


**Lights,  
Camera,  
Action Forum!**



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


**Why?**



- Build the case
- Complement the work already being done
- Return on investment (ROI)
- Available resources
- Framework

**Who?**

**Potential Invitees**




**Strategic Planning**

**How?**

**Worksite Wellness!**



**Agenda**

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



**Where do we want to be?**

- Brainstorming
- Priorities
- Partnerships

**= GO!**

**Action:** something done (usually as opposed to something said)  
wordnetweb.princeton.edu/perl/webwn

## How did we do?

### Evaluation

#### In a nutshell...

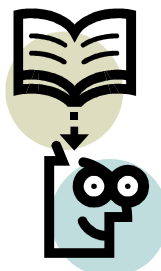
##### Participants valued most:

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

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

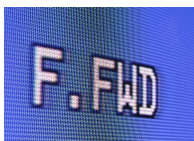
- Evaluate my own organization
- Incorporate Ideas
- Focus on prevention, education, access and motivation
- Engage decision makers and stakeholders
- Take strategies into action
- Promote wellness in my worksite, model good behavior
- Present these ideas, this plan, to my own group to see where we
- 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 Or. Worksite Wellness Collaborative is using the action plan as a guide.

~ Regular meetings. Keeping a consistent overall goal.

~ Who? Local Hospital System, Chamber Directors, public health, businesses, school districts, non-profits, human resources reps, insurance companies

~ Development of toolkit

~ Everyone can participate!



## Questions, please!



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