



Wisconsin Wellness Program Favorites

Worksite Name: City of Oak Creek

Contact Person

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How would you categorize your company?

Government

How many employees are in your company?

> 300

How would you classify the initiative?

Behavioral Program, campaign or intervention (i.e. 10,000 step program, or exercise classes)

What's the primary focus area for your initiative?

Physical Activity

Nutrition

Weight Management

Mental Health / Stress Management

Wellness Program Favorite Overview:

Name of the initiative: 5-5-5

Purpose: To focus on a participants' fruit/vegetable intake, exercise level and stress management

Brief Description (1000 character maximum): Participants attempt to achieve the following: consume 5 servings of fruit/vegetables a day 5 days per week, exercise for at least 30 minutes 5 days per week and complete 5 stress reducing activities 5 times per week (based on the Texas Department of Health's Five A Day Five A Week Challenge). Used log forms to track participant activities (which were turned in weekly) and sent e-mails with relevant tips. See the Texas Department of State Health Services for the original program at: <http://www.dshs.state.tx.us/wellness/stagency.shtm> .

Evaluation:

Why was this initiative successful?

The program helped participants to incorporate/maintain healthy eating patterns, exercise regularly and reduce stress.

What did employees like/not like about this initiative or receive from this initiative?

Liked: the program was an independent activity that they could do on their own time (no meetings to attend), the concept that it was a "whole" program and not just one aspect of a healthy lifestyle, e-mail tips, the log forms served as a visual reminder to eat a variety of foods. Not liked: tracking, having to eat vegetables, finding time to exercise, ended too soon (it was an 8-week program).

What would you do differently if you were going to implement this again or what words of advice would you have for another worksite looking to implement this initiative? Provide info on different vegetables and how to prepare/cook them, consider an on-line logging system, add weigh-ins or a body fat comparison component to the program.

Attachments? Please check here if you have attachments that further describe your initiative and that you are willing to share with others.

No