

ComDel Innovation Worksite Wellness Momentum

Employee Feedback Drives Healthy Snack Selections

It's easy to see why ComDel Innovation employees are choosing healthy snacks in the breakroom—they helped select them! As a past member of the PartnerSHIP 4 Health (PS4H) worksite wellness collaborative, this local manufacturing firm received funding to hold a taste testing event and conduct a survey on employee purchasing practices and preferences for healthy vending options. Vegetable juices, yogurt, granola bars, and nuts were all available for sampling. Over 90 employees participated, and many expressed interest in other options such as whole wheat crackers, fresh vegetables, and hard-boiled eggs. Based on employee feedback, the wellness team is working with their vending supplier to stock the breakroom with healthy vending options.



Employees prepare for healthy snack taste-testing event.

Success Extends to Many Aspects of Worksite Wellness

Improving access to nutritious foods in the breakroom is just one strategy that ComDel Innovation's 15-member wellness team uses to make their workplace healthier for everyone. With the support of a nursing student, they hosted a series of four tobacco cessation information sessions to help employees navigate

insurance coverage and connect to local resources. Approximately 20 individuals attended each session. ComDel Innovation also has a dedicated room for breastfeeding mothers, equipped with a comfortable chair and a small refrigerator. ComDel Innovation has made an effort to encourage healthy living for the families of employees as well, providing opportunities for physical activity at events like the family picnic.

One of ComDel Innovation's most successful initiatives has been offering "I CAN Prevent Diabetes," the local Diabetes Prevention Program, to employees and community members. Each class runs for 12 months and impacts 12–15 people. ComDel Innovation recently started their sixth class. "Through PartnerSHIP 4 Health, we've continued to offer the National Diabetes Prevention Program at ComDel Innovation on-site," said Karen Viger, ComDel Innovation's Occupational Health Nurse. "It's been amazingly received in this community. We just had a biometric screening at ComDel Innovation and we had four employees who signed up through that, so that's just another amazing opportunity for them. It's all been possible through the support of PartnerSHIP 4 Health and we really have appreciated that support."

The PartnerSHIP 4 Health worksite wellness collaborative empowers worksites to learn from and support each other as they create sustainable healthy environments for their employees. It serves as a forum where members can share best practices, resources, and lessons learned in a supportive environment. Is your organization interested in improving wellness at work? Contact PartnerSHIP 4 Health to learn more about joining a future collaborative.

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

February 2018

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