

Vector Windows Supports Healthy Employees



PartnerSHIP 4 Health's 2017 Worksite Wellness Partners

Wellness Committee Creates Strong Foundation

Over half of Minnesota employers with 100 or more employees participate in health promotion programs.¹ Vector Windows, a vinyl window manufacturer located in Fergus Falls, joined the 2017 PartnerSHIP 4 Health (PS4H) worksite wellness collaborative and used the experience to reinvigorate their wellness committee and make progress in promoting a tobacco-free environment, increasing access to healthy food options, and offering breastfeeding support.

With a CEO and parent company supportive of wellness, Vector's 140 employees have great opportunities to make healthy choices. The company already offers biometric screenings every other year so employees can find out what they are doing well and where they can improve. Non-tobacco users receive a health insurance discount of 20 dollars every two weeks, creating an incentive for current users to quit. With PS4H's help, the wellness committee updated the campus tobacco policy to include all forms of tobacco and e-cigarettes, and reconfigured their outdoor space to increase smoke-free areas for employees and customers. In the Vector Windows breakroom, employees can take advantage of a healthy food station that offers a piece of fresh fruit for 50 cents. Vending options include healthy options such as protein bars and salads.

The wellness committee also worked with PS4H to better support breastfeeding. In addition to creating

and adopting a lactation policy to support new mothers, Vector established 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 wellness committee hopes to use these positive changes to achieve formal recognition as a Breastfeeding-Friendly Workplace.

Moving Forward

Vector Window's wellness committee plans ambitious next steps to continue their wellness momentum. As they gradually grow participation in their initiatives, they hope to actively engage the company's middle management. To assist employees at risk for prediabetes, they hope to offer I CAN Prevent Diabetes classes. The committee is even discussing the possibility of making their entire campus tobacco-free. "We are so appreciative for the tools and education PS4H has been able to provide us over the last year," states Vector Windows representative Hannah Watkins. "They have been able to give us a new level of organization to our wellness efforts. We all look forward to seeing the continued wellness success here at Vector Windows."

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 serves as a supportive forum where members share best practices, resources, and lessons learned. 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/>