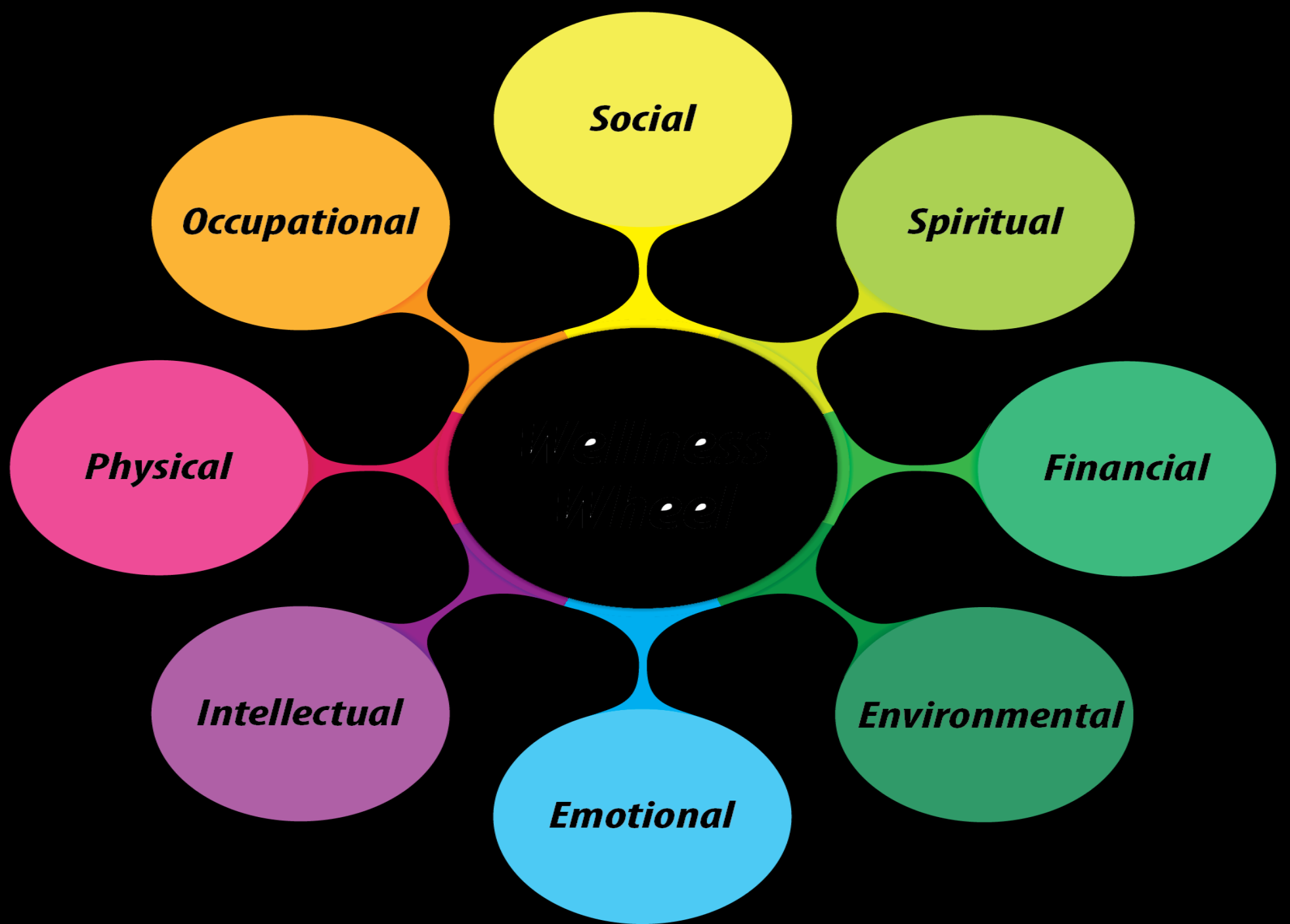




Healthy 2020

Jodi Kuri, MPT,OCS, Ambulatory Director of Wellness, OSUWMC

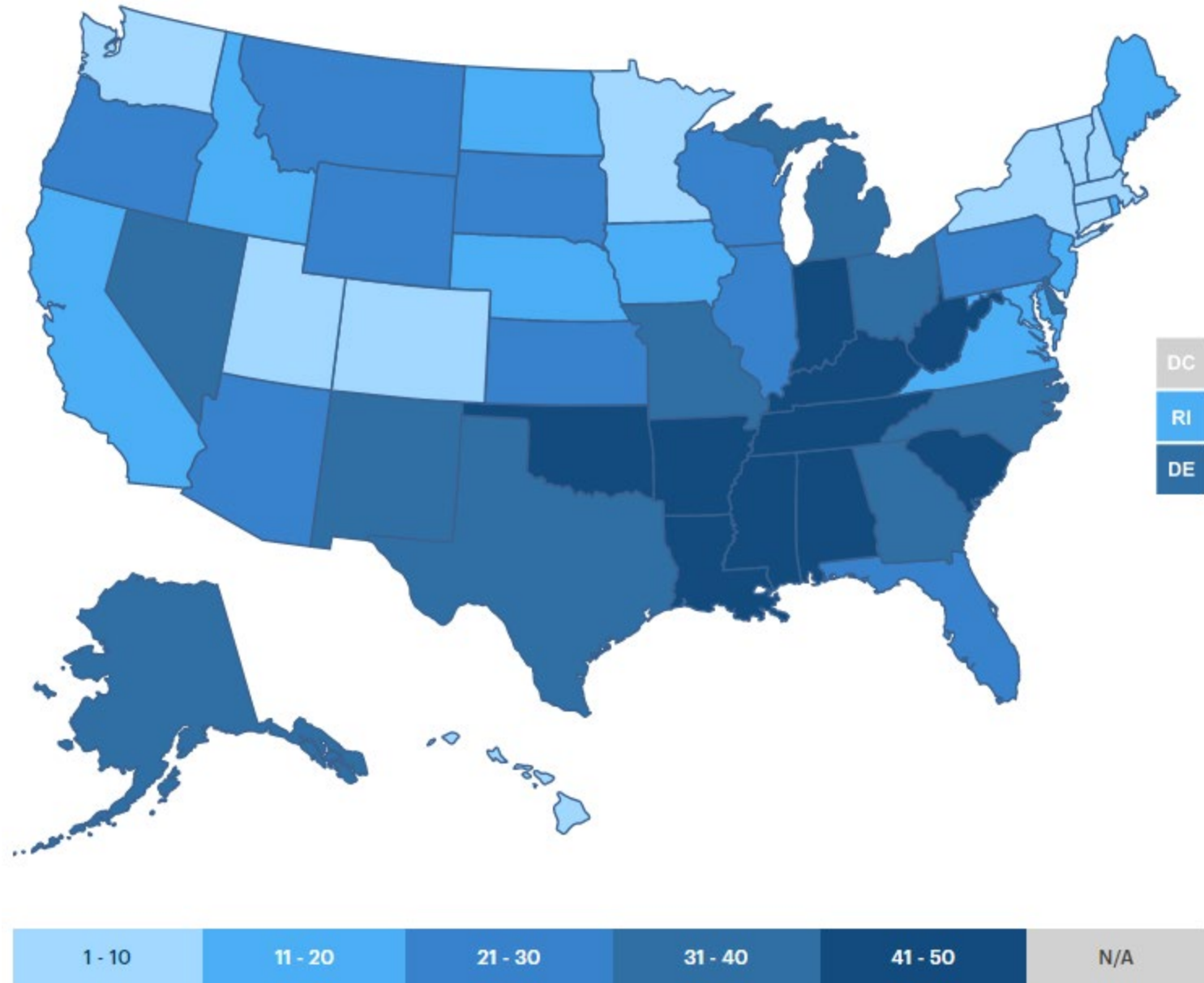




The Peloton ad



Rank Based On: Weighted sum of the number of standard deviations each core measure is from the national average.



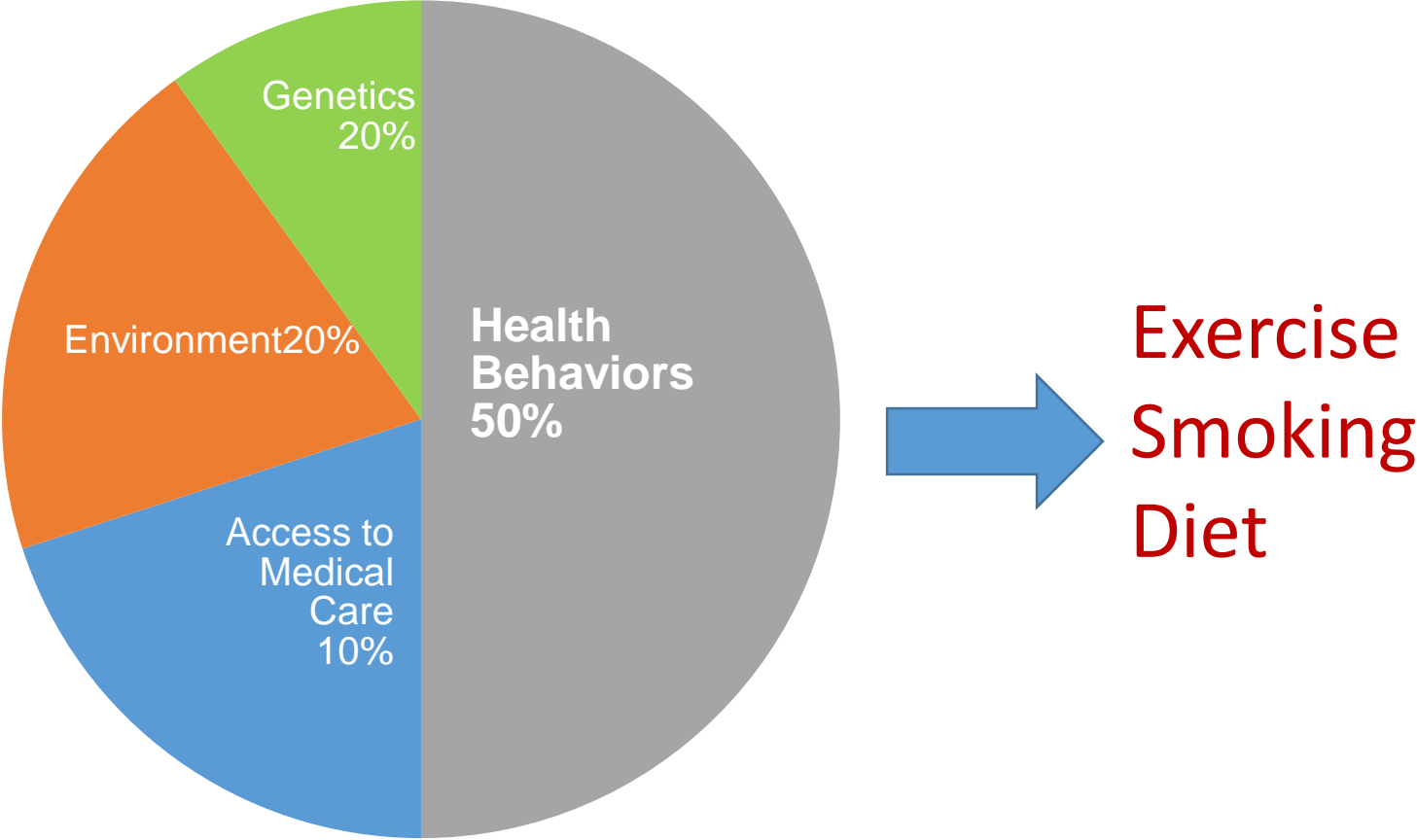
HealthMap 2019

Weight Status

		Franklin County			Ohio	United States
		HM2013	HM2016	HM2019	HM2019	HM2019
Adult Body Mass Index¹	Underweight	Not available	2.0%	2.2%	1.8%	1.8%
	Healthy	36.1%	34.0%	34.9%	31.9%	32.9%
	Overweight	32.5%	32.2%	33.4%	34.8%	35.3%
	Obese	31.4%	31.8%	29.5%	31.5%	29.9%
Youth Body Mass Index⁶	Overweight or obese*	Not available	29.3%	31.1%	32.9% ▲	31.2%

*Franklin County prevalence for age 11-18; Ohio and United States for age 10-17

Contributors to Overall Health Status: The Power of Health Behaviors



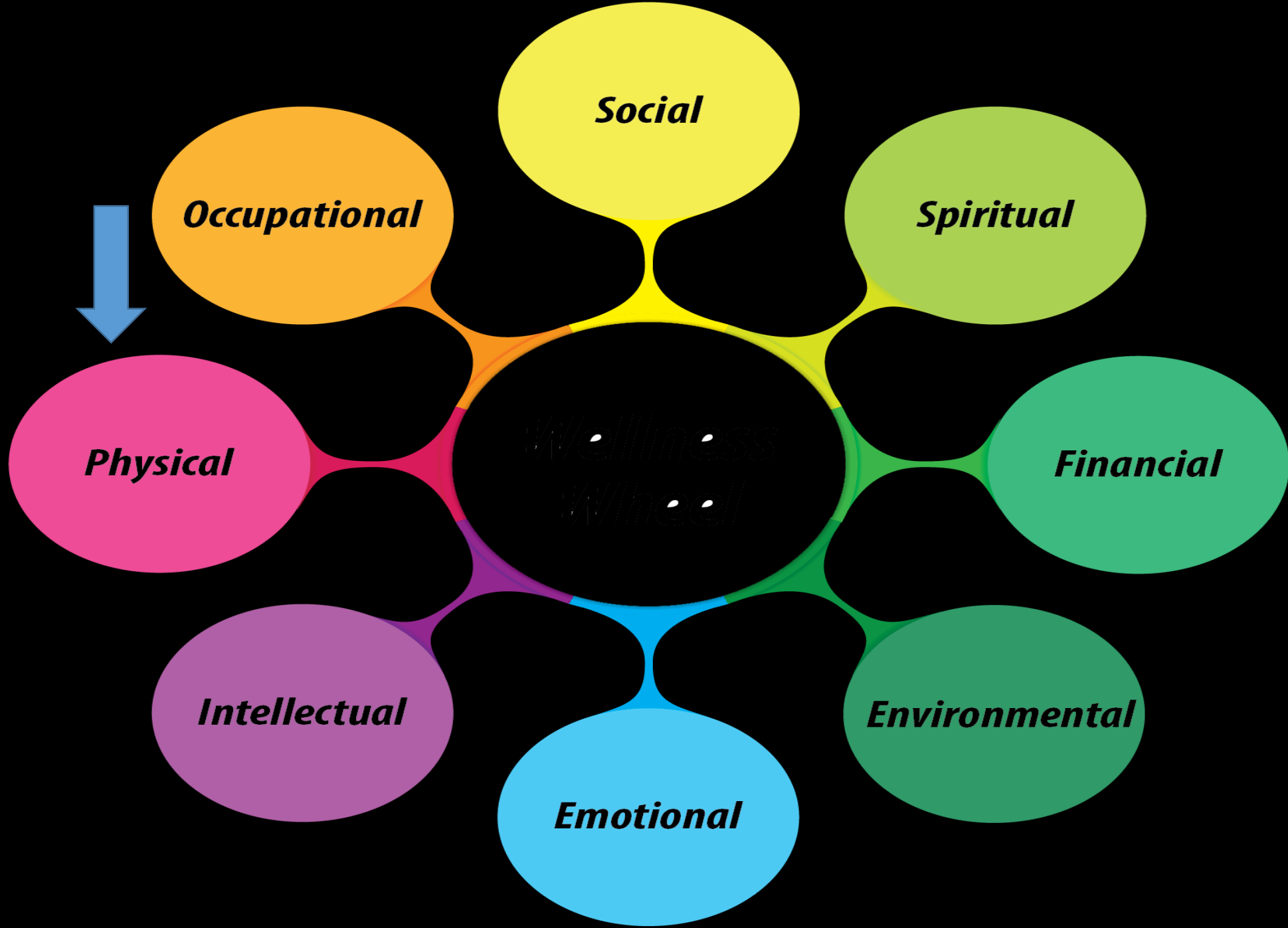
**What's Your
New Year
Resolution?**



Make Goals instead

Make them SMART goals

- S- Specific
- M- Measureable
- A- Achievable
- R- Realistic
- T- Time based



Social

Occupational

Spiritual

Physical

Financial

Intellectual

Emotional

Environmental

Does anyone know how many minutes of physical activity per week is recommended?



FIT

OWU

Exercise
is Medicine[®]

On Campus

Ohio Wesleyan University

Exercise is Medicine

- **How to Start**
- **If you want to join any of the FITOWU classes or personal/small group training:**
- 1. Complete the PAR-Q (Physical Activity Readiness Questionnaire) available on this Web
- site: <https://www.nasm.org/docs/pdf/nasm-cpt-par-q.pdf?sfvrsn=2> to be sure you are
- prepared and understand the risks of exercise. **Please bring a copy to your first class.**
- a. For an explanation of the PAR-Q see this site:
- b. <http://sportsmedicine.about.com/od/fitnessevalandassessment/qt/PAR-Q.htm>
- 2. As part of the *ExerRcise Is Medicine TM* program, and increasing awareness of cardiovascular
- health, we ask that you take a moment to complete this short, yet comprehensive,
- Heart-Disease-Risk-Calculator:
- [https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-risk/itt-](https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-risk/itt-20084942#)
- 20084942#

OSUWMC-EIM Program

	SF36 - Pre	SF - 36 Post	Change	% Change
Physical Functioning	76.7	81.6	4.9	6.4%
Role limitations dt physical health	73.9	79.5	5.7	7.7%
Role limitations dt emotional problems	87.1	92.4	5.3	6.1%
Energy/fatigue	54.9	64.3	9.5	17.2%
Emotional well-being	78.5	81.6	3.2	4.1%
Social functioning	87.0	90.9	4.0	4.5%
Pain	69.1	74.1	5.1	7.3%
General health	62.4	68.4	6.0	9.7%
Health change	64.2	85.2	21.0	32.7%



OSUWMC-EIM Program

	Pre	Post	Change	% Change
BMI (kg/m ²)	35.6	34.1	-1.4	-4.1%
Weight (lbs)	219.9	213.4	-6.5	-3.0%
BF%	39.7	39.1	-0.6	-1.5%
Waist (in)	44.2	42.2	-2.1	-4.6%
Hip (in)	47.1	45.7	-1.4	-2.9%
WHR	0.94	0.88	-0.05	-5.7%
SBP (mmHg)	125	124	-0.6	-0.5%
DBP (mmHg)	83	79	-4.3	-5.2%
HR (bpm)	73	73	0.8	1.1%



OSUWMC-EIM Program

PHQ9 - Pre	PHQ9 - Post	Change	% Change
4.7	2.4	2.3	49.5%



How Does Physical Activity work

- **Exercise** reduces immune system chemicals that **can** make depression worse. **Exercise** increases your level of endorphins, which are natural **mood** lifters. **Exercise** helps by getting your sleep patterns back to normal. ... **Exercise** limits the effect of stress on your brain.

Does it have to be at the gym to count?



What counts?



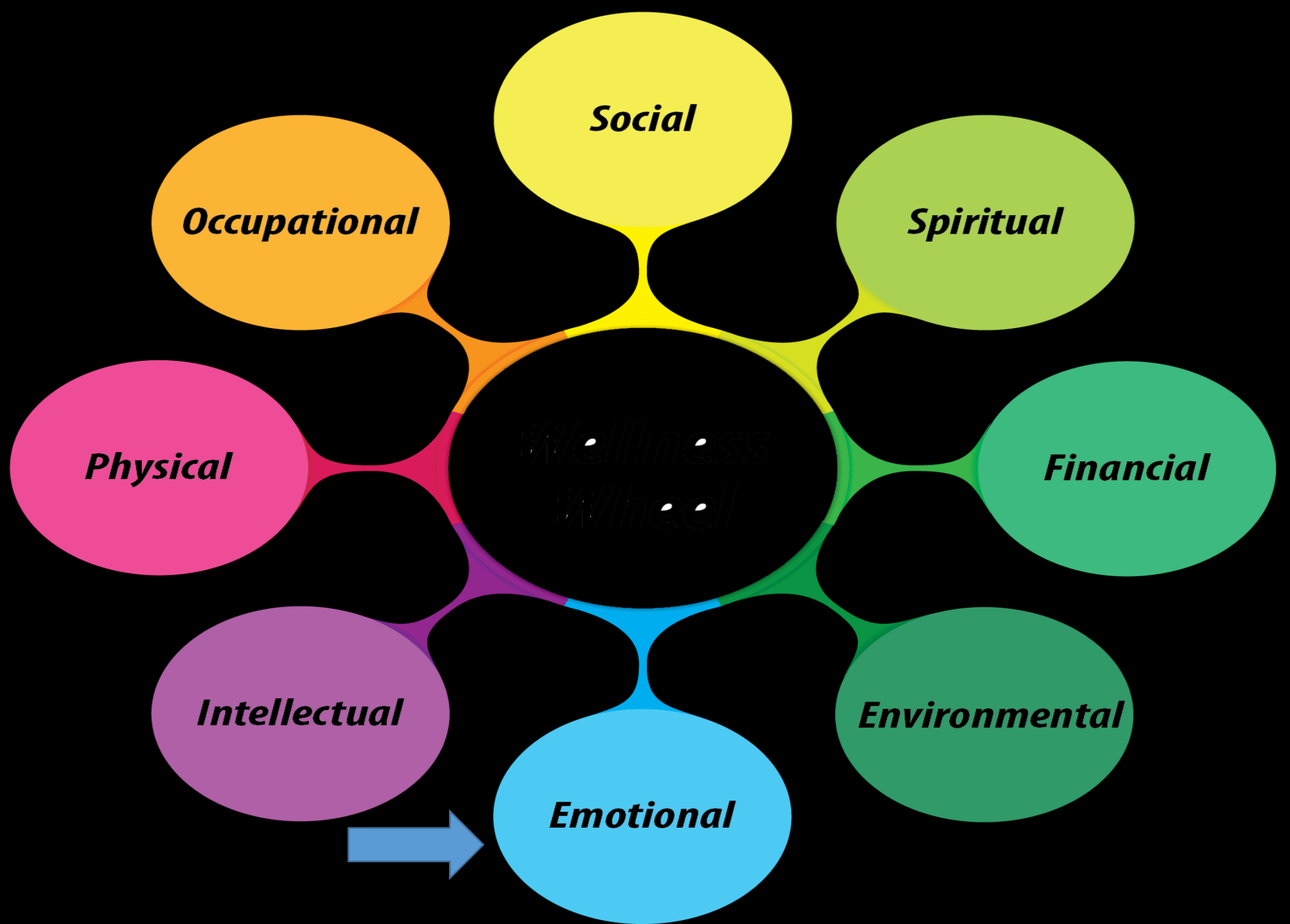
We have got to MOVE!!

- Do you know how many hours the average American sits per day?



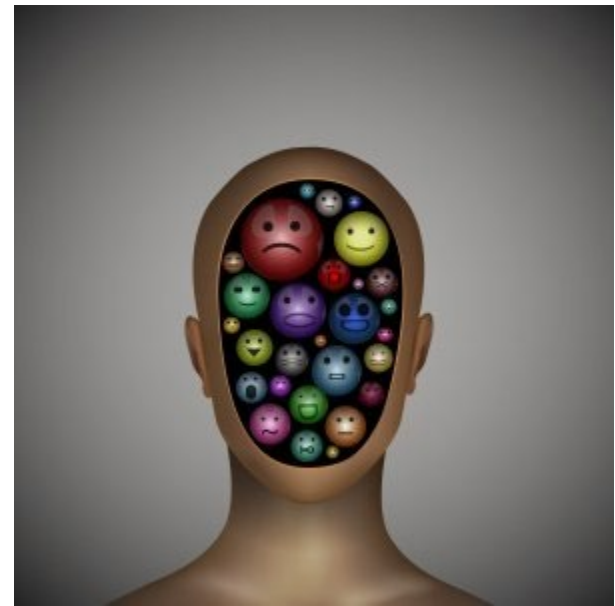
My SMART GOAL

- Specific- I'm going to be physically active for 30 minutes each day
- Measurable- I will start with the 100 day challenge and then move onto lift 4 on BOD.
- Achievable-I can achieve this is I get up at 5:00am and do my workout
- Realistic-I need to workout in the am so I don't make excuses to not workout and achieve my goal
- Time Based- I will track my progress on my planner and reach success of at least 180 minutes of activity per week.





Emotional wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these **emotions**. ... It is an important part of overall **wellness**.



Emotional Intelligence

What is it????

- An emotionally intelligent individual is both highly conscious of his or her own emotional states, even negativity—frustration, sadness, or something more subtle—and able to identify and manage them. These people are also especially tuned in to the emotions others experience. It's easy to see how a sensitivity to emotional signals from within and from the social environment could make one a better friend, parent, leader, or romantic partner. Fortunately, these skills can be honed.

Our Brains are wired so our first reaction is ALWAYS going to be an emotional one.



You have NO control over that part of the process,
but you DO control the thoughts that follow and
your emotions. You have a great deal of say in
how you react to that emotion.



Dave

- Dave is a regional service manager
- Self-Awareness score of 95
- “In short, Dave manages his emotions; they don’t manage him. I’ve seen him accept difficult business news with a brief frown, and then quickly moves beyond that and partners with his team to find solutions to improve the situation.”

Giles

- Giles is an operations director
- Self-Awareness score of 67
- “Giles is passionate about what he does. Sometimes that passion gets in the way. He might not notice that I am busy with something else before he jumps in and starts talking to me. When he is excited, he talks over you, and it’s hard to get a word in edgewise. He doesn’t mean to; he just is excited about what he does.”

How do we become like Dave ?

1. Seek feedback

- How do others experience you?

2. Lean into your discomfort

- Rather than avoiding a feeling, your goal should be to move toward the emotion, into it, and eventually through it.

3. Know who and what pushes your buttons

- Understanding what pushes your buttons allows you to be prepared or less “caught off guard” when this person or situation is around. Why do you have these buttons?

Straw Breathing

- Inhale normally and naturally.
- Exhale fully through a plastic drinking **straw** - make sure you have exhaled all of the air out of your lungs.
- Inhale normally (not through the **straw**).
- Exhale fully out of the **straw**.
- Repeat this **exercise** for 5 minutes.
- Ideally, do this twice a day.

Go for a walk

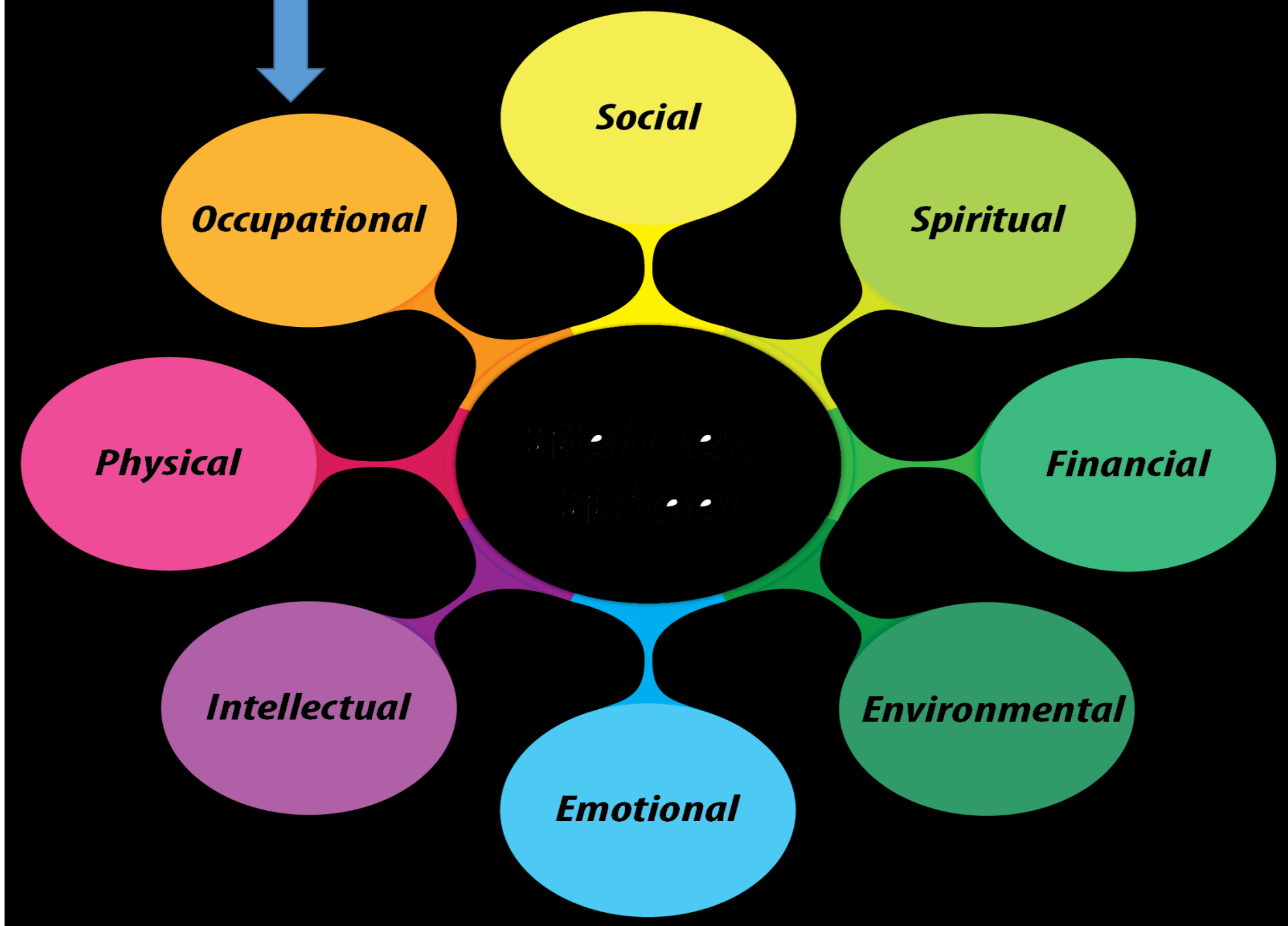


Confidential Counseling

3 Session Plan

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultantsSM—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling (up to 3 sessions per issue per year) and other resources for:

- › Stress, anxiety and depression
- › Relationship/marital conflicts
- › Problems with children
- › Job pressures
- › Grief and loss
- › Substance abuse



Occupational Wellbeing

Occupational well-being involves the ability to achieve a healthy work-life balance, manage workplace stress and build relationships with bosses and coworkers while integrating the commitment to your occupation into a lifestyle that is both satisfying and rewarding.

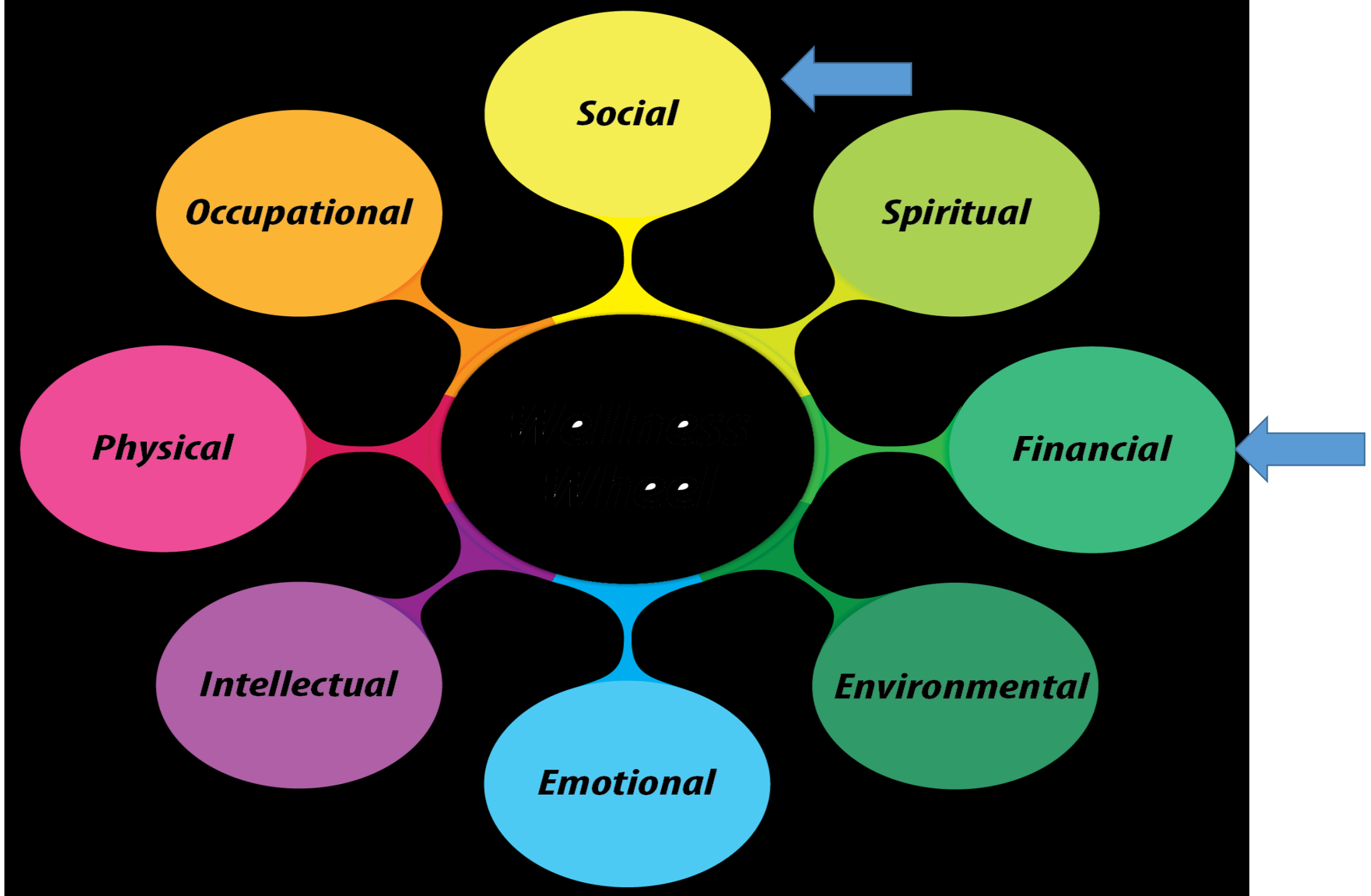
This dimension of well-being also involves actively seeking out professional development opportunities and developing functional skills that will transfer into the workplace, commonly referred to as “transferable skills.”

The New York Times: A deceptively simple way to find more happiness at work

- Tim Herrera
- Do the small individual components of our job make us happy?
- Mayo clinic study showed MDs who spend 20% of their time doing “work they find most meaningful are at dramatically lower risk for burnout.”
- Anything beyond 20% had a marginal impact
- In other words: You don't need to change everything about your job to see substantial benefits in job satisfaction.

Week Inventory

- Carry a note pad
- Write down all of the things you do daily that you like and dislike
- How does each task make you feel (Are you excited, does time fly, or do you procrastinate and dread it)
- Figure out what really lights your fire and talk to your manager about that. Take more projects in that area.
- Give this time!



Social Wellness

- **Social wellness** refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. **Social wellness** involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

Social Wellness



Adults with very limited social contact show a 30 point increase in blood pressure readings



Financial Wellness

Financial Information and Resources

Discover your best options.

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Getting out of debt
- › Credit card or loan problems
- › Tax questions
- › Retirement planning
- › Estate planning
- › Saving for college

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CALL ANYTIME

Call: **855.387.9727**

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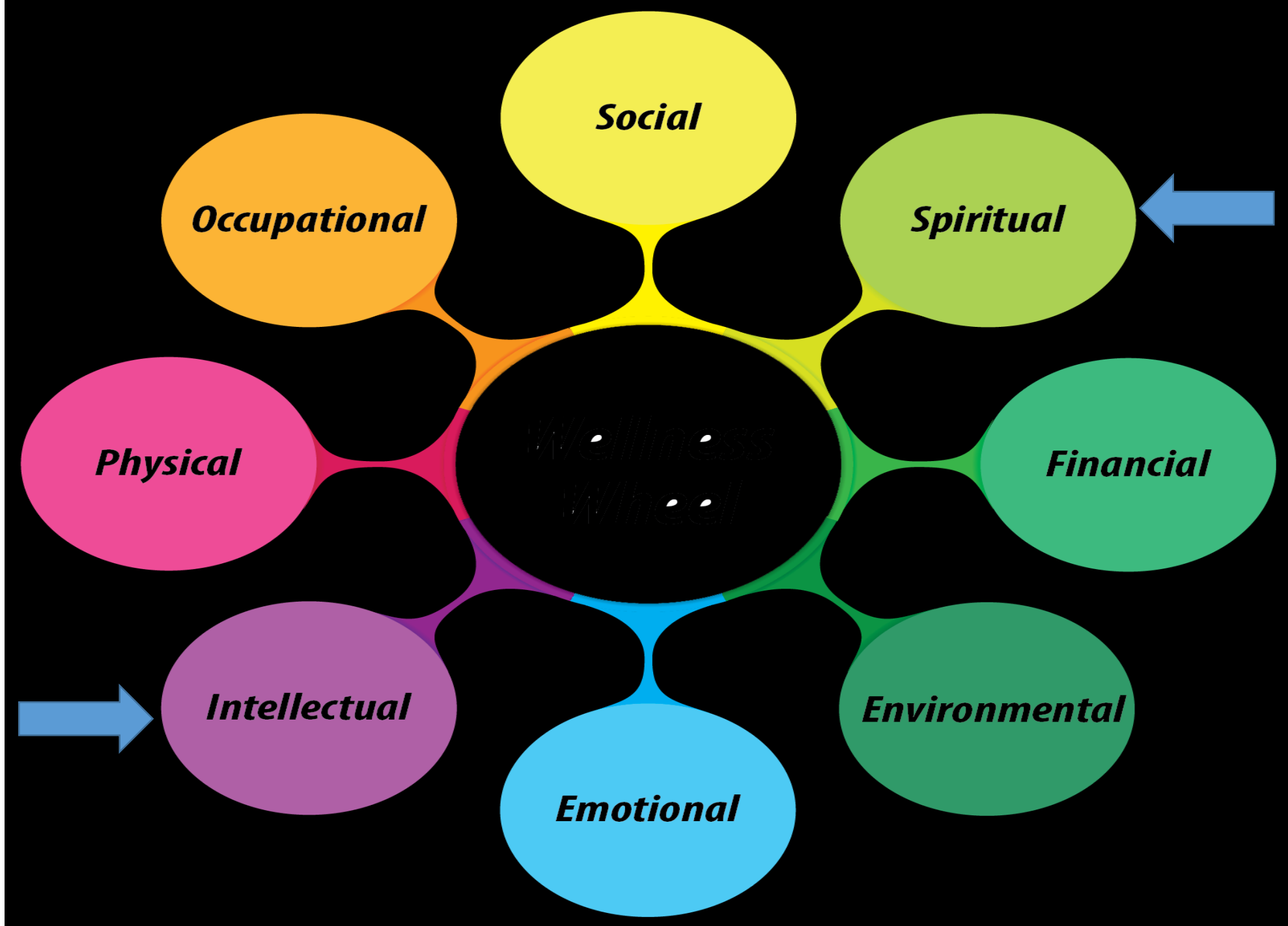
Online: **guidanceresources.com**

Your company Web ID: **ONEAMERICA3**

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Pay off \$5,000 in debt within 30 months

- Specific- I will pay off \$5,000 in debt
- Measurable- I will apply at least \$ 150 each month to that debt
- Achievable- I can achieve this if I cut back on my cable, mobile phone service, and other discretionary spending
- Relevant/Realistic-I need to reduce my debt to apply more money to savings and future goals
- Time Based- I will pay off this debt in 30 months



Spiritual Wellness

Spiritual wellness means hope, positive outlook, acceptance of death, forgiveness, self-acceptance, commitment, **meaning** and purpose. Also includes clear values, sense of worth, peace, worship, prayer, and meditation. Benefits of **Spiritual Wellness**. There are various physical, mental benefits of **spiritual wellness**.

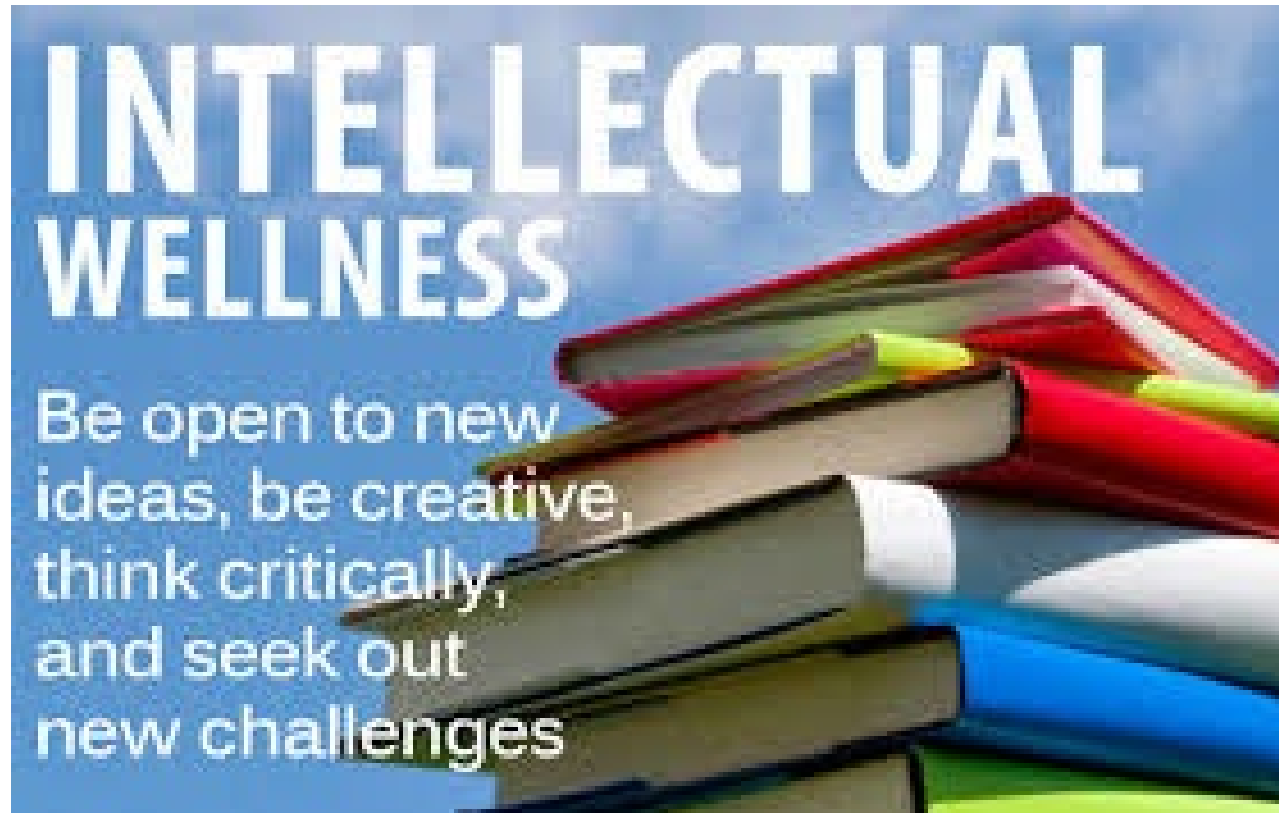
Spiritual Wellness



Intellectual Wellness

- Intellectual wellness refers to active participation in scholastic, cultural, and community activities. ... In order to improve intellectual wellness, it is important to value creativity, curiosity, and lifelong learning

Intellectual Wellness



Thank you!!

