

Creighton Wellness 2019 - 2020 Program Summary

Earn Your 2020 Medical Premium Incentive

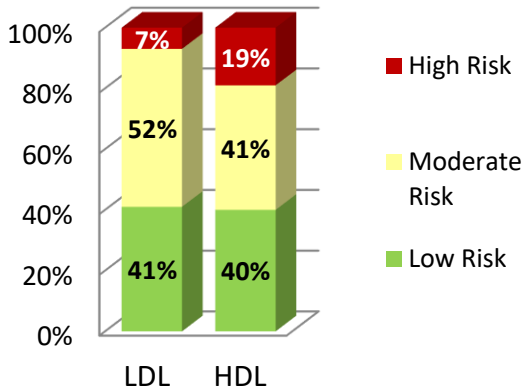
1,650 (73%) employees qualified for reduced medical premiums in 2020 by completing two activities.

- Biometric Health Screening
- Online Health Assessment

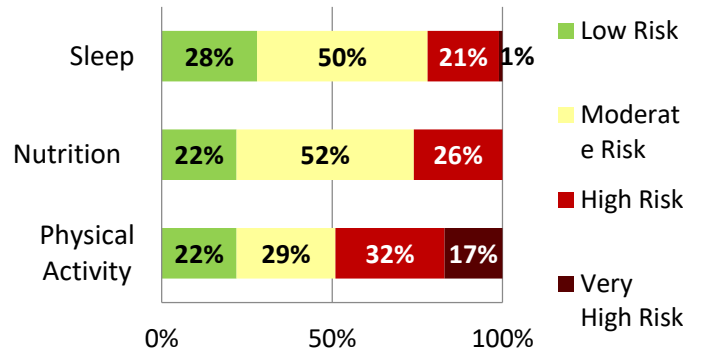
Biometric Health Screenings

- **16** onsite screenings during July to September
- **1,709** employees completed a screening
- **87%** employees attended an onsite screening
- **6%** employees submitted a physician's form
- **10%** utilized Quest Patient Service Centers

Screening Results: High Risk Areas



Health Questionnaire: High Risk Areas



Opportunities

- 60%** of employees are at moderate or high risk for HDL Cholesterol.
- 865** employees say they don't obtain enough exercise and sit too much throughout the day.
- 32%** of employees are at or above BMI score 30.0 leaving them at high or very high risk for obesity.
- 26%** of employees are at high risk based on their nutrition habits.
- COVID-19** created an need to shift how we deliver wellness programming.

Internal Collaboration

The wellness team strives to collaborate with Creighton University internal partners to ensure best resources are made available and marketed to the Creighton community.

College of Nursing

Presentation to Students

Physician Assistant Program

Presentation to Students

NOVICE Program

Resources for New Employees

Alumni Associates

Provide Wellness Resources

Recreation & Wellness

Wake Up Workouts | Go Move Challenge, Fitness Subsidy

The Lifestyle Medicine Clinic

Plant Forward Nutrition Program

Human Resources

New Hire Orientation, EAP

Heider College of Business

Financial Wellness Lunch and Learn

Departmental Outreach

The wellness program reached about 185 employees through targeted programming in specific departments. Programming focused on physical wellbeing through exercise sessions and cooking demonstrations as well as emotional wellbeing through stress reduction programs. This programming is convenient for departments to incorporate into their work dynamic with wellness team traveling to each area. These types of programs create camaraderie and teamwork toward reaching for a common goal.

College of Nursing

Physical Wellness

Dental School

Physical Wellness

Facilities

Physical Wellness

Human Resources

Physical and Emotional Wellness

Information Technology

Physical and Emotional Wellness

Law School

Physical and Emotional Wellness

Residents

Physical and Emotional Wellness

Russel Child Development Center

Physical Wellness

Creighton Wellness Awards

The Wellness Council has created an award process to recognize Creighton employees that have positively impacted the health and well-being of others or themselves.



Transformation Award: Recognizes an employee who now leads a healthier lifestyle and has made a significant health transformation as a result of participating in Creighton University's wellness program.

2019-20 Winner: Kelly VanEngen (left)

Holistic Wellness Award: Recognizes an employee who exemplifies the Jesuit value of cura personalis (care of the whole person) in his or her integrated care of the body, mind and spirit.

2019-20 Winner: Joe Ducharme (right)



Cura Personalis: Care for the whole person - body, mind and spirit

Outreach efforts will increase through the use of virtual mediums in 2020 – 2021.



Wellness is Personal Mission Statement

Our purpose is to provide and promote a healthy worksite culture that assists all employees, regardless of their starting point, in reaching and maintaining a healthy body through research based, innovative and supportive interventions, policies, tools and resources and encouragement of a relationship with a personal physician.

Skill Building Wellness Challenges

Take the Stairs

A 6-week physical activity challenge focused on taking the stairs more often.

- 185 registered participants
- **47%** successfully completed the program
- **15%** of participants climbed 2,500+ flights of stairs during the challenge.



One participant said, "I found that focusing on taking the stairs more during the day probably helped me physically and also provided me a mental break at times."

Zero to 30

A 4-week activity challenge focused on increasing physical activity minutes to at least 30 minutes per day.

- 144 registered participants
- **47%** successfully completed the program
- Participants met their goal and average of **21** days during the challenge.



One participant said, "I liked tracking my progress and looking back at each week and thinking WOW! I am proud of myself for prioritizing my health!"

Quarantine Challenge

A 6-week physical activity challenge focused on adding movement to the day. Participants worked with their departments to achieve the most minutes.

- 327 registered participants
- **40%** successfully completed the program
- There was a **19** minute increase in average daily activity for a total of **399,187** minutes during the challenge.



One participant said, "It was a great way to keep up connected during the quarantine. I enjoyed logging my minutes with the team."

Go Move Challenge

A 29 day physical activity challenge where Creighton competed against 27 other Jesuit Universities to see who could complete the most activity minutes in February 2020.

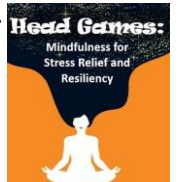
- 435 registered participants
- **91%** successfully completed the program
- Creighton University placed **1st** in the Midwest region and **3rd** place overall.
- Creighton participants logged a total of **414,411** minutes during the challenge.



Head Games

A 5-week stress management challenge focused on exploring and practicing coping and resilience techniques.

- 95 registered participants
- **27%** successfully completed the program
- After the program, **81%** reported taking more time for themselves.



One participant said, "Just taking 10-15 minutes to be mindful before I start work each day has made me less stressed and more open-minded to the email flood I receive each morning."

Wake Up Workouts

6-8 week exercise classes offered to faculty and staff before work hours. Average classes **15-20** participants per session.

- **Shift to Virtual**
Due to the COVID-19 pandemic, workouts shifted to virtual sessions via Zoom. Sessions were recorded and posted to a special page on the Wellness website.
- **27** average views per week



Healthy Lifestyle Management Programs

Brain Power Plate – Fall Semester

An 8-week lifestyle management program focused on boosting brain health and weight management through good nutrition.

- 22 registered participants
- **77%** successfully completed the program
- Program was offered in person and via Zoom to accommodate all schedules and locations.



One participant said, "I enjoyed Learning from others on how they make different foods better and incorporate into the foods for the day."

Plant Forward – Spring Semester

An 8-week healthy lifestyle challenge focused on the benefits of incorporating more plant-based choices into eating plan.

- 30 registered participants
- **43%** successfully completed the program
- There was a **12%** increase in those that ate 5 or more vegetable servings each day, and a **16%** increase in those that ate 3-4 fruit servings each day.



One participant said, "I had success in losing weight and can't wait to incorporate more fresh veggies and fruit this summer."