

Large Centralized Activities (Campaigns)

Characteristics:

- Interagency and Intra agency competition
- For the whole EEC
- Defined beginning and end point
- Leadership Involvement
- Funded communications plan
- Play off of university theme
- Address exercise, stress, nutrition, and raising awareness
- Wellness champions/leaders act as communicators and implementers
- Include measureable participation goals

Small Decentralized Activities

Characteristics:

- Led by wellness champions/leaders
- Varied across departments, buildings, floors
- Experiment with new practices at worksite
- Address exercise, stress, nutrition
- Build community
- Build wellness culture
- Include shared learnings
- Identify barriers that rise to the surface
- Put in place policies supportive of wellness
- Demonstrate ability to overcome barriers at worksite for wellness

Healthier U Interventions

Overall Characteristics:

- Build community and team support for health throughout the East End Complex
- Volunteer and wellness champion/leader opportunities, training and support
- Build sustainable leadership infrastructures
- Identify and address policy and environmental barriers and opportunities
- Innovation

Spring-Summer 2013

- Small decentralized interventions
- **Wellness Champions/Leader - Planning, Identification, Training, Support** (Workgroup formed 5/16, expert presentations 5/30, launch July 2013)

Fall-Winter 2013

- Large Centralized intervention (Campaign)
- Opportunities for leader and volunteer development, innovation on the team level (possible)

Winter-Spring 2014

- Small decentralized interventions
- Wellness champion/leader development, team development, policy and environment

Spring-Summer 2014

- Large Centralized intervention (Campaign)
- Opportunities for leader and volunteer development, innovation on the team level (possible)

Summer-Fall 2014

- Small decentralized interventions
- Wellness champion/leader development, team development, policy and environment

Fall-Winter 2014

- Large Centralized intervention (Campaign)
- Opportunities for leader and volunteer development, innovation on the team level (possible)

Winter-Spring 2015

- Small decentralized interventions
- Wellness champion/leader development, team development, policy and environment

Goals (campaign, annual and total)

- % Participation:
- # wellness leaders (trained, active):
- # Team policies adopted:
- # Departmental policies adopted:
- # Support teams formed