

## Best Practices for Workforce Wellness

Area employers are beginning to share practical ideas to improve the health of our county's workforce and their families. Best Practices for Workforce Wellness is a resource tool created from the best practices that are making a difference.

Here are just some of the ideas from a variety of businesses and ways they are making healthy choices easier for their employees:

### Cooperative Response Center, Inc.

- Participation in Get Fit/Be Fit Challenge.
- Health Wellness fairs.
- Spring into Healthy Eating Potluck.
- Employee Gardens: Harvest the employee garden at all 3 sites.
- Annual Flu Shot Clinics.
- Coordinate a Volunteer Opportunity – angel tree, etc.
- Chair Massages at peak stress times.
- Wellness Wednesdays promotion each week.
- Mower Refreshed e-newsletter provided to employees.
- Personal Best Newsletter | safety & wellness articles.
- Wellness Trivia Topic
- Fresh Fruit Fridays
- Promote/Form Teams/Volunteer/Fundraise for charity events such as: Relay for Life, March for Babies, etc. at all sites.
- 1st Aid/CPR training available to employees.

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# IBI Data

## Refreshed Business of the Year 2013

- Designated exercise area available to all staff. Six machines available, Wii system with games, weights, and exercise ball.
- Walking trails | snow shoes available in winter.
- Policy Created: Healthy alternative food/snacks must be provided for any event that IBI is funding.
- Health Risk Assessments completed for 44 of our staff members. This accounts for 85% staff participation.
- Super Foods for a Super You seminar from Hy-Vee nutritionist.
- Salad Luncheons.
- Designated wellness area to provide staff with wellness information.
- Wellness Wednesday promotion each week: new unique foods are prepared and introduced to staff (avocadoes, sweet potatoes, hummus, and pomegranate).
- Walk-at-Work Poker challenges.
- Biggest Loser program | currently in our 10th round.
- Pound for Pound Challenge.
- Frosty Challenge Winter 2011 and 2012.
- Financial seminar provided to staff to help with financial stress.
- Flu shot clinic.
- Tobacco cessation seminar.
- Healthy cookbook creation in process.
- Relaxation/Reading room.
- Garden Club | fresh fruit & veggies made available for staff.
- 5-2-1-0 Every Day Challenge.
- Sponsor kick ball and bowling teams.
- Sponsor participation in YMCA Boot Camp.

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# Hormel Foods Corporation

## Refreshed Business of the Year 2014

- Yoga classes at our on-site fitness center.
- Preventive health and wellness mailings to all employees.
- Educational materials for new parents and infant care now stocked in the “Mother’s Rooms” (a room designated for nursing mothers to pump).
- Materials to assist returning veterans and suicide prevention (high risk for this population) distributed to employees on Veterans Day.
- Free webinars for employees offered on weight, heart health, and smoking cessation from our employee resource program (LifeWorks).
- Mower Refreshed newsletter posted on Corporate Office intranet page and dispersed in break rooms.
- Yearly health assessments and biometric screenings.
- Fitness center discount program.
- Weight Watchers program (reduced rate, reimbursement program, and At Work meetings).
- Develop and distribute fitness materials for: fitness on the go (travel), fitness exercises which can be done at a work station/desk, and how to guide for starting a fitness routine complete with pictures.