indicated they had increased the amount of fruits and vegetables they ate during the program. 73% were confident they could continue eating this increased amount of F & V over the next six months.

Participants reported these healthier lifestyle changes as a result of *Walk Kansas*:

Increased energy (110) Increased Muscle Strength (51) Increased endurance (87)
 Increased flexibility (44) Lower blood pressure (16) Lower blood cholesterol (13)
 Better diabetes control (12) Better attitude (88) Better able to manage stress (49)
 Improved sleep (64) Decreased weight (67)

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Success Stories



- *I had a second hip replacement two years ago and was having difficulty getting my movement and motivation back. With my best friend asking me to join her work team, I am now feeling better and more active than I have been in two years.* **Lana Nicol**
- *Lost 5 pounds and have better habits!* **Cissy McKinzie**
- *My husband and I completed our first 5K as a result of doing Walk Kansas.* **Misty Kruger**
- *The program has made me more aware of the lack of fruits and vegetables we eat.* **Jeannene Hubbard**
- *Walk Kansas kept me focused on recording my own achievements and put me in contact with other people who like to walk and to eat right.* **Marita Gabler**
- *It was amazing how joining a team gave me that extra push to go to the gym or for a walk, when I had already put in 6 hours of labor in my yard and garden.* **Nila Miller**
- *Lost 20 pounds because of Walk Kansas.* **Christopher Perez**
- *I have lost 50 pounds in the last two years due to exercise and eating healthier. This program is a fun way to continue my process. I need to work on strength though.* **Debbie Newcomer**

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Nutrition Publications

www.ksre.ksu.edu



- Color Me Healthy
- Healthy Whole Grains
- Liquid Assets
- Sugar: More than a Sweetener
- Vitamin D: From Sunshine to Supplements
- Men's Health: A Guide to Living Long, Strong and Well

MF2971	Move into Health: The Real Deal, Lesson 7, Leader's Guide	\$0.25
MF2970	Move into Health: The Real Deal, Lesson 7 (Fact Sheet)	\$1.05
MF2968	Move into Health: Taking It to the Streets, Lesson 6 (Fact Sheet)	\$1.05
MF2969	Move into Health: Taking It to the Streets, Lesson 6, Leader's Guide	\$0.30
MF2967	Move into Health: What's in a Snack, Lesson 5, Leader's Guide	\$0.20
MF2966	Move into Health: What's in a Snack, Lesson 5 (Fact Sheet)	\$0.95
MF2963	Move into Health: Taking It to the Store, Lesson 3, Leader's Guide	\$0.20
MF2962	Move into Health: Taking It to the Store, Lesson 3 (Fact Sheet)	\$1.75
MF2964	Move into Health: Everything in Moderation, Lesson 4 (Fact Sheet)	\$1.75
MF2965	Move into Health: Everything in Moderation, Lesson 4, Leader's Guide	\$0.30
MF2960	Move into Health: Eating for Health, Lesson 2 (Fact Sheet)	\$1.70
MF2961	Move into Health: Eating for Health, Lesson 2, Leader's Guide	\$0.30
MF2977	More Plants on the Plate, Fact Sheet	\$1.00
MF2959	Move into Health: Where Do I Stand, Lesson 1, Leader's Guide	\$0.30
MF2978	More Plants on the Plate, Leader's Guide	\$0.50
MF2958	Move into Health: Where Do I Stand, Lesson 1 (Fact Sheet)	\$1.45
MF2927	Vitamin D: From Sunshine to Supplements, Fact Sheet	\$0.55

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This is just a sampling of the programs we have available.

- Move Into Health
- More Plants on the Plate
- Vary Your Protein
- Everyone to the Table: Family Meals Serve Us Well
- Seasoning with Herbs and Spices



Kansans
move
into
health

Lesson 1
Where do I stand?

Everyone is different. Calorie needs depend on a variety of factors including age, gender, and activity level. Personal abilities and health issues must be taken into account when determining appropriate ways to stay active. Most people do not share the same beliefs about what it takes to live a healthy lifestyle. Often, it is an individual's own thoughts that limit the ability to achieve fitness goals.



Common limiting beliefs about consuming a healthy diet

In order to stay healthy, I am going to have to starve myself.
The truth: Practicing proper nutrition can help you achieve a higher level of satisfaction. Healthy fats and lean protein energize your body and give you a sense of fullness. Highly processed foods are known for leaving you feeling sluggish. Nutritious snacks play an important role in any healthy eating plan because they can help stabilize your body's glucose levels. Eating healthfully does not mean restricting your intake; it means making the best choices within your daily calorie needs.

I have to avoid "bad" foods.
The truth: There are no "good" or "bad" foods. Your goal is to become health-conscious. By doing so, you will see that all foods can fit into a well-balanced diet. View your food intake as a way to prevent chronic diseases later in life, which will encourage you to make these healthier choices now.

If it's healthy, it probably doesn't taste good.
The truth: Did you know that all food preferences are acquired tastes? If your diet is high in fat and sugar, you have trained yourself to believe that these foods taste the best. The opposite is also true. If you are accustomed to eating whole grains, you might find yourself strongly opposed to the taste of white bread. Start making small changes to incorporate healthful foods into your diet. Over time, your taste buds will actually prefer them.

I can't afford to eat nutritious foods. They are too expensive.
The truth: Candy, chips, pastries, and fat food items seem cheap and convenient. But will they really be worth the price five or 10 years from now when you are facing medical bills that are related to illnesses that could have been prevented or controlled by better eating habits? Eating a balanced diet that includes vegetables, fruits, whole grains, lean meats, and low-fat dairy may require a little preparation on your part, but the amount of money you will save over time by maintaining your health can be used to do what **you** want to do.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service 23

Extension is known for collaboration.

Partner with local extension agents to plan programs. Agents may provide publications free of charge, or charge a minimal fee to cover the cost of the publication.

All Extension publications are copyrighted, but you may print them from the www.ksre.ksu.edu web site and copy them for educational use.

Kansans Optimizing Health Program



- K-State Research and Extension has trained facilitators in many counties to deliver the KOHP program.
- Contact your local extension office to see where the closest program is located.



Put Life Back in Your Life!
Kansans Optimizing Health Program (KOHP)

Kansans Optimizing Health Program (KOHP) is an interactive workshop that meets for 2.5 hours once a week for six weeks. This workshop will help set goals, develop a plan and track progress toward improving your health - one step at a time.



This evidence-based program, designed at Stanford University, is for individuals with arthritis, diabetes, heart disease, lung disease, asthma, stroke and other chronic health conditions. The workshop provides participants with the opportunity to learn from and share experiences with their peers. Participants learn strategies and tools to reduce pain, improve mobility, become more self-efficient and maintain independence.

Topics discussed:

- Make an action plan
- Manage symptoms
- Problem solve
- Deal with difficult emotions
- Manage pain, fatigue and depression
- Develop an individualized exercise program
- Work with your health care team
- Understand medications
- Improve nutrition
- Develop communication strategies for family and friends
- Make treatment decisions
- Improve breathing

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Walk Kansas for Kids




- This 8-week program is designed for the classroom. Logs and newsletters are available for grades 1-3, 4-6 and 7-8.

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Walk Kansas for Kids



How it Works

1. Teachers/leaders register their school/club by contacting their local extension office.
2. A weekly newsletter called the Weekly Workout is given to the children. (The leader is encouraged to guide the children through the Walkin Wally stories, fun activities, recipes and parent page.) The newsletter is then sent home for the child to share with the parent.
3. Each child starts with an activity log. This log helps track of their healthy behaviors.
4. Children earn miles for checking off healthy behaviors on their activity log they have achieved.
5. Parents sign the activity log at the end of each week and it is then turned in to the youth's teacher/leader.
6. Miles are entered on the website for you to view.



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We look forward to
partnering with you!
Thank you!

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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue