

**Bridge to Wellness
Meeting Minutes
June 9, 2015**

Members Present: Human Resources – Shannon Sweeney, Keely Downs; Safety- Amber Haglund- Pagel; Library- Maureen Maloney; Police – Tom Stolee, Tony Radloff; DECC- Annette Nemecek; Construction- Chris Edwardson; Finance- Ashley Lent, Street Maintenance-Doug Peterson, CBIZ – Angie Schmidt, Health Partners – Brian Rude, Leah Terres

1. Approval of Minutes

Motion: Chris Edwardson, Moved to approve with change of date to reflect May 12 (not May 13)
Seconded: Tom Stolee
Motion passed: Approved

2. Health Partners – Presentation on Health Risk Assessment results (moved to top of agenda for time)

- a) Leah Terres and Brian Rude presented the results from the 2014 Health Risk Assessment. The following are focus areas from the results (a copy of the comprehensive document can be provided) :
 - i. Out of 1,977 invited to complete the health assessment, 411 participated (20.8%), which means that strategies to increase participation will be a key area to focus on for 2015.
 - ii. Participants in 2014 “scored” higher in the areas of Overweight and Obese categories, Prehypertension, High total cholesterol, Low Fruits and Vegetables, Back Pain and Emotional Health Concerns.
 - iii. A few questions arose regarding the way questions were worded on the assessment and if HP can further breakdown information for us. Health Partners will get back to us on disease management, comparisons to similarly sized cities, etc.
 - iv. Angel will work to establish a plan to prioritize and emphasize these areas of need in terms of education, information and opportunities.
 - v. One other point brought up that is important to make note of: adding a question to the Employee Interest Survey with regard to whether employees used the information they received last year (ie – test results) and followed up with a doctor if needed based on their results.

3. Summer Challenge

- a) Will be through Daily Endorphin starting July 6th, run for 6 weeks ending Aug 16th
- b) Will be broken into 3 divisions – Beginner, Intermediate, Advanced and strictly exercise-based (keep it simple) and will be weighted in points vs. minutes so that we can determine intensity (if someone covers 4 miles in 28min vs. 48min, time will not be as much a factor as will the intensity)
- c) Feedback was to keep it as an individual challenge rather than teams
- d) Will try to provide exercise opportunities once/week at various locations and consensus was to have prizes/drawings AT the classes to encourage participation
- e) There will be prizes as well for overall winners

4. Mini Relay for Life Event

- a) The Mini Relay for Life event will be held at the Duluth Airport on July 14th from 11-1pm. \$10 to participate, lunch provided and there will possibly be the parks bus to transport employees to DAA.
- b) Because the event is being held the same day as our meeting, the next Wellness Committee will be held at the airport at 1:30pm.

5. Committee Member Roles & Responsibilities

- a) Angel asked briefly for feedback with regard to the updated Roles/Responsibilities for committee members. The committee has operated without formal "Robert's Rules" and intends to stay that way.
- b) The roles & responsibilities will be used as a general guide for the committee (with room for exceptions)

6. Total Worker Health Concept

- a) Shannon briefly provided an overview of what the Total Worker Health concept is: Working together with Safety, Employee Benefits and Wellness to provide the best service for our employees and to focus on employee health and well-being as a total package – at work and at home. Total Worker Health is in its beginning phase and more will be shared as we are able to proceed forward.

7. Wellness Days

- a) Stand-Up Paddle Board Demo is FREE and open to anyone (city employees and their friend/family), just RSVP with Angel. It will be held July 1st at 5pm at Park Point Beach House. If there is inclement weather, Angel will come up with a rain date.
- b) Enger Park – was not discussed, but Angel would like to put an opportunity together in August at Enger....more to come on that.

8. Memorial Blood Drive – June 23rd from 8-11, outside City Hall please consider donating if you are able.

9. Next meeting is July 14th, 2015 at 1:30pm at the Duluth Airport.