Oregon Department of Corrections
Employee Safety and Wellness Strategic Initiative Team

Establish heart-wellness exercise options at every DOC worksite
All functional units provide annual flu shots and health screenings

Current Heart Healthy Exercise Options/Events per Facility

**Brentwood**

Has an established Wellness Committee
Heart Healthy Related Events/Options
- A group of people have started a walking program along 13th Street
- Jan 2009—starting a Weight Watchers group
Other Wellness Related Events/Options
- No exercise options, lockers or showers here

**Central Distribution Center**

Currently, no Wellness Committee
Heart Healthy Related Events/Options
- PEBB Sponsored events---i.e. Flu shots, HepB immunizations, Yearly TB clinics
- Warehouse walk indoors
Other Wellness Related Events/Options
- Yearly Staff BBQ

**Coffee Creek Correctional Facility**

Wellness Committee Formation Underway
Heart Healthy Related Events/Options
- Fitness Center
- Sponsored Events (Runs in Community)
- PEBB sponsored clinics
- Walking Teams meet at Lunch
- On-site BP machine
Other Wellness Related Events/Options
- Safety Boards
- Safety Competitions
- ESS for Stress
- Weekly Emails regarding Safety and Wellness
- Established Wellness committee by-laws recently
**Columbia River Correctional Institution**

Has an established Wellness Committee

Heart Healthy Related Events/Options

- Nature trail thru the wetlands
- Staff garden
- Weight committee—trying to raise funds to purchase weight equipment.

**Deer Ridge Correctional Institution**

**Eastern Oregon Correctional Institution**

Has an established Wellness Committee

Heart Healthy Related Events/Options

- Kick off Wellness/Health Fair
- Extensive salad bar w/vinaigrette dressing options
- Health Checks screening
- Healthy Portions for Lunch
- On site BP machine

Other Wellness Related Events/Options

- Established Wellness Committee/Bylaws
- Providing Filtered Water to Staff
- Wellness Info on Board in Break Room
- Walking Path
- Wellness Emails to all staff

**Health Services Admin**

Currently, no Wellness Committee

Heart Healthy Related Events/Options

- Walking during breaks

Other Wellness Related Events/Options

- Off –Site Activities
- At Work Weight Watchers meetings

**Mill Creek Correctional Facility/Santiam Correctional Institution**

Has an established Wellness Committee

Some of these bulleted items have already been established; some are in the planning stages

- Programs, Activities, educational opportunities for all staff
- Develop wellness resources center
Post EAP flyers in the facilities
Bulletin Boards
Disseminate Oregon Savings and Growth Plan Information
Fitness Work Outs/Center
Walking Groups
Nutrition/Weight Management Classes
Charitable Community Events
Coordination of 5K Fun Run/Walk
Winter Wellness Fair

**Oregon State Correctional Institution**

Has an established Wellness Committee
Heart Healthy Related Events/Options
- Perimeter Walking (Safety Vests available)
- Pickle Ball during count
- Can use weights in gym during designated times
Other Wellness Related Events/Options
- Staff Newsletter has wellness related articles
- Wellness bulletin board
- At Work Weight Watchers Meetings
- Bi-Monthly emails with focus on physical fitness, financial wellness, nutrition, or stress management

**Oregon State Penitentiary**

Has an established Wellness Committee
Heart Healthy Related Events/Options
- 24/7 Fitness Center
- Perimeter walk around wall
- Worksite Health Screenings
- On Site blood pressure machine
Other Wellness Related Events/Options
- Wellness Information Center
- Wellness and Safety Bulletins posted
- At Work Weight Watchers meetings
- Monthly emails about Employee Assistance Program

**Powder River Correctional Facility**

Has an established Wellness Committee
Heart Healthy Related Events/Options
- Promotion of walking groups during count
Other Wellness Related Events/Options
Weekly wellness newsletter via email
Wellness bulletin board

Shutter Creek Correctional Institution

Has an established Wellness Committee
Heart Healthy Related Events/Options
- Walking Trail
- Staff Wellness Center with weight and cardio equipment
- Off site-activities

Other Wellness Related Events/Options
- Annual Health Screening and Flu Shot clinic
- Wellness Bulletin Board
- Off site-activities

Snake River Correctional Institution

Has an established Wellness Committee
Heart Healthy Related Events/Options
- Group Walks, Institution Wide and Community Events
- Walking around the facility (inside the corridors, on access road, etc.)
- Work Out Center with both cardio and strength training equipment
- PEBB screenings
- BP Monitor
- Staff salad bar and lower-fat entrée choices

Other Wellness Related Events/Options
- Monthly Newsletter
- Monthly Meetings
- Library for Staff
- Monthly Postings of Events in Community
- Development of By-Laws
- Development of Walking Track
- Wellness/Fitness Fair
- Mobile Mammography Unit/Life Flight Memberships
- Annual Golf Tournament

South Fork Forest Camp

Currently, no Wellness Committee
Heart Healthy Related Events/Options
- Fitness Center for staff
**Two Rivers Correctional Institution**

*Has an established Wellness Committee*

**Heart Healthy Related Events/Options**
- Wellness Fair
- 24 hr Fitness Center
- Walking Track
- Currently doing a “biggest loser” contest

**Other Wellness Related Events/Options**
- Dissemination of information, email links, recipes, healthy choice options
- Food Services has a large supply of heart healthy meals available
- Seminars on wellness topics
- Identify Theft and Protection Information
- Functional Unit Manager is very supportive of all wellness-related events

---

**Warner Creek Correctional Facility**

*Has an established Wellness Committee*

**Heart Healthy Related Events/Options**
- A Wellness Trail with exercise stations complete with picnic tables and several places to sit and view the Goose Lake Valley.
- Rubber mats ordered and several exercise machines have been donated to our Staff Wellness Center.

**Other Wellness Related Events/Options**
- PEBB screenings and flu shots have been scheduled for late October and early November.
- A display board is being built to display wellness ideas and healthy menus.
- Staff dining has a good selection of salads for those wishing to eat healthier.

---

**Linn County Corrections**

*Has an established Wellness Committee*

**Heart Healthy Related Events/Options**
- Snack Vending Machines to include healthy beverages such as juice, water and tea
- Exercise/Walking Trail outside of building
- Utilization of conference room for video exercise classes

**Other Wellness Related Events/Options**
- Wellness Bulletin Board
Douglas County Corrections

- Staff walk and exercise on their breaks
- Cafeteria

Office of Population Management