




Canadian
Cancer
Society
BRITISH COLUMBIA AND YUKON

WellnessFits

Sharon Storoschuk
Canadian Cancer Society, BC & Yukon

Samantha Hartley-Folz
BC Healthy Living Alliance


cancer.ca



Canadian
Cancer
Society
BRITISH COLUMBIA AND YUKON

Overview

- Introduction to WellnessFits
- Key Players
- Planning Tool
- Barriers
- Small group activity
- WOW project





Canadian Cancer Society
Société canadienne du cancer

WellnessFits:

- Provides the tools to help employers in creating healthy work environments that support and enable employees to make healthy choices.



BRITISH COLUMBIA

Healthy FamiliesBC 

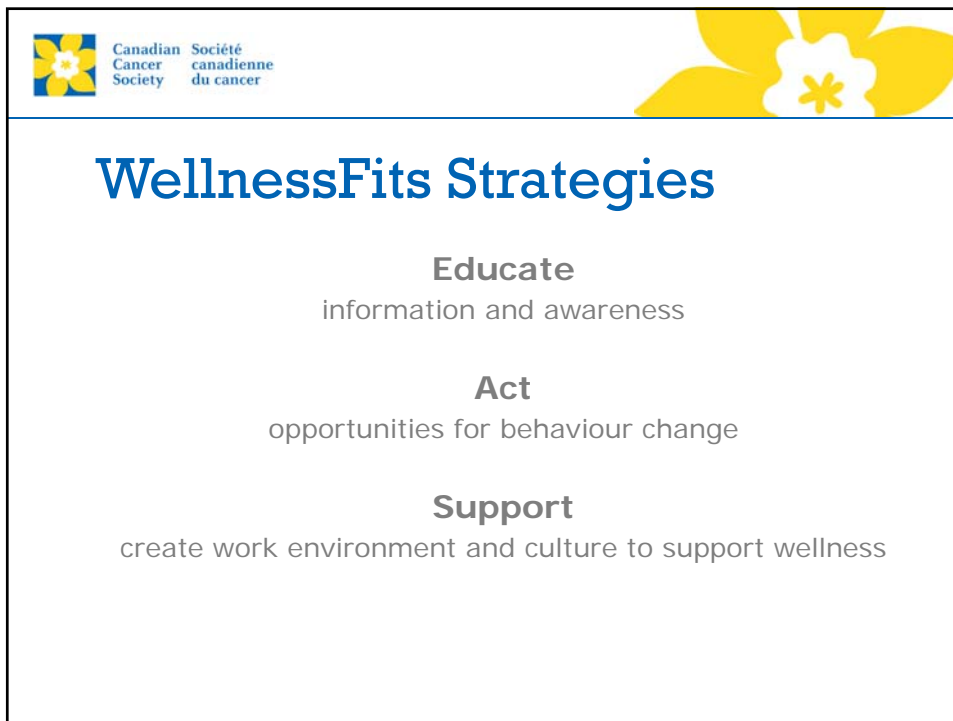


Canadian Cancer Society
Société canadienne du cancer



WellnessFits Program

- Provided in partnership with Healthy Families BC.
- Is offered at no charge to businesses in BC.
- Provides employers with tools to create opportunities in the workplace for employees to improve their health.
- Topics are directly related to cancer and other chronic disease prevention.





Canadian Cancer Society
Société canadienne du cancer



WellnessFits Strategies

Educate

information and awareness

Act

opportunities for behaviour change

Support

create work environment and culture to support wellness



Canadian Cancer Society

BRITISH COLUMBIA AND YUKON

Keys to Success





Canadian Cancer Society
Société canadienne du cancer



Key Players

- Senior Management
- Workplace Champion(s)
- Wellness Committee (optional)



Canadian Cancer Society
Société canadienne du cancer



Senior Management

- Key to success!
- Increases likelihood that time and resources are committed to the program.
- Employee participation increases when management visibly supports and participates.
- Include middle management – they have more direct day to day contact with employees



Canadian Cancer Society
Société canadienne du cancer



Workplace Champion(s)



- Well respected by management
- visible and well liked by employees
- the doers
- share information with their team
- walk the talk
- encourage people to get involved
- enable people to take the lead on activities they are interested in



Canadian Cancer Society
Société canadienne du cancer



Key Success Factors

1. Support of management and staff
2. Identify a workplace champion
3. Environmental scan
4. Develop action plan
5. Develop communication plan
6. Evaluate



Canadian Cancer Society
Société canadienne du cancer



Quote

- *The key to telling the really great employers from the imposters, says Lowe (an expert in organizational culture), is to look at the motivation behind the perks: are they prescriptions borrowed from a how-to list, or are they the authentic manifestations of a respectful and supportive organization?*

(Graham Lowe, BC Business magazine, Dec 2013)




Canadian Cancer Society


BRITISH COLUMBIA AND YUKON

Planning Tool

cancer.ca



Canadian Cancer Society / Société canadienne du cancer




Healthy Eating Module

Educate

Act

Support






Sign-Up Here for the Live Well, Eat Well Challenge
Your workplace is ready to help!




Eat Smart Meet Smart

How to Plan and Host Healthy Meetings, Events and Conferences

A PUBLICATION OF THE WESTERN AND NORTHERN CANADIAN COLLABORATIVE FOR HEALTHY LIVING



Canadian Cancer Society / Société canadienne du cancer



WellnessFits



Canadian Cancer Society
BRITISH COLUMBIA AND YUKON

LIVE WELL. BE AWARE. GET INVOLVED.

WellnessFits Action Plan Template Module: Healthy Eating

Use this Action Plan template to plan activities to promote healthy eating in your workplace. Remember all 3 components (Educate, Act and Support) are required to ensure a successful program. To help get you started, sample activities are listed for each component.

Goals and Objectives:
Overall Goal: To increase employee's healthy eating levels.


Objectives:


- Educate: To create awareness about the importance of healthy eating.
- Act: To assist and support employees to increase their healthy eating.
- Support: To create a policy & supportive environment that supports healthy eating in the workplace.

Action Plan Details



1. Create awareness about the importance of healthy eating (Educate)				
Activity Tasks	Who's responsible	Where	When	Resource
Post information about the importance of healthy eating on bulletin boards and in company newsletters				WellnessFits website-healthy eating educate fact sheets

CANADIAN CANCER SOCIETY
British Columbia & Yukon Division
In Partnership with Healthy Families BC





Canadian Cancer Society / Société canadienne du cancer



BRITISH COLUMBIA AND YUKON

LIVE WELL. BE AWARE. GET INVOLVED.



2. To provide opportunities for employees to increase their healthy eating (Act)				
Activity Tasks	Who's responsible	Where	When	Resource
Implement the Live Well-Eat Well Challenge				WellnessFits website- Steps to Running the Live Well-Eat Well Challenge
Organize a healthy recipe contest and compile a company cooking book				WellnessFits website-Ideas & Suggestions to Practise Healthy Eating at work

3. Build Organizational capacity to support healthy eating (Support).				
Activity Tasks	Who's responsible	Where	When	Resource
Develop a healthy heating policy for your organization				WellnessFits website- Sample Healthy Eating Policy & Tips for Developing Healthy Eating Policy

CANADIAN CANCER SOCIETY
British Columbia & Yukon Division
In Partnership with Healthy Families BC

Canadian Cancer Society / Société canadienne du cancer


BRITISH COLUMBIA AND YUKON

LIVE WELL. BE AWARE. GET INVOLVED.

2. To provide opportunities for employees to increase their healthy eating (Act)				
Activity Tasks	Who's responsible	Where	When	Resource
Implement the Live Well-Eat Well Challenge				WellnessFits website- Steps to Running the Live Well-Eat Well Challenge
Organize a healthy recipe contest and compile a company cooking book				WellnessFits website-Ideas & Suggestions to Practise Healthy Eating at work

3. Build Organizational capacity to support healthy eating (Support).				
Activity Tasks	Who's responsible	Where	When	Resource
Develop a healthy heating policy for your organization				WellnessFits website- Sample Healthy Eating Policy & Tips for Developing Healthy Eating Policy

CANADIAN CANCER SOCIETY
British Columbia & Yukon Division
In Partnership with Healthy Families BC





Canadian Cancer Society
Société canadienne du cancer



Small Group

- Choose a work site from your group to focus on
- What are the barriers to implementing a workplace wellness program?
- What are some solutions?
- Share with large group.



Canadian Cancer Society
Société canadienne du cancer



Another example - WOW

- Describe program
- Potential barriers to culture and creating healthy environment



Canadian Cancer Society
Société canadienne du cancer



Thank You



BRITISH
COLUMBIA

Healthy
FamiliesBC 

cancer.ca