

# Energize *at* Work

Bloomington, Edina, Richfield

## Overview

Regular physical activity is one of the most important things a person can do to maintain and improve overall health. Physical inactivity can contribute to obesity and other chronic diseases. Worksites are an important venue to address physical inactivity. Bloomington Public Health staff will work with you to evaluate your worksite's environment and policies around physical activity to identify your strengths and opportunities for improvement.

## Overweight and obesity

Based on self-reported information (2006 SHAPE):

- One out of two adults in southern Hennepin County was overweight or obese.
- One out of three adults in southern Hennepin County engaged in 30 minutes of moderate intensity exercise five days per week, as recommended by Healthy People 2010.
- Of the 90% of South Hennepin County adults engaged in 30 minutes of moderate intensity physical activity on at least one day per average week, only 14.2% performed that physical activity at work.

## Worksite Health Promotion

A meta-review of 56 published studies of worksite health promotion programs across the country showed an average:

- Twenty-seven percent reduction in sick leave absenteeism
- Twenty-six percent reduction in health costs
- Thirty-two percent reduction in worker's compensation and disability management claims costs
- \$5.81 in savings for every one dollar spent

## Statewide Health Improvement Program

*Energize at Work* is part of the Statewide Health Improvement Program (SHIP). The goal of SHIP is to help Minnesotans live longer, healthier, better lives by preventing risk factors that lead to chronic disease. The community health boards of Bloomington, Edina and Richfield will implement various interventions, including implementing policies, and environmental changes that create active worksites by increasing opportunities for non-motorized transportation (walking and biking) and access to worksite recreation facilities.

## What We Provide For the Worksite

- Worksite physical activity assessment
- Assistance creating an action plan for improving physical activity at work and increasing opportunities for non-motorized transportation and access to worksite recreation facilities.
- Assistance implementing policy and environmental changes in the workspace
- Worksite walkability assessment
- Walking trail brochures for employees
- Communication materials supporting physical activity in the workplace

## Requirements of Participating Worksite

- Desire to increase your worksite's support for employee physical activity
- Worksite located in Bloomington, Edina or Richfield
- A person at the worksite designated to work with Bloomington Public Health staff in creating and implementing an action plan
- Desire to implement changes that have long-term, sustainable effects

## Interested?

Contact Sueling Schardin at (952) 563-8915 or [sschardin@ci.bloomington.mn.us](mailto:sschardin@ci.bloomington.mn.us) to set up an appointment.