

# Well in the West

*choose to live bravely.*

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## What is Worksite Wellness?

Carly Marceau, Health Educator, San Miguel County

Worksite Wellness is a business buzzword that you may have heard at a staff meeting, in the media, or from health educators. What is worksite wellness and what does it mean for you? Did you know that on average, employees spend 50 hours a week at work and eat about 1/3 of their meals at work? And not surprising, about 40% of U.S. workers report that they feel very or extremely stressed at work. Worksites now have the opportunity to change that norm by encouraging healthy habits, which in return will help prevent health problems such as diabetes, depression, and heart disease.

A positive wellness culture in the workplace contributes to the physical, mental, and emotional well-being of workers and includes policies intended to facilitate employee health. For example, allowing time for exercise, providing on-site kitchens and eating areas, offering healthful food options, holding "walk and talk" meetings, and offering incentives for participation. With employee health as a priority, the workplace becomes more productive. Effective workplace programs, policies, and environments that are health-focused and worker-centered have the potential to significantly benefit employers, employees, their families, and communities. Worksite wellness can be sustainable while giving you license to take care of yourself.

## Optimal and Holistic Health at Work

We are pleased to introduce Ouray County's wellness newsletter, *Well in the West*.

Ouray county is striving to promote optimal and holistic health for all employees. We understand that health and wellbeing are multi-dimensional and defined differently by each individual. Therefore, we would like to help connect you to a variety of resources to achieve your highest level of health.

The newsletter will be a platform to create a culture of health and wellness at work, at home, and in the community.

Look for the newsletter quarterly in your pay stub. If you have comments, questions, or suggestions to improve the newsletter please contact your Worksite Wellness Health Educator, Tanner Kingery at [tkingery@ouraycountyco.gov](mailto:tkingery@ouraycountyco.gov)

## Wellness Program Updates

Wellness committee is forming and all employees are welcome to join. We will be holding our first meeting next month.

Date TBD

## Survey Data Coming Soon!

Keep your eyes open for the Employee Worksite Wellness survey data. It will be shared in the next wellness newsletter.



## Wellness Question

### What are the benefits of taking a 15 minute walking break?

Walking can strengthen your lungs and heart, decrease your risk of heart disease, strengthen your muscles, improve your bone density and relieve stress.

## Meet Your Worksite Wellness Health Educator

The West Central Public Health Partnership (WCPHP) is a Region 10 partnership including the six-county local public health agencies— Delta, Gunnison, Hinsdale/ Mineral, Montrose, Ouray, and San Miguel. The WCPHP collaborated and received funding to hire on a team of health educators to promote wellness in each respective county.

**Meet you county's health educator!** Tanner Kingery came to us from Illinois via the University of Illinois at Urbana-Champaign where he obtained his bachelor's degree in Community Health and master's degree in Public Health. Having visited the region over four years ago on leave from the United States Navy, Tanner decided to relocate to Colorado upon completion of graduate school. He has been with the county for one year.

**Tanner is excited to work with you all to grow wellness initiatives for Ouray county and instill a culture of health and safety.**

Stop by Public Health to say hello to your Worksite Wellness Health Educator, he is here every week Monday through Thursday. Please, feel free to share any ideas, comments or concerns with Tanner regarding the wellness program.

Tanner Kingery @ tkingery@ouraycountyco.gov or call 970-325-4670

### Benefits BOX!

#### Free Well Water Testing

- Are you a homeowner in Delta, Gunnison, Hinsdale, Montrose, Ouray, or San Miguel County?
- Is your primary source of drinking water a well?
- Testing includes: bacteria, 22 heavy metals, pesticides, chemicals

Contact Delta County Health Department for more information:

970-874-2165 or knordstrom@deltacounty.com



Kale Salad *with Almonds and Cranberries*

*Ingredients*

- 1 head of kale
- 1 1/2 TBS olive oil
- 1 cup dried cranberries
- 1 cup shredded carrots
- 3/4 cup slivered almonds
- Salt & pepper

*Balsamic Lemon Vinaigrette*

- 1/2 cup balsamic vinegar
- 1/4 cup olive oil
- 1 TBS fresh lemon juice
- Salt & Pepper
- 2 teaspoons of sugar (or honey)

*Directions*

1. Wash and dry kale .
2. Slice the green leaves from the stem and cut the leaves into pieces.
3. Drizzle 1-1/2 TBS oil over kale and massage for 60-90 seconds. Sprinkle with salt and pepper.
4. Combine the vinaigrette ingredients in a lidded jar. Shake vigorously until mixed.
5. Garb your bowl of massaged kale, add in cranberries, carrots, and almonds. Drizzle with the vinaigrette.



### Are Your Health Needs Being Met?

Take the Community Health Survey

[www.surveymonkey.com/r/C0region10](http://www.surveymonkey.com/r/C0region10)

### Great American Smoke Out

By quitting tobacco — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk.

- **November 17, 2016**
- **24 Hours tobacco-free**
- Visit [Ameri-canCancerSociety.org](http://AmericanCancerSociety.org) for more information.



**IT TAKES A VILLAGE** *New moms need a baby friendly environment at work, too!*

1. Reasonable break time
2. SUPPORT FROM COWORKERS  
PUMP IT UP
3. PRIVACY PLEASE
4. PLENTY OF FRIDGE SPACE

**Really? REALLY.** BREASTFEEDING. KNOW THE FACTS. For more ways to support mom, visit [ReallyREALLY.org](http://ReallyREALLY.org)

Please, contact your worksite wellness health educator, Tanner, if you need a place to express milk at work or support. Public Health has a lactation space!