

StoneL Wellness Committee Supports Healthy Options

Five-Member Wellness Committee Identifies Employee Needs

At StoneL's campus north of Fergus Falls, a five-member wellness committee is working to identify opportunities to improve employee health. StoneL manufactures controllers for valves used in many industries, from biotech to agri-processing. In Minnesota, over half of employers with 100 or more employees participate in health promotion programs, addressing many aspects of health and wellness.¹ StoneL, a member of the 2017 PartnerSHIP 4 Health (PS4H) worksite wellness collaborative, took lessons learned from the collaborative to promote physical activity, support breastfeeding, and encourage healthy food choices.



An employee enjoys StoneL's walking path.

To provide options for physical activity at work, StoneL designated walking paths both inside and outside. Employees receive two extra breaks per day to allow for regular stretching, which is especially important for those employees working directly with manufacturing. StoneL's wellness committee also worked with PS4H to make changes to encourage breastfeeding. In addition to creating and adopting a lactation policy to support new mothers, the office created a dedicated lactation room for employees to use during the work day. The new lactation room includes a comfortable chair, a small refrigerator, and appropriate signage to maintain employee privacy.

The company's new wellness policy increases employee access to healthy foods. The policy states that catered

events must include healthy food options and that water be provided at all meetings to ensure employee access to a healthy beverage option. StoneL has also made changes around the office to support the new policy. With funding from PS4H, the wellness committee purchased a small refrigerator to house fresh fruit, salads, and yogurt that are available to employees. Healthy recipes are posted on the company bulletin board, wellness tips run on office TV monitors, and a PS4H intern was invited to instruct employees in the importance of reviewing and understanding nutrition labels.

Responding to Challenges Through Collaboration

The PartnerSHIP 4 Health worksite wellness collaborative empowers worksites to learn from and support each other in creating sustainable healthy environments for their employees. The collaborative also serves as a supportive forum where members share best practices, resources, and lessons learned.

"Working with PartnerSHIP 4 Health provided our team with valuable resources and tools. Their guidance helped us develop the foundation of our wellness program step by step," reported Jackie Hendrickson, StoneL's Accounting & Operations Support Director. "We are now seeing how wellness extends beyond the workplace and towards the families of our employees."

Is your organization interested in improving wellness at work? Contact PartnerSHIP 4 Health to learn more about joining an upcoming collaborative.

Learn more about PartnerSHIP 4 Health (local public health in Becker, Clay, Otter Tail and Wilkin counties) at <http://partnership4health.org>

**January 2018
Fergus Falls, MN**

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¹ <http://www.health.state.mn.us/divs/oshii/worksite/>