

Annual Wellness Planning

Large Department Level Centralized Activity/Campaign Characteristics:

- Department-wide competition
- Defined beginning and end point
- Leadership involvement
- Communications plan
- Incorporate all phases - planning, promotion, implementation, and evaluation
- Address exercise, stress, nutrition, and raising awareness
- Utilize boosters to act as communicators and implementers
- No more than two per year

Small Decentralized Activity/Campaign Characteristics:

- Target team or unit level, but may be department-wide
- Led by boosters or advisory committee members
- Varied across departments, buildings, floors
- Experiment with new practices at worksite
- Address exercise, stress, nutrition
- Build community
- Build wellness culture
- Provide wellness opportunities in between large department activities/campaigns

Healthier U Interventions

Overall Characteristics:

- Build community and team support for a health and wellness culture throughout department
- Booster and volunteer opportunities
- Build sustainable leadership infrastructures
- Identify and address policy and environmental barriers and opportunities
- Innovative and meets employees where they are at
- Include measureable goals (e.g., percent participation, number of boosters trained, number of active boosters)

November-December 2017

- Obtain input from all stakeholders to prioritize activities to develop annual plan for 2018
- Planning and marketing for large intervention

January-February 2018

- Large department level intervention (physical activity challenge)
- Utilize boosters to lead small activities that support challenge

March-April 2018

- Opportunities for booster training and volunteer development
- Small decentralized interventions - Team level walks

May-June 2018

- Planning for large dept intervention
- May is Bike Month activities
- Small decentralized intervention - Promote Farmers' Market

July-August 2018

- Large department level intervention -- Healthier U Connections
- Booster led activities to support large intervention

September-October 2018

- Small decentralized intervention - Heart Walk
- Opportunities for booster training and volunteer development

November-December 2018

- Calendar planning for 2019
- Booster recruitment and development