



14<sup>TH</sup> ANNUAL OHIO

*Employee  
Health &  
Wellness*  
CONFERENCE

# Workshop E

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*Ohio Healthiest Employers – Small Employers*  
**Best-in-Class Wellness Programs —**  
**Ohio State University's Extension**  
**Office & Greater Columbus**  
**Convention Center**

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**11:15 a.m. to 12:30 p.m.**

## **Biographical Information**

**Justin Giaimo, Director, External Relations  
Ohio Chamber of Commerce  
34 S Third St., Suite 100, Columbus, OH 43215  
614-228-4201      jgiaimo@ohiochamber.com  
www.ohiochamber.com**

Justin has served as Director of External Relations with the Ohio Chamber of Commerce since January 2019. Prior to joining the Ohio Chamber, Justin worked in the workers' compensation arena first as a Claims Adjuster and then as an Area Sales Manager for a division of Aetna. Justin also owned a franchise and worked at the Ohio House of Representatives. This public and private sector experience helps him understand issues affecting Ohio Chamber members.

Justin's wife Lauren is the Deputy Director of the ResultsOhio program housed within the Ohio Treasurer's office. Together they have a one-year old son, Cooper as well as three rescue dogs.

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**Michelle Treber, LD, MA, Extension Educator, Family and Consumer Sciences  
College of Food, Agricultural & Environmental Sciences  
Ohio State University Extension Pickaway County  
110 Island Road, PO Box 9, Circleville, OH 43113  
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Michelle Treber has over 28 years' experience in public health and nutrition. Her specialization is Workplace Wellness focusing on healthy lifestyles. She is a Licensed Dietitian and Family and Consumer Sciences Educator at Ohio State University Extension in Pickaway County. Michelle has her Master's Degree in Communication from Ohio University. She is a co-leader of the Live Healthy Live Well Program for Ohio State University Extension.

Workplace wellness is a passion and she enjoys working with businesses to develop wellness programming and wellness plans. She is married and has a blended family of four daughters and one son. She enjoys spending time in nature, reading, gardening, and spending time with her grand children who live in North Carolina and Wales.



## Pickaway County Workplace Wellness



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# Today:

- History of our Wellness Program
- Community Partner Involvement
- Live Healthy Live Well Text Program
- Tips for Developing Your Workplace Wellness Plan
- Lessons Learned
- Live Healthy Live Well Email Challenges







## Pickaway County Commissioners Brian Stewart, Jay Wippel and Harold Henson



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## ***Vision Statement:***

- ❖ To create a culture of wellness that encourages employees to improve and maintain their health.





## *Mission*

- ❖ To maintain and improve the health status of Pickaway County employees by providing opportunities and support to encourage healthy lifestyle choices.



# Our Top Health Risk Factors

- Overweight
- Out of Shape
- Blood Pressure Elevated
- Stressed out



*Mayo Clinic*



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# Planning Matrix

Objective	Program/ Intervention	Time Frame	Person/s Responsible	Communication/ Strategies	Incentives	Evaluation
<b>Fitness Promotion</b> <b>Physical Activity</b> helps prevent obesity, high blood pressure, diabetes, heart disease, and depression.	Thrive on Physical Activity Programs	On- going	April	Email notices		Participant survey
	Zero Weight Gain Challenge	Zero- Nov. - Jan.	Zero: Michelle	Email notices & payroll stuffers		Pre & post survey of participants
	YMCA Discount	current	April/YMCA	Email notice		
<b>Good Nutrition</b> <b>Good nutrition</b> lays the foundation for good health. Choosing primarily unrefined, plant-based, low-calorie, low-saturated-fat foods can greatly decrease risk of heart disease, diabetes, and many cancers.	Thrive on Nutrition programs	On-going	April	Email notices		Participant survey
	Zero Weight Gain Challenge	Zero- Nov. - Jan.	Zero: Michelle	Email notices & payroll stuffers		Pre & post survey of participants



# How would you Pick-A-Way To Better Health?



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# Community Partners

- OSU Extension
- Local Health System
- Local Farmers
- Local Fitness Facilities



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# Email Wellness Challenges

OHIO STATE UNIVERSITY EXTENSION



**Live Simply, Live Well:  
Refresh Your Wellness  
This Spring**

**Live Healthy Live Well**



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# LHLW 365

OHIO STATE UNIVERSITY EXTENSION

**FAMILY AND CONSUMER SCIENCES**

Want to Receive 2 Wellness Texts per Week?

**#LHLW365**

Send a Text message to 81010 and put  
**@lhlw365** in the message

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**Live Healthy Live Well  
365**

Move More. Stand up while taking calls. Take a walk break. Make movement count. #LHLW365 #hearthealth <https://www.heart.org/en/healthy-living/fitness/fitness-basics/make-every-move-count-infographic>



**Make Every Move Count  
Infographic**

Make Every Move Count  
When you Move More every day,  
you can reach some pretty big goals



**Live Healthy Live Well  
365**

[See Reactions](#)



Be green by putting some veggies in your breakfast with a frittata, zucchini muffin, or spinach egg wrap. <https://wp.me/p1cmn2-2Ss> #LHLW365



**5 Ways to Enjoy Veggies at  
Breakfast**

How many vegetables did you eat yesterday? MyPlate recommends that adults consume at least 2-3 cups of vegetables each day, making half your plate fruits and vegetables at each meal. Breakfast



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# Health and Safety Week



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# Health and Safety Week



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# Health and Safety Week



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# Health and Safety Week



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# Other Activities

## PUMPKIN PASSPORT

PICKAWAY COUNTY

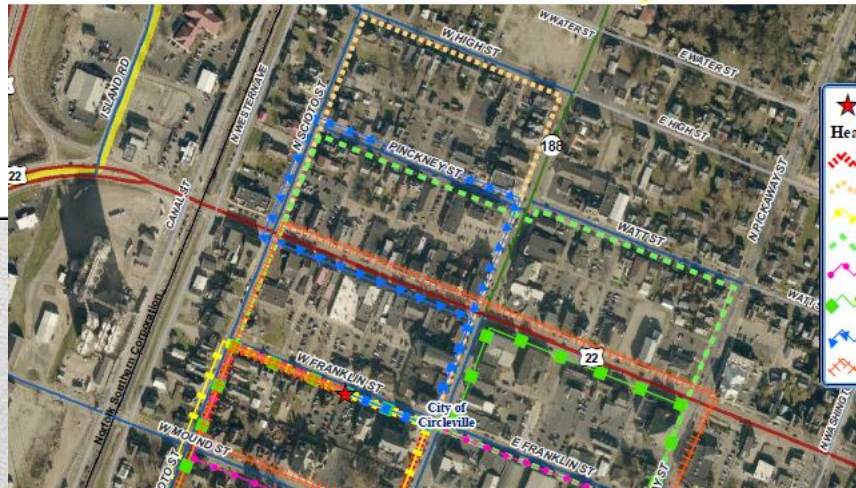


*"Pick-A-Way to better Health"*

HEALTH & SAFETY COMMITTEE

### PICKAWAY COUNTY, OHIO

Health Walk  
Map



- ★ Start Point
- Health Walk Map Routes
- Route 1 = 0.71 Miles
- Route 2 = 0.76 Miles
- Route 3 = 0.58 Miles
- Route 4 = 0.92 Miles
- Route 5 = 0.76 Miles
- Route 6 = 1.18 Miles
- Route 7 = 0.75 Miles
- Route 8 = 1.09 Miles

Directions on  
Next Page



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# Lessons Learned



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# Live Healthy Live Well Blog



<http://livehealthyosu.com>



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# Live Healthy Live Well Facebook



<http://go.osu.edu/FBLHLW>



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# Developing your Program

- **Management Support**
- **Wellness Team**
- **Encourage Team Involvement**
- **Start Small**





# Developing your Program

- **Look for Community Resources**
- **OSU Extension - Live Healthy Live Well**
- **Learn, Adjust and Move Forward**



# Thank You!



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**For more information:**

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# Pickaway County Health and Safety

## Develop a Plan

- Leadership/Management Support
- Establish a Team or Committee
- Encourage Team Involvement
- Create Vision & Mission Statements
- What are the Top Health Risk Factors?
- Decide Focus Areas
- Develop a Plan – Planning Matrix
- Pick-A-Way to Better Health (creative slogan)
- Involve Community Partners
- Start Small
- Build on Your Successes
- Learn, Adjust & Move Forward
- Remain Positive even in Challenging Times
- Make it Fun!

## Instant Ways to Jumpstart Your Wellness Efforts

- Sign up for Live Healthy Live Well Blog  
<http://livehealthyosu.com>
- Follow Live Healthy Live Well Facebook  
<http://go.osu.edu/FBLHLW>
- Live Healthy Live Well Text Messages  
Send a Text message to 81010 and put @lhlw365 in the message
- Live Healthy Live Well Email Wellness Challenges  
Send me an email and I will invite you to the next challenge.  
[treber.1@osu.edu](mailto:treber.1@osu.edu)

## Health and Safety Week Ideas

- Plan, Plan, Plan
- Start Small – Promote Event to All Employees
- Leadership/Management Support
- Kick Off with Food - Fruit/Granola Bar Baskets for each Department
- Community Partners
- OSU Extension
- Local Farmers/Community Supported Agriculture
- Chair Massage
- Selfie Station
- Challenge/Bingo/Walking Maps – ways to engage employees
- Have Fun, Learn from Challenges
- Evaluate

Contact info: Michelle Treber, OSU Extension, Pickaway County  
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