



Community Collaboration: Becoming An Indiana Healthy Community

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Del. Co. Wellness Pros.

DC Wellness Professionals

- A community change process focused on supporting wellness leaders in local employer groups as they encourage a culture of wellness at work.
 - Personal and professional develop
 - Shared vision/shared resources
 - Information and resource sharing...learning from each other

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Objectives For Today

- Share how DC Wellness Pros
 - Create a community of practice
 - Encourage conversations around what it means to BE a Indiana Healthy Community
 - Maintain the momentum to get more workplaces as AchieveWell workplaces, and
 - Continue to grow and develop around a Shared Vision as we learn more about our selves and our community.

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The HEALTH Conversation

- Salutogenesis (Antonovsky) –
 - Sense of Coherence, Meaningfulness, Manageable, and Comprehensibility
- WHO and Gallup
 - Health vs. Well Being
- Co-production (Ostrom) – A relationship where professionals and citizens share power and work together to plan and deliver public services
 - Chamber and Economic Development - huge community stakeholders

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Find and Maintain the Momentum

- What's the "case" in your community for a healthy community?
 - Be Selfish
 - From mentored relationships to community of practice
- Economic and Social Capital
 - Core – Family and relational base
 - Natural – Environment
 - Market – Where we live

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Who's At The Table?

- Unique to each environment
 - DC Wellness
- Host members of the community to do what they ALREADY want to do... and do it well
- Who ELSE needs to be at the table?

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Reflection Time

- What's the case/cause for your community?
 - What is your 'why'?
 - How do you make it selfish?
- Who else needs to be at the table?
 - Who do you like to play with?
- What is it you're wanting for you community?
 - How do you broaden your definition of health to include more people?

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Thank You

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Delaware County AchieveWell Companies

3-Star	4-Star	5-Star
Delaware County Employees Lifestream Services Muncie Community Schools Muncie Area YMCA USI Insurance Open Door Health Services Unified Group Services	MITS Ardaugh* Muncie-Delaware County Chamber Mutual Bank Mursix	Youth Opportunity Center IU Health Ball Memorial Ball State University Ontario Systems Muncie Power Products

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What is Achieve Well & Indiana Healthy Community

AchieveWELL: Five Star

The Five Star level of the AchieveWELL program recognizes organizations that have demonstrated exceptional performance in providing a comprehensive, integrated, and sustainable workplace wellness program. These organizations have demonstrated a commitment to the health and well-being of their employees and are recognized as part of the national program.

Requirements

- Must have completed and available the AchieveWELL Five Star recognition
- Must complete all metrics of the program on-going
- Must have a strong leadership commitment to the program
- Must have a strong commitment to the health and well-being of their employees
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INDIANA HEALTHY COMMUNITY INITIATIVE
8 KEY COMPONENTS OF BUILDING A QUALITY OF LIFE INITIATIVE

1. Understand your Community
2. Leadership throughout the Community
3. Blending Strategies for Shared Vision
4. Involvement by Residents
5. Political Atmosphere
6. Data-driven Decision Making
7. Environment (Built, Social, Natural)
8. Communication Strategy

A community committed to life enhancing change through employer-sponsored wellbeing initiatives.

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Indiana Healthy Community

- 15 companies (at least 25% of workforce) recognized for employee wellness.
- A community assessment process to:
 - Think about our built and food environments and how they impact active living and healthy eating;
 - Examine local policies and consider their impact on decision making; and
 - Reflect on the involvement of residents through both organized and self-organized groups.

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