



**Healthy Columbus Wellness Team Meeting Minutes**  
July 20, 2016  
2:30-3:30pm, Citywide Training



Facebook.com/HealthyColumbusEmployeeWellness

### **Upcoming Events**

#### **Olympic Challenge:**

Healthy Columbus has the Olympic spirit and wants you to join us during this year's summer games! This individual challenge will help you focus on your health in more ways than just eating right and exercising!

Starting August 1<sup>st</sup>, this challenge will focus on the 5 dimensions of wellness. Employees will complete tasks in each area and accrue points! More points, more Healthy Columbus goodies!

Registration is now open for our newest challenge, click [here to register!](#)

#### **Walk to Rio**

Healthy Columbus is asking employees to walk, run, bike or swim **4989** miles (the distance between Columbus and Rio De Janeiro, Brazil) between now and August 31<sup>st</sup>.

As folks log minutes or miles, we are asking them to [log their activity here](#) so we can track the distance.

Each week Healthy Columbus will provide an update of how far we've gotten and fun facts about the largest city we've made it to. At the time of the Wellness Team meeting, we've made it to Louisville, KY.

We've decorated a Healthy Columbus torch for groups of employees to carry during their walk. To request the torch on a walk, contact Brandon at [btkimbro@columbus.gov](mailto:btkimbro@columbus.gov) or 6545-3892. We've also uploaded a printable/foldable paper for folks to carry during their walks if they want to get into the Olympic Spirit.

**Ask for Wellness Ambassadors:** lead one employee walk between now and August 31<sup>st</sup> and log your groups' distance or time walked. If you have 4 folks join you for a 15 minute walk, log 45 minutes.

#### **Healthy Back and Disease Management**

All adults on the City's health plan have access to nurse case manager at no cost if they have been diagnosed with [diabetes](#), [breast cancer](#), [coronary artery disease](#), [heart failure](#) or [experience any kind of back pain \(for any reason\)](#). The role of the nurse case manager is to help folks understand their

treatment options, make sure they have access to the right type of care for them and provide tools on how to manage their condition. The programs are free and folks can enroll by calling 1-800-681-3849. [The fliers for each program are posted here.](#)

### **Intramural Volleyball**

Starting October 6<sup>th</sup>, City of Columbus employees and adult dependents on our health plan will begin an 8 week co-ed indoor volleyball league at Lou Berliner Park! All games will be held on Thursday evenings. Teams can be up to 10 players and must have an equal number of males and females on the court at the same time. [Employees should contact Brandon](#) if they are interested in signing up or learning more.

### **Nutrition Education**

- **Disease management webinar series-** Most of us know that what we eat can affect our future health. We may not be aware that what we eat has a huge impact on our current health and how quickly we recover from illness or disease. Ashley Harris, MS, RD will be hosting 5 disease management and nutrition webinars between now and November. All webinars will be from 11:30-12:30pm
  - **July 27<sup>th</sup>-** And the Beat Goes on: Keeping Your Heart Healthy
  - **August 24<sup>th</sup>-** Sweet Tips for Managing Diabetes and Blood Sugar
  - **September 14<sup>th</sup>-** Under Pressure: Managing Hypertension
  - **October 26<sup>th</sup>-** Managing Inflammation and Pain through Diet
  - **November 9<sup>th</sup>-** Food Allergies 101

Employees can [register for each webinar on the Healthy Columbus website.](#)

- **Onsite general information-** Ashley is available to hold short nutrition seminars at any City department. Currently she is the middle of a series held at Muni Cts., where topics covered include Smart Snacking, Nutrition 101, The Skinny on the Latest (and Greatest?) Nutrition Fads, and Mindless Eating. Contact [Jen](#) or [Ashley](#) to set up a seminar or series of seminars at your location. We provide snacks!!
- One-on one counseling- Ashley has availability in her schedule to set up individual nutrition counseling appointments. [Contact her](#) for details.
- **Fitness Programs**
  - **Right Start-** If there are multiple people from a Department/Division who want to schedule right start appointments and can't get downtown, Pat can come to you. Please [email him](#) to set up a time. Appointments can be done individually or in a group setting if all the participants are comfortable in a group setting.
  - Personal Training
- **Heart Walk**
  - Join us for the Heart Walk on August 27<sup>th</sup>. Most City departments have a team that falls under the City group. There is no registration fee or minimum donation and the walk is a 1 or 3 mile pet and stroller friendly route. We are fundraising for the event in several ways:
    - Bike smoothie fundraisers- suggested donation= \$2 each

- My Heart Belongs to Cbus t-shirt sale- \$15 each

If your department/division hasn't had a smoothie fundraiser yet, contact Jen to set one up. We do all the work and purchase ingredients, we just need your help to reserve space, pick a time and share the flier we create for the event.

**Next Meeting:** September 14<sup>th</sup> @ 2:30, Citywide Training

Retreat: November 22<sup>nd</sup> 12-4pm, location TBD