

***Lights,
Camera,***



**Central Oregon Action Forum
Governor's Wellness Initiative
June 21, 2010 – 8:30-3:30**

Why?



- Build the case and culture for worksite wellness
- Complement the work already being done
- Return on investment (ROI)
- Available resources
- Framework

Who?

Potential Invitees



***Strategic
Planning***

How?

Agenda

- Culture of wellness
- Current local conditions
- Support employee health
- Action planning

Worksite Wellness!



Where do we want to be?

- Brainstorming
- Priorities
- Partnerships





= GO!

Action: something done - usually as opposed to something simply said.

wordnetweb.princeton.edu/perl/webwn

Community Action Forum Plan

Goal: By 2012, increase the # of regional organizations that implement worksite wellness programs/policies by 5%.

Okay, how??

Partnerships

Policy

Promotion

Tools/Programming

Measurements

How did we do?

Evaluation

In a nutshell...

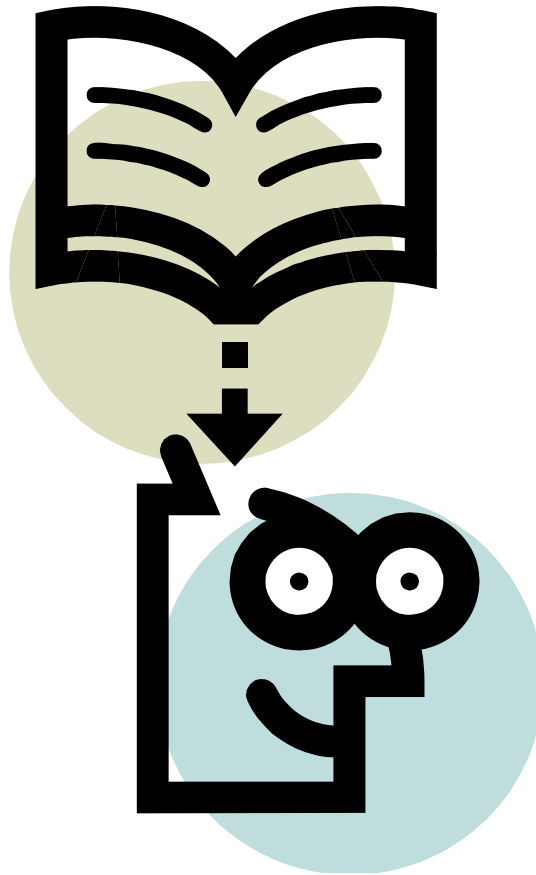
Participants valued most:

- **Networking, group participation, regional and cross-industry collaborations**

Next steps per participants (now that you've attended the Action Forum):

- **Evaluate my own organization**
- **Incorporate Ideas**
- **Focus on prevention, education, access and motivation**
- **Engage decision makers and stakeholders**
- **Take strategies into action**
- **Promote wellness in my worksite, model good behavior**
- **Present these ideas, this plan, to my own group to see where we**
- **Create purpose and process of the worksite wellness action plan**

Lessons Learned



- Clearly express your intent for the group when organizing the event and process. What are you asking people to come to and to do?
- Cultivate a *well-rounded* guest list. Identify partners who are ready for the information.
- Need an inspirational figure—someone to show how the process is working on the ground.

Where are we now?



~ The Central Oregon Worksite Wellness Collaborative (COWWC) is using the action plan as a guide.

~ Regular meetings. Keeping a consistent overall goal.

~ Next meeting scheduled for September, 2011

~ Development of Regional Toolkit using State of Oregon 'Wellness@Work' as guide

www.healthoregon.wellnessatwork



Toolkit Contents

- **Garnering Management Support**
- **Creating a Wellness Team or Point Person**
- **Assessing Worksite and Staff**
- **R.O.I. Statistics**
- **Model Policies**
- **Local Resources**
- **Marketing Plan**
- **Program Evaluation**



Healthy Vending Machines

REQUEST FOR PROPOSAL

For Vending Machine Operations at
Deschutes County Health Services

Proposals must be received no later than 3:00 p.m.
Friday, May 20, 2011

**Deschutes County Health Services
2577 NE Courtney Drive
Bend, Oregon 97701
(541) 322-7446**

Questions, please!



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