Welcome to the 2013 State of Health & Wellness in Buckeye Nation
Ohio State’s Quest: The Healthiest University in the World

Bernadette Mazurek Melnyk, Larry Lewellen, A.J. Douglas Amaya, Steve Pariser, Ben Van Trees and the Buckeye Wellness Innovators
THE INAUGURAL
Building Healthy Academic Communities National Summit
AND THE LAUNCH OF THE
National Consortium for Building Healthy Academic Communities

Executive Summary

April 22-24, 2013
The Ohio State University

www.healthyacademics.org
The optimal state of living well, regardless of an individual’s spectrum of health

Encompasses physical, intellectual, mental, emotional, social, occupational, financial, environmental and spiritual well-being
Based on Evidence
What Do We Know?

People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

• **Physical activity**- 30 minutes 5 days per week
• **Healthy eating**- 5 fruits and vegetables per day
• **No smoking**
• **Alcohol in moderation**- 1 drink per day for women, 2 drinks per day for men
Every day, we make behavioral choices that influence our wellness outcomes.
The Ohio State University

The Social-Ecological Framework and Life-Course Perspective
Guide, Evidence-based Interventions to Achieve the Vision of Ohio State as the Healthiest University on the Globe

Adapted from: Model to Achieve Healthy People 2020 overarching goals
Source: Secretary’s Advisory Committee on Health Promotion and Disease Prevention Objectives for 2020 (2008, p. 7)
# The Current State of OSU Key Indicators in Faculty and Staff (n=28,116)

<table>
<thead>
<tr>
<th>Measure</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI (Obesity)</td>
<td>29%</td>
</tr>
<tr>
<td>BMI (25-30)</td>
<td>32%</td>
</tr>
<tr>
<td>Total Cholesterol &gt; 200</td>
<td>26%</td>
</tr>
<tr>
<td>Total Cholesterol &gt; 240</td>
<td>5%</td>
</tr>
<tr>
<td>HDL Males &lt;40 +</td>
<td>34%</td>
</tr>
<tr>
<td>HDL Females &lt;50 +</td>
<td>34%</td>
</tr>
<tr>
<td>Smoke Tobacco</td>
<td>5%</td>
</tr>
<tr>
<td>HbA1c &gt;=5.7</td>
<td>20%</td>
</tr>
<tr>
<td>Blood Pressure &gt;140 and/or &gt;90</td>
<td>6%</td>
</tr>
<tr>
<td>Waist Circumference Females &gt;=35&quot;</td>
<td>42%</td>
</tr>
<tr>
<td>Waist Circumference Males &gt;40&quot;</td>
<td>15%</td>
</tr>
<tr>
<td>Glucose &gt;100 ****</td>
<td>23%</td>
</tr>
</tbody>
</table>
ONE UNIVERSITY HEALTH & WELLNESS COUNCIL

Co-Chairs:
Associate VP for Health Promotion & Chief Wellness Officer
VP for Care Coordination & Health Promotion, Wexner Medical Center
VP for Talent, Culture, and Human Resources

Members:
VP for Student Life
CEO, OSU Health Plan, Inc.
Director of Health Promotion
Academic Leader (Dean, Vice Provost)
Faculty Representative
Staff Representative
Student Representative
Chief Innovation Officer, Wexner Medical Center*
VP, Technology Commercialization*
Senior VP, University Communications*

Marketing, PR, and Communications Sub-council
Student Health & Wellness Sub-council
Innovation, Technology Commercialization and Business Sub-council
University Faculty and Staff Health & Wellness Sub-council
Medical Center Health & Wellness Sub-council
Outcomes Evaluation and Research Sub-council
Your Plan for Health Sub-council

* Denotes Advisory Position
Larry Lewellen
Vice President for
Care Coordination & Health Promotion
Wexner Medical Center
Andraea “AJ” Douglass

Vice President for Talent, Culture and Human Resources

The Ohio State University
Some of our 215 Wellness Innovators
Wellness Testimonial from Kevin Donahoe

• A Story about a Typical Guy
• How YP4H and Health Coaching Changed My Life
• OSU Support Network to Keep on Track
OCIO Wellness Innovators
What we’ve been doing!
Yoga
• Thursdays, 12 – 1:00 @ ADC
• Come join us!
  • Contact Irina Ostrova, OCIO BWI
  ostrova.2@osu.edu

Wellness Walks Physical fitness
• Team building – we talk about work, we talk about our lives
• Spiritual – we laugh, we laugh some more : )

Spring Fling Healthy Pot Luck
• Wide variety of healthy cuisine
• Shared recipes, posted on Carmen Wiki
• Come join us for “Healthy Tailgate” & “Healthy Holiday Pot Luck”
How OSU, OCIO, & the Community Support Us

• Encouragement from & participation of OCIO leadership
  o Empowering!
• Available resources
  o YP4H – helps staff and faculty see opportunities for health improvement
    ▪ Personal Health & Well-Being Assessment
    ▪ Challenges help us make that one change!
  o Biometric Health Screenings
  o Faculty & Staff Fitness Program & RPAC
  o Central Ohio Professional Education Council (COPEC)
    ▪ local non-profit offering free adult education
    ▪ Come join us!
      ➢ “Healthy Eating on the Go” November 20 @ ADC
Thank you!

- OCIO leadership
- OCIO Communications & Marketing
- Colleagues – you are why we do what we do!
- OSU BWI team
Student Life Wellness Innovators
7 Ross Wellness Innovators
We have a human energy crisis that manifests itself in a multitude of places!
Managing ENERGY, not just time, is the KEY to extraordinary results!

Full engagement is the acquired ability to intentionally invest your FULL and BEST energy, right HERE, right NOW.

Energy is four dimensional: Physical, Emotional, Mental, Spiritual (purpose).

Multitasking is the enemy of extraordinary energy.

Human energy oscillates, peaks in demand and recovery are important for top performance.

Human Performance Institute, Inc. (2010)
Energy Management Tips

Are you aligned with your ultimate dream/purpose and mission in life?

Face the truth in all ways: Physically, Emotionally, Mentally, Spiritually

Stories (positive or negative) that you tell yourself are powerful

Changing your story is key to changing your life.

Human Performance Institute, Inc. (2010)
Movement Principles

• Our bodies are made to move!

• Movement leads to:
  o Improved blood circulation
  o Increased metabolism

• Non-movement leads to:
  o Impaired blood circulation
  o Decreased metabolism

Human Performance Institute, Inc (2010)
Nutrition can positively or negatively impact each energy dimension

Going too long without eating:

• inadequate glucose to cells
• function declines in all energy dimensions
• decline of lean muscle mass and slowed metabolism

Human Performance Institute, Inc. (2010)
Nutrition can positively or negatively impact each energy dimension

Eating too much:
- a bolus of glucose that the body can't use
- decreased energy and lack of engagement
- increase of insulin and fat storage

Human Performance Institute, Inc. (2010)
Some Strategies Being Implemented to Build a Wellness Culture and Environment at Ohio State

- Wellness Wednesdays; Wellness Onboarding
- Wellness Innovators; Health Athlete Program
- Lunch-n-learns; Cooking demos
- Ball chairs
- Outdoor and indoor wellness walks
- Wellness throughout the curriculum
- Standing meetings
- Your Plan for Health, EAP & Student Life programming
- Dance/aerobic classes; chair massages
- Competitions, such as the Healthy Buckeye Video Contest & the Wellness Amazing Race
# The First Buckeye Amazing Race

<table>
<thead>
<tr>
<th>First</th>
<th>Last</th>
<th>Team Name</th>
<th>Place</th>
</tr>
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<tbody>
<tr>
<td>Kristen</td>
<td>Bretz</td>
<td>The Ladies and the Tramp</td>
<td>1</td>
</tr>
<tr>
<td>Marcus</td>
<td>Williams</td>
<td>The Ladies and the Tramp</td>
<td>1</td>
</tr>
<tr>
<td>Megan</td>
<td>Lane</td>
<td>The Ladies and the Tramp</td>
<td>1</td>
</tr>
<tr>
<td>Kim</td>
<td>Saunders</td>
<td>The Ladies and the Tramp</td>
<td>1</td>
</tr>
<tr>
<td>Bryan</td>
<td>Wolf</td>
<td>Call and's Babies</td>
<td>2</td>
</tr>
<tr>
<td>Jenn</td>
<td>Novak</td>
<td>Call and's Babies</td>
<td>2</td>
</tr>
<tr>
<td>Courtney</td>
<td>Siegel</td>
<td>Call and's Babies</td>
<td>2</td>
</tr>
<tr>
<td>Rae</td>
<td>Everson</td>
<td>Call and's Babies</td>
<td>2</td>
</tr>
<tr>
<td>Jason</td>
<td>Good</td>
<td>Call and's Babies</td>
<td>2</td>
</tr>
<tr>
<td>Tim</td>
<td>Raderstorf</td>
<td>WellnessED</td>
<td>2</td>
</tr>
<tr>
<td>Jason</td>
<td>Walsh</td>
<td>WellnessED</td>
<td>2</td>
</tr>
<tr>
<td>Erin</td>
<td>Farrell</td>
<td>WellnessED</td>
<td>2</td>
</tr>
<tr>
<td>Steve</td>
<td>Theohares</td>
<td>WellnessED</td>
<td>2</td>
</tr>
<tr>
<td>Margot</td>
<td>Sandler</td>
<td>Wilce Financial Team</td>
<td>4</td>
</tr>
<tr>
<td>Chevy</td>
<td>Griffin</td>
<td>Wilce Financial Team</td>
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</tr>
<tr>
<td>David</td>
<td>Hutzell</td>
<td>Wilce Financial Team</td>
<td>4</td>
</tr>
<tr>
<td>Libby</td>
<td>Melzer</td>
<td>Wilce Financial Team</td>
<td>4</td>
</tr>
<tr>
<td>Joe</td>
<td>Yednock</td>
<td>Amazing Race Groupies</td>
<td>5</td>
</tr>
<tr>
<td>Leah</td>
<td>Kaiser</td>
<td>Amazing Race Groupies</td>
<td>5</td>
</tr>
<tr>
<td>Ashley</td>
<td>Baker</td>
<td>Amazing Race Groupies</td>
<td>5</td>
</tr>
<tr>
<td>Jenn</td>
<td>Lape</td>
<td>Amazing Race Groupies</td>
<td>5</td>
</tr>
</tbody>
</table>
Today, Set Your New 90-day Mission and Make Just 1 Change for Your and Your Family’s Wellness

• Decide to take the stairs instead of the elevator
• Drink water instead of a sugared beverage
• Hold 50 minute meetings instead of 60 minutes, and use the 10 minutes for a recovery break
• Read 10 minutes in a positive book every morning
• Take 5 slow deep breaths when stressed
• Sit less, stand more
• Laugh more
Nothing Happens Unless First a Dream!

Carl Sandburg
Contact Information

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