

2016 Indiana Health and Wellness
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How Coaching Can Get you started in the Wellness Arena

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Jump IN for Healthy Kids: Founding Partners



Indiana University Health

INDYSTAR.COM
THE INDIANAPOLIS STAR



Community Health Network



United Way of Central Indiana



Anthem



St. Vincent



ESKENAZI HEALTH



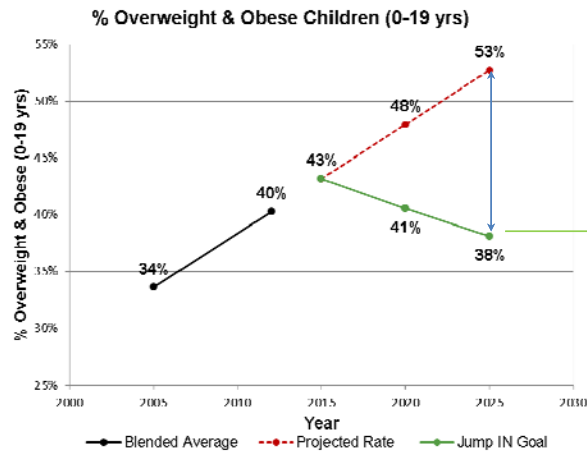
LILLY ENDOWMENT INC



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10-Year Goal: 12% Reduction in Obesity Rate



Hitting the goal means 83,500 more kids at a healthy weight

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Jump IN for Healthy Kids Mission: Create Healthy Environments Where Families Have Real Opportunities to Make Healthy Choices



Healthy Choices = Healthy Families

Healthy Places

Embed nutrition and physical activity policies into settings such as schools, child care centers and worksites

Healthy Neighborhoods

Solve systemic issues such as food access and ensure the built environment and infrastructure promotes physical activity

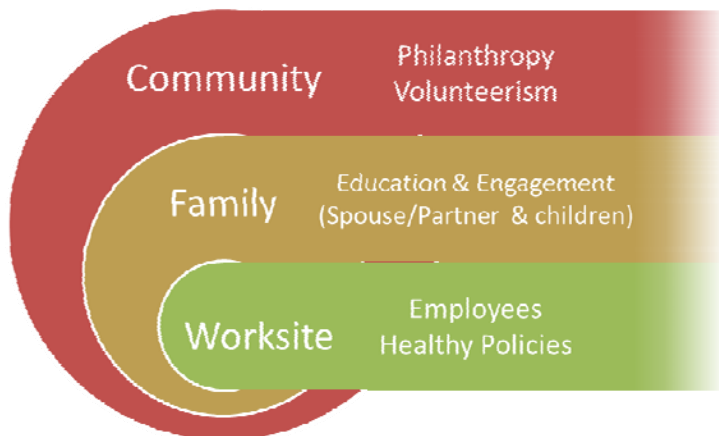
Healthy Communities

Increase public awareness and education, influence public policy, and connect clinical care with community resources

Jump IN for Healthy Kids is a community wide, multi-sector campaign targeting child obesity in the Indianapolis region through a series of evidence-based interventions to improve the policies and practices in those environments that most directly influence the behaviors of children and families.



An Employer's Spheres of Influence



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Healthy Worksites, Healthy Children: Employer Wellness Coaching

Initiative of the Employer Wellness Task Force

- Recruit up to 10 major employers with best practice employee wellness programs
- Match with small to midsize employers who do not have robust wellness programs
- Create coaching program to leverage expertise of larger employers and assist smaller employers in cost-effective development of their wellness programs



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How does the Program work?

- Each employer will be matched with a skilled employer Wellness Professional
- A 4 step approach of Assess, Plan, Implement and Evaluate will be utilized by the Coach to guide the Employer to get started.
- Resources around 5-2-1-0 will be introduced
- The focus of the program is on getting started with good nutrition and physical activity programming
- Incorporation of the Jump IN employer Pledge will be available

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Creating a Healthy Worksite: The Jump IN Pledge for Healthy Kids



- Promote healthy food and drink options at the worksite/office
- Create opportunities to be physically active at work
- Promote healthy habits at home
- Be a good role model: influence healthy habits in the community

At Home: Promoting Healthy Habits

Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

Did you know? One of the most effective ways to promote a healthy lifestyle and behaviors for children is to adopt healthier habits as a family. According to the American Academy of Pediatrics, "families have a critical role in influencing children's health, and health is a real characteristic of the family lifestyle".

Parents can benefit from this relationship too!

Here are a few ways you can partner with and educate families:

- Ask parents to become a part of your team. Parents can attend conferences without the need of a school.
- Send letters home to parents telling them about your 5210 Great Start School program, what the message and strategies are, and how they can support your work at school.
- Ask parents to send only healthy snacks and meals to work their child and more they will then that can make it more affordable.
- Utilize the skills of parents (e.g. carpenters, computer, artists, etc.) Pull them into 5210 projects.
- Encourage businesses that support 5210 messages and strategies.

Children who eat healthy and have an active lifestyle are more likely to:

- maintain a healthy weight
- have better self esteem
- sleep better
- do better academically
- avoid health issues such as heart disease, type 2 diabetes, bone and joint problems, etc.

- Company Newsletters
- Social Media Posts
- Family Events

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



Using Philanthropy and Volunteerism to Promote Healthy Habits in the Community



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Great Habits Start With Great Role Models!



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Discussion: The Eskenazi Wellness Team's Coaching approach



Eskenazi Health Wellness Mentorship:

