

Worksite Wellness in Public Schools—the STAR Pilot Program

By offering well-designed and comprehensive worksite wellness programs, NC school districts can improve the health of their staff, reduce health care costs, reduce absenteeism, and create positive role models for NC school children. The *Staff Together Achieving Results* (STAR) pilot program will provide NC school districts the tools and resources needed to create such programs. The STAR pilot program will

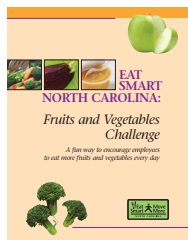
mirror the existing NC HealthSmart Worksite Wellness Program by offering a self-guiding School Worksite Wellness Toolkit, comprehensive training for school worksite wellness committees, and technical assistance services. Seven NC school districts are participating in the pilot on a voluntary basis — Clinton City, Jackson County, Macon County, New Hanover County, Robeson County, Vance County, and Warren

County.

STAR is a collaborative effort between NC Department of Public Instruction, NC State Health Plan, NC Division of Public Health, NC State Board of Education and NC School Superintendents' Association.



NEW! Fruits & Vegetables Challenge Available for Download



Eat Smart North Carolina: Fruits and Vegetables Challenge is a fun way to encourage employees to eat

more fruits and vegetables every day. The Challenge is a month-long competitive event in which participants score points by eating more fruits and vegetables.

By incorporating more fruits and vegetables into their meals and snacks each day, participants learn to make them a part of their daily lives.

The Challenge Overview provides step-by-step instructions and guidance on organizing the event. Other materials needed for completing the Challenge, including an announcement poster, sign-up sheet, quick tips

sheet, Challenge log to track points, weekly newsletters, evaluation form and certificate of achievement, are also available. All Challenge materials can be downloaded for free at www.EatSmartMoveMoreNC.com. Hard copies of the Challenge Overview may also be available by contacting the Worksite Wellness Team at Worksite.Wellness@ncmail.net.

Year-End Worksite Wellness Survey – Drawing Winners

The Worksite Wellness Team would like to thank all of the committees that took the time to respond to the 2007-2008 year-end worksite wellness survey that was conducted in April and May. Forty-eight wellness committees from NC state agencies, public universities and community colleges responded to this survey and provided feedback for the current technical assistance program. All survey respondents were entered in a drawing for five prizes at the end of the survey.

The following prizes were awarded: a laminating machine to East Carolina University, a digital camera to Office of State Budget and Management, and 1 GB flash drives to Beaufort County Community College, NC DOT – Division 9 and NC Justice Academy.

Congratulations!

Contact the Worksite Wellness Team at:
Worksite.Wellness@ncmail.net
www.shpnc.org/worksite-wellness.html

Colorful Choices at Fayetteville Technical Community College

Mary Pines, Fitness Center Coordinator at FTCC, conducted *Colorful Choices*, a fun nutrition incentive program for the college employees in March and April, 2008. *Colorful Choices* is a complete program kit, including a coordinator guide, log sheets, registration forms, newsletter articles, recipes, quizzes, and more, available for a fee from Health Enhancement Systems.

The program encourages participants to consistently incorporate fruits and vegetables into their diets.

Over forty employees at FTCC participated in the program. Incentives, such as a fast food nutrition guide, walking for fitness pocket pal, easy brown bag lunch pocket pal and several other items, were awarded to participants who were able to

meet the minimum requirement of eating five servings of fruits and vegetables each day. Several times during the event, the culinary department at the college prepared an assortment of fruits and vegetables for the participants to sample during lunch time.

For more information about *Colorful Choices* Program, please visit www.hesonline.com.

Revisiting New Year's Resolutions

It's hard to believe that we are already halfway through 2008. Many of us committed to adopting one or more healthy behaviors at the beginning of the year, but have we been successful?

The NC Physical Activity and Nutrition Branch has created a *Revisit Your Resolutions* campaign that focuses on recommitting to New Year's resolutions and

making new mid-year resolutions to eat better, be more physically active and achieve a healthy weight. The campaign will run from July 1 to July 31.

Materials such as newspaper articles, a press release, logs (for physical activity, eating, and weight), print ads and flyers will be available as part of this campaign.

Your committee can use these

campaign materials to remind employees of the resolutions that they made at the beginning of the year. Encourage employees to make new commitments to eat smart, move more, quit smoking now and manage stress by writing their old or new resolutions on cards and signing them. If you have questions about this campaign, contact Marie Shelton at marie.shelton@ncmail.

Worksite Wellness Webinars

Upcoming topics for webinars in June 2008 include:

- Creating Walking Maps
- Misleading Food Labels
- Worksite Wellness Policies

Upon registration, you will receive detailed log-in instructions. To register, or for more information, e-mail Worksite.Wellness@ncmail.net.



Note: Beginning July 2008, the webinar service will be discontinued. Please contact the Worksite Wellness Team if you have any questions or would like help with any particular topic.

Strawberry Yogurt Smoothie

Ingredients:

- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain low-fat yogurt
- 1-1/2 cups frozen, unsweetened strawberries
- 1 tsp granulated sugar

Directions: Add ingredients, in the order listed, to blender container. Puree at medium speed, until thick and smooth.

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