



# Championing Wellness @ Work:

## Supporting your co-workers for stress reduction and health promotion

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**(L+M)<sup>P</sup>**  
*The Power of Partnership*

# Agenda

- Your School Health Experience
- The Effects of Stress
- Taking it to the Workplace: Instant Recess & Becoming a Wellness Champion

# Your experience with health

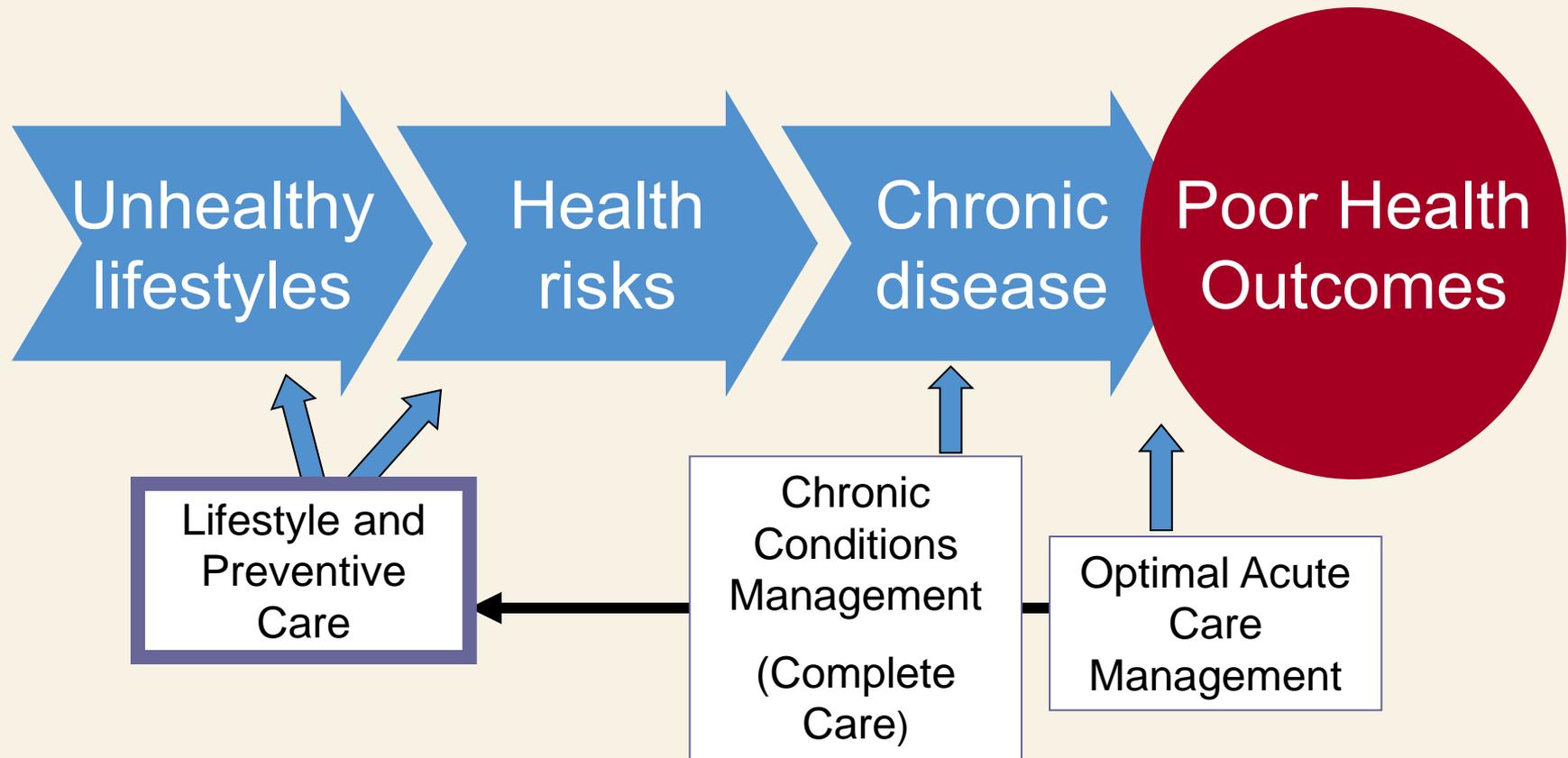
**Question 1:** What health risks and health problems are you seeing among co-workers? What health risks and health problems are you experiencing in your own life? What about your families?

**Question 2:** What about the risk of diabetes?

- How many of you know of a co-worker who has diabetes?
- How many of you have a family member with diabetes?
- How many know children with diabetes?

**Question 3:** How many of you know of someone who has suffered serious consequences due to diabetes?

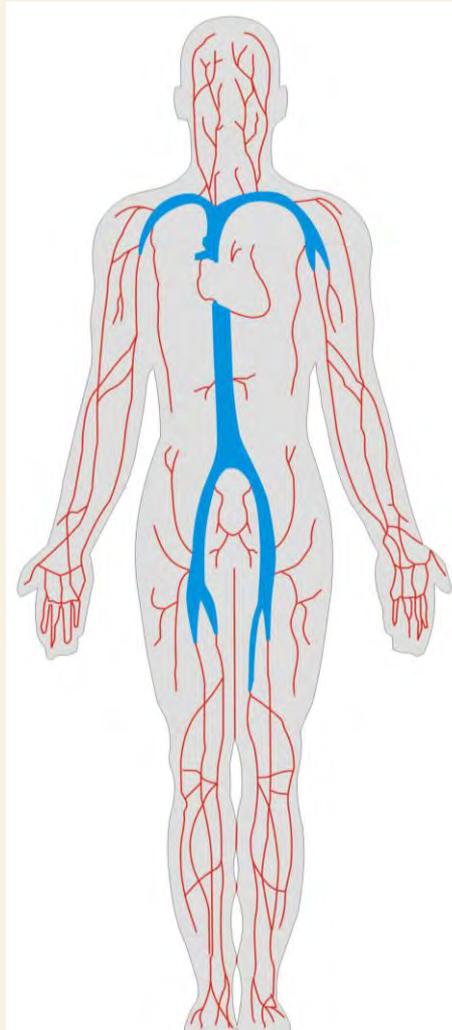
# Lifestyles and health outcomes



# The Stress Response

## Stress Response (Sympathetic Nervous System)

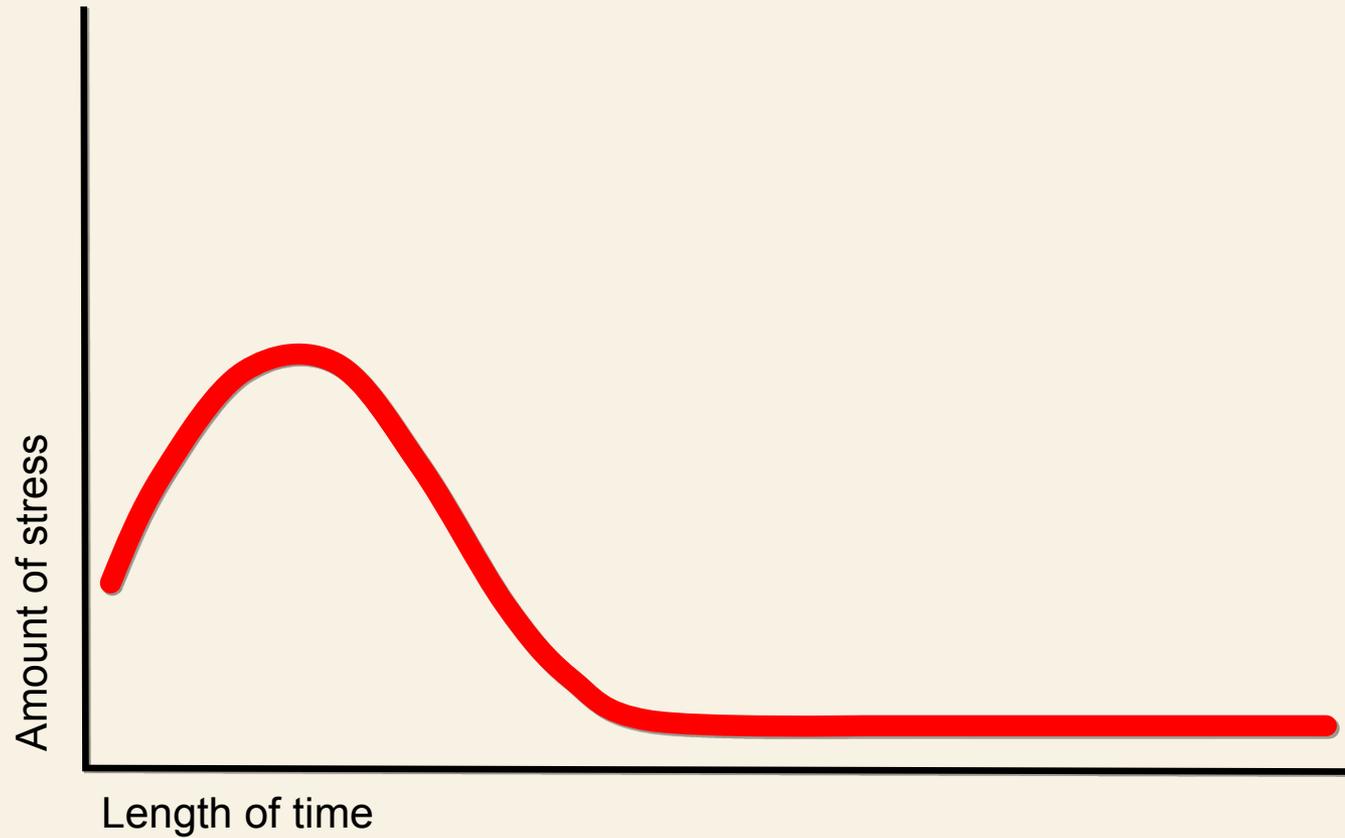
↑	heart rate
↑	pulse
↓	blood vessel size
↑	blood pressure
↑	shallow/chest breathing
↓	digestive action
↑	muscle contraction/ tension
↓	skin temperature
↑	release of stress hormones
↑	preoccupied thinking



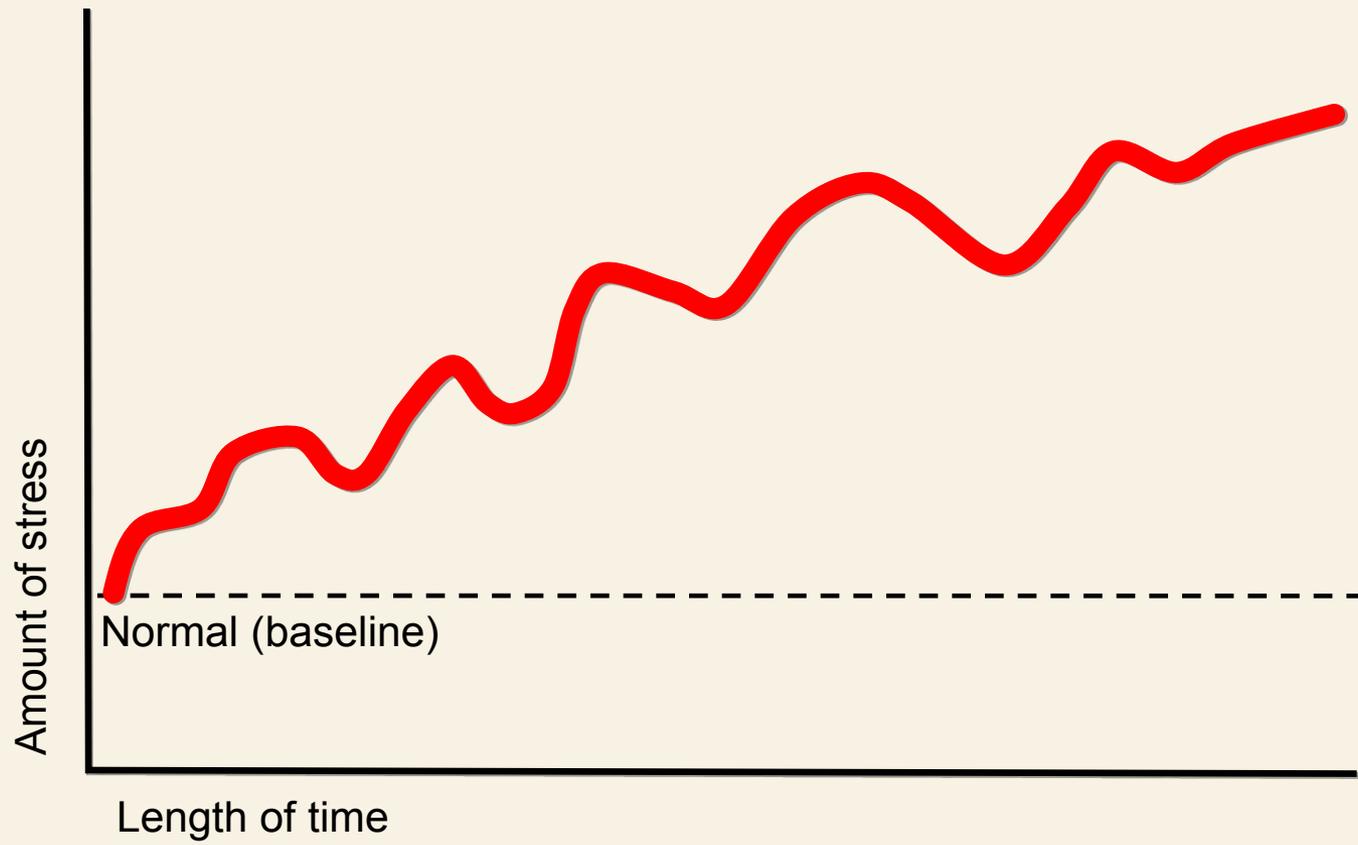
## Relaxation Response (Parasympathetic Nervous System)

↓	heart rate
↓	pulse
↑	blood vessel size
↓	blood pressure
↑	deep/abdominal breathing
↑	digestive action
↓	muscle contraction/ tension
↑	skin temperature
↑	release of "feel good" hormones
↑	rational thinking

# How Does Stress Cause Illness?



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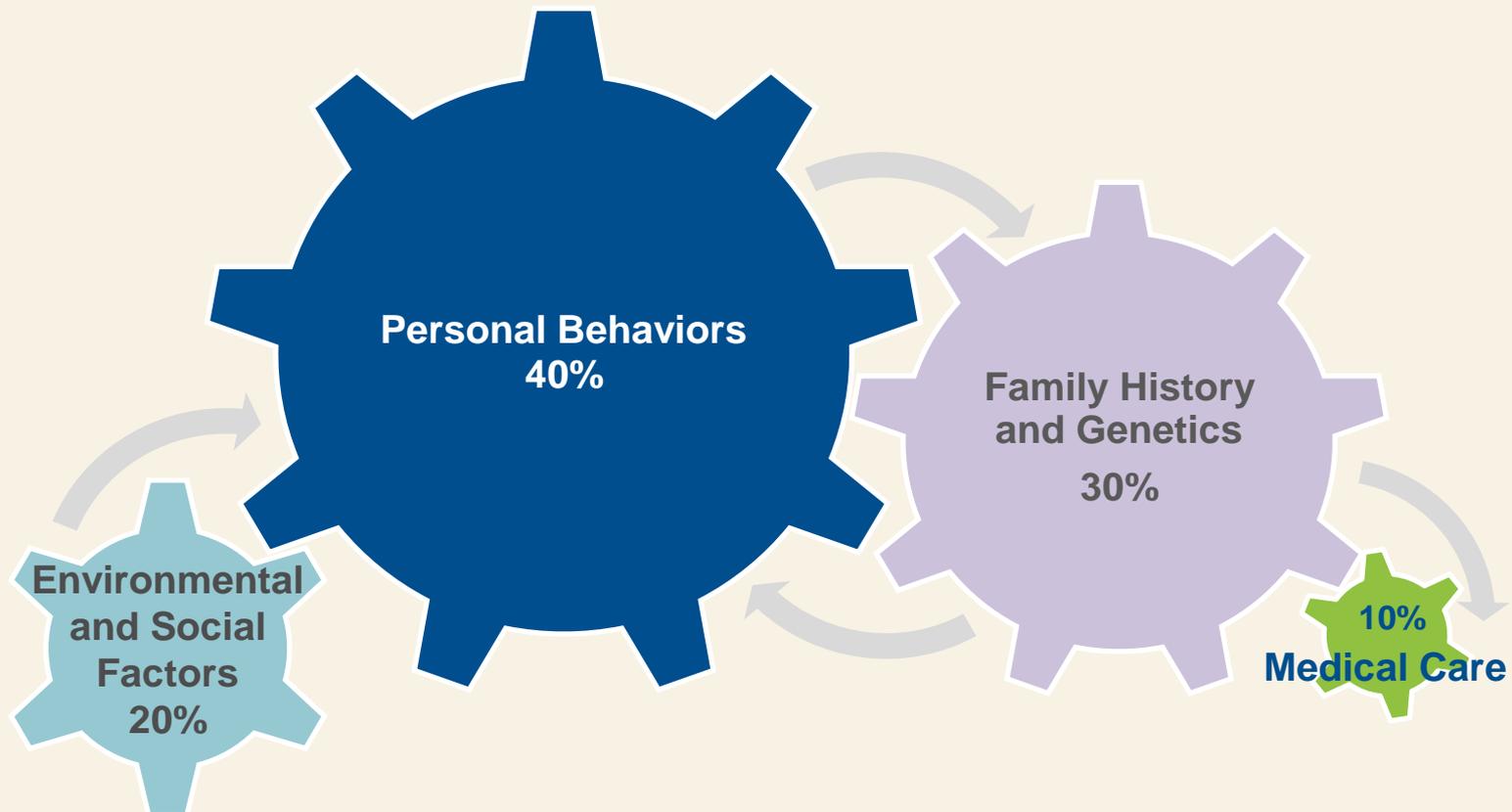


- Why is it important?
- Is wellness and health workplace & union business, and why?
- What do those of us in the room bring to the effort that no one else can?

# Many factors drive and shape health

Medical care is just one of many drivers of health.  
Total Health is a comprehensive solution that addresses all components

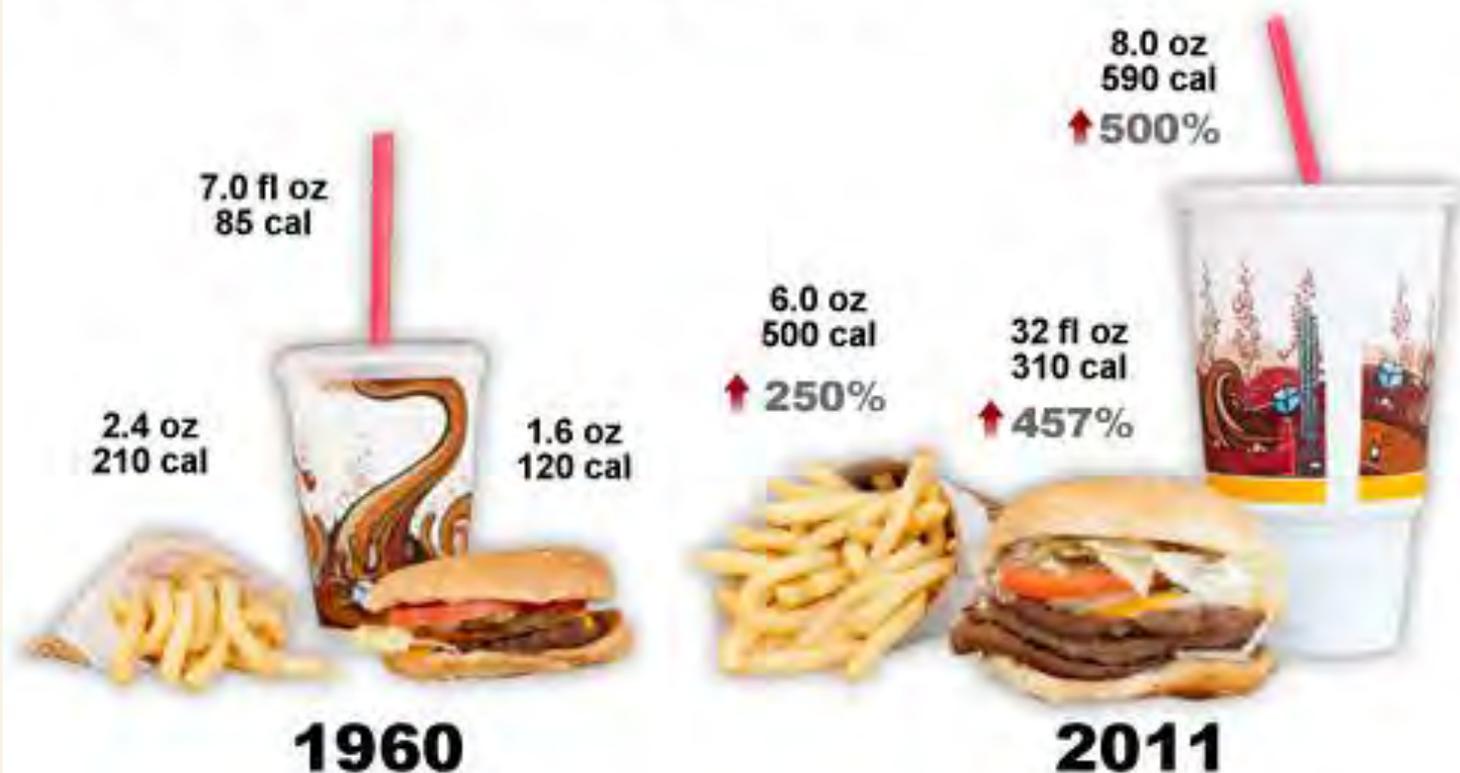
## Drivers of Health



# Fast food portion sizes, 1960 - 2011

## Portion Sizes—Then and Now

Fast food portions have increased dramatically since 1960. Here's how they stack up, then and now:



# Creating a culture of health



Starts small - **Ends BIG**

## Healthier Lifestyles

**Positive impact on:**

- Employees
- Union members
- Working families
- Communities

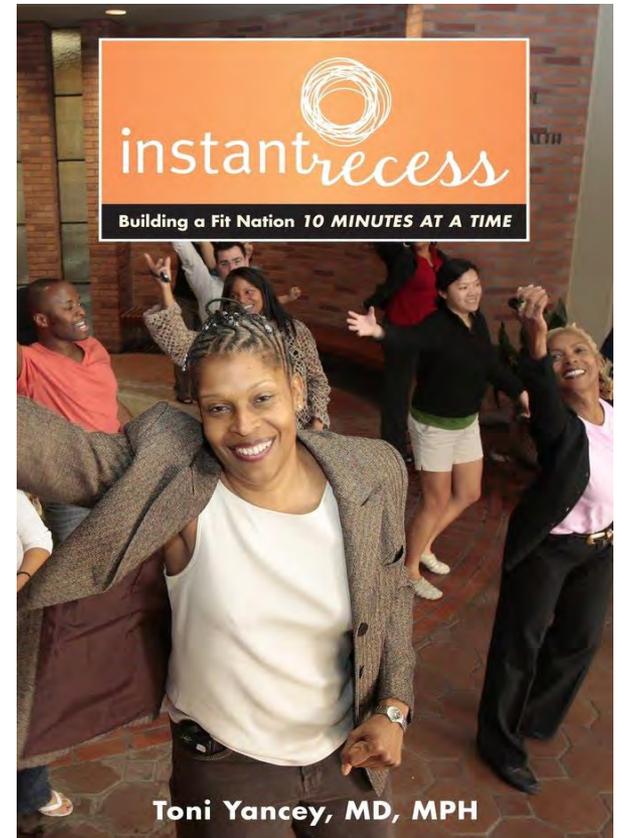
# Put Some Play in Your Day: Instant Recess®

Tamar Schnepf, MPH, Labor Management Partnership, Kaiser Permanente



# Who Created Instant Recess?

- Dr Toni Yancey, MD, MPH
  - Professor in the Department of Health Services at UCLA School of Public Health and Co-Director of the UCLA Kaiser Permanente Center for Health Equity
- Primary research interests were in chronic disease prevention and adolescent health promotion
- Author of “Instant Recess: Building a Fit Nation 10 Minutes at a Time”



# Why Instant Recess?

- Only 5% of US adults are currently meeting the physical activity guidelines recommended by the Federal Government.
- Sitting is hazardous to our health.
- Work days associated with nearly 1 hour more of sitting than non-work days.
- Instant Recess breaks are quick, simple, easily replicated, and low impact.
- Done in a group so there is social support for participation.
- **Breaks have been shown to improve mood and energy levels while reducing stress, appetite, blood pressure, weight, and body fat.**

# What is Instant Recess?

- Short bouts of activity (2-10 minutes) that can be done by anyone, in almost any environment and any attire.
- Consists of simple, low impact movements (set to music.)
- Gets employees out of their chairs, moving and stretching with co-workers.
- Done in the department, close to work area so it is quick and easy and you don't waste time walking to and from workout.
- Building a culture and society that makes activity the easy choice.
- Has been implemented at thousands of workplaces and schools since 1999.
- Launched at KP South Bay in January 2011 and has since become a national program.



**Time to Practice! Lets  
get up and move!**



# Get Set: Implementer Checklist

- Gain manager and leader support and participation
- Recruit Instant Recess leaders
- Make space / Designate the space
- Find time
- (Make some noise)
- Rock it out
- Keep it simple
- Get the moves
- Get everyone involved
- Create a buzz



# Get Practice: It's Recess Time!

# Get Set: Create Your Action Plan

1. Set your SMART goal
  - Specific
  - Measurable
  - Attainable
  - Realistic
  - Timeline
2. How confident are you that you can start Instant Recess?
  - 0=not at all
  - 10=totally confident

## My *Instant Recess* Action Plan

My goal is:

(SMART goal example: To start *Instant Recess* in my department once per day for 5 minutes by May 6, 2013.)

How confident are you that you can start *Instant Recess* with your team?

0 1 3 4 5 6 7 8 9 10

0 = not at all confident

10 = totally confident

If your confidence level is below a 7, what would need to happen to increase it to at least a 7?

Things that could make it difficult to start *Instant Recess* in your department?

(Example: small space, hectic department, etc.)

What is your plan for overcoming these barriers?

What support and resources will you need to bring *Instant Recess* to your team?

What is the first step you will take and when will you take it?



# Questions? Time for a walk?

