

Employee Wellness Program Committee

Tuesday, April 5, 2016

10:00 am-11:00 am

1060 Emeline Avenue, Solarium

MINUTES

PRESENT: Robert Smith, Leticia Preciado, Carol Johnson, Judy Webster, Will Forest, Lisa Hernandez, Olivia Martinez, Margaret Ingraham, David Brown, Giang Nguyen

1. Healthy Food Choices/Vending: Carol Johnson reported that signage indicating healthier choices in the vending machines at Ocean has not been installed yet as was planned for last week. Carol will follow up with vending there to be sure signs are installed soon. The Café is following GSA's (Government Services Administration) "Health and Sustainability Guidelines for Federal Concessions and Vending Operations" developed in conjunction with the Department of Health and Human Services and the CDC for healthy food offerings. Examples include seasonal fruit, tofu, fish, brown rice, grilled chicken, items made from scratch to limit sodium, etc. They are currently unable to label individual daily specials with calories due to cost. However, calorie content of items offered all the time could be posted in the cafeteria. The cafeteria intends to put up more signage identifying healthier choices; it is hoped this can be done by the end of April.

A suggestion was made that in the future a "Frequent Healthy Buyer" card could be offered by the Cafeteria. For example, the card is punched each time an employee purchases a healthier option, after a set number of purchases, one healthy item is free.

Judy reported that both Sky Vending and Vendwize have indicated they will label "healthier" options in their machine on the Emeline campus before the end of April. She is still attempting to identify if any vending machines are in Watsonville locations.

It was also suggested that more healthy items are needed in vending machines. Lisa and Judy will check on who holds the vending contracts for Emeline; Carol will do same for Ocean to see if this is a current option.

It was also suggested that the BOS direct the GSD to work on a consistent RFP language for vending contracts that include specifications for healthy food in vending machines. This could be a recommendation in the upcoming Board report.

2. Communications: The following have been requested and are in progress:
 - Putting a direct link for the Wellness Web Page on the front page of the County intranet.

- Having a single contact for employees to use for questions, class registration, etc for the wellness program (Judy will be the contact at present).
- The capability for a single point of contact to be able to send timely all employee e-mails to announce events, provide newsletters, health tips etc. It was suggested that pre-prepared content that would be sent out on a regular basis e.g. Monday Health Tip, could be submitted for approval and lessen the length of the approval process.

Once these are in place, the pilot program can be launched.

3. Website: The Health Services Agency Wellness Page is being updated and content added. It is currently available to be seen at <http://www.santacruzhealth.org/employeeewellness>. Comments are welcomed.
4. Upcoming BOS Report: The report will be a status report on planning and implementation of the pilot wellness program and is tentatively scheduled for the BOS on June 14. Judy will draft the report, all input should be to her by May 6 after which it will go to Dr. Hernandez for review. The report format will follow the plan of activities outlined on page 12 of the October 26, 2015 Board Report. The report will need to be signed by Health Services Agency (main author), GSD, Personnel, and Parks departments.
5. Survey Results: A summary of the results of the recent wellness survey was presented. Attendees will be e-mailed the detailed results and analysis for their review and information. (Available at: <https://www.surveymonkey.com/results/SM-7BQWQSCS>)
6. Other: (Addendum)
 - Walking: Margaret has started a County Walking Group using www.mapmywalk.com. Employees can sign up and request an invitation from Margaret (at present) to join the group to begin tracking their walking steps, calories, and mapping their own walking routes. MapMyWalk is a free app for computer or phone that lets individuals keep track of their steps, routes, and get encouragement from friends. It also offers health tips, incentives and group competitions specific to walking for fitness.
 - Aerobics Classes: Margaret is also in the process of getting bids for a virtual fitness program to install at the Parks worksite and to offer as a pilot aerobics class program to employees at a cost. It is hoped that County employees from other sites would come to use it and give feedback to parks regarding the program's feasibility for other employee locations (Watsonville, Ocean and Emeline).
7. Next Steps: A draft of the Board report will be brought to the May 2 meeting for Committee input and discussion. Please be prepared to bring an additional content and/or recommendations for consideration to be included in the report.

8. Next Meeting: Next Committee meeting Monday, May 2 from 1-2 pm in the Solarium, 1060 Emeline.
9. Adjourned at 11:00 am