

2011-2012

Pinellas County Schools Employee Wellness Program Transportation Wellness Summary



Risk Management Department

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Transportation Wellness Summary

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This was another exciting and successful year for the Pinellas County Transportation Department Wellness Program. With a strong emphasis on participation in nutrition challenges, physical activity, health screenings and wellness education, the employees initiated and expanded a healthy lifestyle this year. The outcomes of their participation in these programs will be illustrated in this report as well as many employee testimonials that support the effectiveness of these initiatives.

Program Participation:

The participation increased to 180-190 from 140-160 last year. Of course, the number of participants varies for each program depending on field trips, shuttles, etc. We had new employees participating at each of the compounds. Lealman and Clearwater Compounds have over 50% of their employees participating in their on site wellness program. Based on the comments and the individual success stories, it is clear that the participants have truly realized the value of healthy lifestyle changes this year.

Worksite Health Promotion:

The accessibility and convenience of the BeSmart Transportation Wellness Program are key factors in the success of this program. By offering the programs at the individual compounds during “down time”, the employees are more apt to be engaged in healthy behaviors than if they are left to do this on their own.

Targeting Behaviors and Risk Factors:

Research shows that companies that target three major modifiable risk factors by changing individual behaviors can save an average of **\$700/employee/year** in health care costs and productivity improvements. These eight risk factors and behaviors are identified as:

- **poor diet**
- **physical inactivity**
- **smoking**
- **lack of health screenings**
- **poor stress management**
- **poor standard of care**
- **insufficient sleep**
- **Excessive alcohol consumption.**

As you can see, the programs offered this year addressed five of these risk factors.

2011-12 TRANSPORTATION WELLNESS PROGRAMS

Highlights

1. Nutrition Diet: ***“Seasoning Without Salt”***. Presented by a nutritionist, offering alternatives to seasoning with salt. There was a cooking demo and taste testing of the different herbs. **150 participants.**
2. Nutrition Diet: ***“Healthy Recipe Modifications”***. Presented by a nutritionist, different ways to modify common recipes to make them healthier (i.e. less fat, salt and sugar content). Cooking demo. **144 participants.**
3. Nutrition Diet: ***“Shopping Locally/In Season Florida Fruits/Vegetables”***. Presented by a nutritionist, teaching the participants what fruits/ veggies are in and where to shop for the best produce in the area. Cooking demo. **135 participants.**
4. Nutrition Diet: ***“Salad Days!”*** The individual compounds had salad 4-5 times this year and a frozen yogurt bar. Employees brought in healthy salad and yogurt toppings for everyone to share. **Lealman Bus Compound actually started their own vegetable garden and all employees were welcome to take home fresh produce.**
5. Insufficient Sleep: ***“Sleep Habits/Sleep Apnea.”*** Presented by the Clinical Coordinator for St. Anthony’s Sleep Disorders Center. Discussed ways to improve sleep habits (particularly for the bus drivers’ schedules) and symptoms/signs/diagnosis/treatment of sleep apnea. **165 participants.**
6. Screenings: ***“Biometric Screenings”***; BP/Cholesterol/Glucose/PSA. **138 participants.**
7. Screenings: ***“Vision Screenings”***: **130 participants.**
8. Screenings/Education: ***“Improving Memory/Alzheimer’s Awareness”***: Presented by a neurologist, discussed the differences between normal memory loss and Alzheimer’s and ways that you can improve your memory. **75 participants, 2 compounds.**
9. Screenings/Education: ***“Women’s Health Issues”***: Presented by a physician, discussed age-specific women’s health issues and the different screenings that women should have. **120 participants, 4 compounds**
10. Screenings/Education: ***“What’s your Blood Pressure?”*** Presented by an RN. Blood pressure readings were taken before the program. Participants were educated in what their numbers meant and how they could lower their numbers as well as risk factors for hypertension. **125 participants.**
11. Physical Activity: ***“Hula Hoopin it’s not just for kids!”*** **110 participants, 4 compounds.**
12. Physical Activity: ***“Zumba”*** **156 participants**

13. Physical Activity: ***“Back Care/Exercises for Bus Driver’s”***: Presented by a physical therapist, she demonstrated different stretching exercises that drivers can do to improve the strength of their back, shoulders and neck and prevent injuries. **170 participants.**
14. Education: ***“Diabetes Signs & Symptoms”*** Presented by a Certified Diabetic Instructor/RN. Discussed the signs and symptoms of diabetes as well as pre-diabetes. **140 participants.**
15. Education: ***“Gang Awareness on the Bus”***. Presented by Officer Eric Tinsley, PCSB Officer. He discussed the signs to look for to recognize gang members, why children join gangs and how the drivers can deal with gang members on their buses. **160 participants.**
16. Education: ***“CPR course”***: **50 participants**, 2 compounds.
17. Education/Fun Day: ***“Go Green/Nutrition Bingo”*** and ***“Exercise Games”***

Compound Challenges:

1. 30 days of Fruits/Veggies
2. Exercise 30 minutes a day
3. Walking Clubs

PCS Be-Smart District Wellness Programs:

In addition to the above programs that were offered to transportation, the following District wide programs were offered and available to all district employees, including the transportation department; Diabetic Care Program, Tobacco Free Care Program, Zumba, Yoga, Boot Camp, 5K Training, Flu Vaccinations, On-line Challenges and EAP Stress Management Services.

Results

1. Weight Loss Summary:

The total weight loss for the compounds was 830 lbs. Even though this was less than the previous year, the weight loss of individuals was significant. They lost the weight in a healthy manner by changing their eating habits and increasing their daily exercise.

- Coachman: 126 lbs. 1 person: 35 lbs., 4 people: 15 lbs. or more
- 49th Street: 220 lbs. 1 person: 35 lbs., 7 people: 15 lbs. or more
- Tarpon: 189 lbs. 2 people>30 lbs., 5 people>15lbs.
- Lealman: 110 lbs. 1 person: 35 lbs., 3 people>15 lbs.
- Walter Pownall: 112 lbs. 1 person: 35 lbs., several people>15 lbs.
- Clearwater: 73 lbs.

2. End of Year Survey Results:

- 100% felt they benefited from the wellness program.
 - 100% would like to see the challenges continue.
 - 100% would like to see the program continue.
 - 100% would be interested in having healthier choices in the vending machines.
- This would be a great goal to work toward accomplishing next school year.

Staff Feedback

"I found out I had diabetes from this program. I had not been to the doctor in several years, but after my screening I was strongly encouraged to follow up with a doctor. This program and Dawn probably saved my life, who knows how far the diabetes would have progressed before I knew about it. THANK YOU!!!!"

"I lost 37 lbs, KEEP IT COMING."

"I lost 20 lbs, decreased my fat in diet and eating more raw fruits and veggies."

"I increased my exercise regimen (almost daily-4-5 days a week), feel healthier and stronger and lost 35 lbs. God bless all of you for caring enough to make a difference in our lives. Love ya."

"I lost 35 lbs and am off blood pressure meds. I changed my life around and I thank Dawn and wellness for that."

"I lost weight; my glucose is now under 100 ALWAYS. Enjoy the co-worker company and sharing. Very well ran and planned."

"I lost 29 lbs. Thank you for the program and for Dawn."

"I have lost 15 lbs., I cook healthier and my test #s are good. The programs are always interesting and worth attending."

"I lost 35 POUNDS, drink more water and my meds are cut back."

"For 2 years now, I've kept the habit of walking 30 mins. every morning."

"I lost 15 lbs. learned to eat healthier so that my sugar A1C score went down. I love the program and Dawn for her concerns and friendly attitude."

"I am eating better, watching my intake, walking more, and drinking more water than soda and I FEEL BETTER. Thank you!!!"

"Great program. Please continue, it has changed my life. I have lost weight, exercise, off meds. It is the best!!!!!"

"Our wellness program is the greatest. Always interesting subjects, worth attending. Thank you."

"I lost 26 lbs. Fun, Fun, Fun and so informative. Love to go to the wellness meetings."

"I lost weight, 26 lbs., raised my consciousness and cook healthier. I love it and would not miss it. "

"I lost weight and cook healthier. Please keep up the good work. We love the wellness program."

"Very well presented to our compound, Please keep up the wellness class."

"This program is the greatest, Very educational and we learn so much about our bodies."

"Good, friendly environment. Will attend again."

"Thank you for providing this program. I learned valuable information and loved the team spirit and support of others."

"I quit smoking and have started on a diet. I really enjoy having the program every month and she has helped me out a lot."



www.pcsb.org/wellness

