

Wellness @ Work: Incorporating Health Promotion into the Workplace



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the Canadian Cancer Society and
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March 4, 2014
Morris J Wosk Centre for Dialogue
580 West Hastings Street
Vancouver, British Columbia

This workshop is funded by the Cancer Prevention Centre
and the Canadian Cancer Society, BC and Yukon Division.

Workshop Schedule

8:00 AM Registration opens

8:00-9:00 AM **Breakfast**
Belzberg Atrium

9:00-9:10 AM **Welcome**
Asia Pacific Hall

Speakers

Carolyn Gotay, PhD, FCAHS, Canadian Cancer Society Chair in Cancer Primary Prevention; Professor, School of Population & Public Health, Faculty of Medicine, University of British Columbia

Deena Boeck, Associate Director, Life and Career Programs, University of British Columbia Continuing Studies

9:10-10:00 AM
Asia Pacific Hall

Can Cultivating a Mode of 'Non-doing' Do Anything for Me? An Overview of Mindfulness Meditation

Mark Lau, PhD, RPsych, Clinical Psychologist, Vancouver CBT Centre; Clinical Associate Professor, Department of Psychiatry, University of British Columbia

In this introduction to mindfulness-based interventions, you will learn about their origins and what they are used for, what mindfulness is, preliminary data on the feasibility of delivering mindfulness-based cognitive therapy (MBCT) in four different formats in the workplace, how to develop a mindfulness practice, and what mindfulness resources exist in Metro Vancouver.

10:00-10:45 AM
Asia Pacific Hall

Be Well @ Work: A Research Study in BC Worksites

Carolyn Gotay, PhD, FCAHS, Canadian Cancer Society Chair in Cancer Primary Prevention; Professor, School of Population & Public Health, University of British Columbia; Principal Investigator of the Be Well @ Work Study

Discussant

Kitty Corbett, PhD, Professor, Faculty of Health Sciences, Simon Fraser University; Co-Investigator of the Be Well @ Work Study

This project assessed the impact of three different worksite programs, all designed to reduce the risks of cancer and other chronic diseases through healthy eating, weight control, and physical activity. 680 employees at three BC universities participated in the study, which was funded by the Canadian Cancer Society. This talk presents study findings and lessons learned.

10:45-11:00 AM
Belzberg Atrium

Nutrition break

11:00 AM-12:00 PM
Asia Pacific Hall

Panel Discussion: Insights from Participants in Be Well @ Work and Other Wellness Programs

Participants in the Be Well at Work study, the research project manager, and a wellness coordinator from one of the participating institutions will discuss their participation in the study, share lessons learned, and provide insights that could be used in the development of future workplace wellness programs.

Facilitator

Sandra Krueckl, Vice President, Cancer Control, Canadian Cancer Society, BC and Yukon Division

Panel Members

Joan Bottorff, PhD, RN, FCAHS, FAAN, Be Well @ Work Study Participant, Professor, School of Nursing, Faculty of Health and Social Development; Director, Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia's Okanagan campus

Chelsea Corsi, RN, BSN, BSc, Be Well @ Work Study Participant, Wellness Coordinator, Thompson Rivers University

Kulwant Gill, Be Well @ Work Study Participant, University of the Fraser Valley

Tara Rozenek, Be Well @ Work Study Participant, Recruitment Services Advisor, University of the Fraser Valley

Discussant

Melody Monro, Project Manager, Cancer Prevention Centre, School of Population & Public Health, University of British Columbia

12:00-12:15PM
Asia Pacific Hall

Don't Just Sit There!

Bonnie McCoy, MA, ASCM Certified Clinical Exercise Specialist

This session is a 15 minute pre-lunch "get out of your seat, stretch, and move" session. It is designed to un-seat you and get you moving and stretching, and increasing your physical and postural awareness and breathing. You will be led through a workstation exercise routine and learn helpful tips for sitting properly that you can take back to your workplace to use every day.

12:15-1:15 PM
ICBC Concourse

Networking lunch



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1:15-2:10 PM
Room 470

Mini Workshop 1A: Going Beyond the “Lunch and Learn” to Create Healthy Work Environments

Samantha Hartley-Folz, Manager, Policy and Programs, BC Healthy Living Alliance

Sharon Storoschuk, Director, WellnessFits, Canadian Cancer Society, BC and Yukon Division

We have learned in public health that the greatest changes come with policy change. There is no question about the impact of no-smoking laws and seatbelts laws on the health and well-being of the population, yet when it comes to most workplace wellness programs, the focus is on the outcomes of the individual. WellnessFits, a workplace wellness program developed by the Canadian Cancer Society in partnership with Healthy Families BC, has taken a three-pronged approach of focusing on education, and taking action and supporting healthy environments. This session will discuss ways to encourage businesses to talk about creating healthy work environments that support employees in making healthier choices. We will also discuss how to work in different types of worksites. Bring your ideas for implementing healthy workplace practices and policies to share with everyone!

1:15-2:10 PM
Room 420

Mini Workshop 1B: Organizing Physical Activities in the Workplace

Lauren Mathany, Team Lead, Employee Health Services, Provincial Health Services Authority

Tara Wilson, BHK, BCAF, CSEP - CEP, Pilates Instructor

Creating opportunities for physical wellness in the workplace is no longer viewed as an option; they are an essential part of an employee health promotion program. This session will give you an opportunity to share your knowledge and experiences in workplace wellness programs with others in the field. Lauren Mathany will briefly discuss her history with organizing workplace health promotion programs for a large healthcare organization. Tara Wilson will demonstrate some stretches employees can use to facilitate physical wellness while at work. You will leave with new ideas to incorporate into your workplace wellness programs and a network of other health and wellness professionals with whom to continue sharing knowledge.

2:15-2:25 PM
Belzberg Atrium

Nutrition break

2:30-3:25 PM
Room 420

Mini Workshop 2A: Workplace Culture and Barriers to Wellness Programs

Valerie Molloy, Senior Manager, Safety, Health, and Wellness, WorkSafeBC

All organizations have a workplace culture, that mysterious word that characterizes the qualities of the work environment. Culture is a powerful element that shapes our workplaces, our work relationships, work processes, and can impact your ability to promote workplace health and wellness. How do you understand and influence your culture and address barriers to health and wellness so that you have healthy engaged employees driving your business success? This

session will use interactive learning to explore culture, employee health, and creative ideas to address barriers to your health and wellness program.

2:30-3:25 PM
Room 470

Mini Workshop 2B: Innovations in Men's Health Promotion: Implications for Workplace Programs

Joan Bottorff, PhD, RN, FCAHS, FAAN, Professor, School of Nursing, Faculty of Health and Social Development; Director, Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia's Okanagan campus

Cristina Caperchione, PhD, Assistant Professor, School of Health and Exercise Science, Faculty of Health and Social Development, University of British Columbia's Okanagan campus

From a health promotion perspective men have been identified as a 'hard-to-reach' population, making it difficult to implement health promotion initiatives such as physical activity and healthy eating. Although an argument can and should be made for developing gender-sensitive programs for men, it is only recently that innovative approaches have been developed that take into account men's interests and preferences. In this session, we will describe several innovative programs and share experiences in implementing men-friendly health promotion programs in Australian workplaces. You will be encouraged to discuss how workplace health promotion programs could be tailored to enhance men's participation rates.

3:30-3:45 PM
Belzberg Atrium

Nutrition break

3:45-4:45 PM
Asia Pacific Hall

Nominal Group Process to Identify Future Priorities

Carolyn Gotay, PhD, FCAHS, Canadian Cancer Society Chair in Cancer Primary Prevention; Professor, School of Population & Public Health, University of British Columbia

Kitty Corbett, PhD, Professor, Faculty of Health Sciences, Simon Fraser University

Chris Lovato, PhD, Professor, School of Population & Public Health; Director of Evaluation, Faculty of Medicine, University of British Columbia

This group process will enable systematic brainstorming among the entire group of attendees. We will identify areas for future worksite wellness research and programs. All attendees will anonymously cast their votes for the highest priorities to guide future activities in this area.

4:45-5:00 PM
Asia Pacific Hall

Next Steps, Evaluations, and Closing Remarks

Carolyn Gotay, PhD, FCAHS, Canadian Cancer Society Chair in Cancer Primary Prevention; Professor, School of Population & Public Health, University of British Columbia

5:00 PM

Adjourn

Speaker Biographies

Deena Boeck, BPE, MSc, is the Associate Director of Life and Career Programs at UBC Continuing Studies. She collaborates with professional associations, local employers, and UBC faculties to develop and deliver a diverse range of professional and career development programs. She has a particular focus on health programming and has launched a UBC Summer Institute on Workplace Wellness. Prior to joining UBC Continuing Studies, she combined her interests in education and health as the communications manager for an international NGO based in Berlin, Germany where she worked closely with the World Health Organization, UNESCO, and a world-wide network of research centres.

Joan Bottorff, PhD, RN, FCAHS, FAAN focuses on cancer prevention and health promotion. She is leading multi-disciplinary research teams examining gender-related influences on tobacco use, cancer screening, and healthy eating/active living in a number of sub-populations with the goal of developing gender-sensitive cancer prevention approaches for women and men.

Cristina Caperchione, PhD is an Assistant Professor at the University of British Columbia in the School of Health and Exercise Sciences. Dr. Caperchione's research interests include the area of health-related physical activity and the use of behavioural change strategies for community level health promotion, with an emphasis on vulnerable, at risk populations. Most recently, Dr. Caperchione has been a co-applicant on the ManUp study which is in its final stages of completion. This study was a large, multi-strategy, multi-site randomised control trial investigating the effectiveness of strategies (including IT) to support lifestyle risk modification in men (aged 35-54) in relation to physical activity and nutrition in a regional area of Queensland, Australia.

Kitty Corbett, MPH, PhD is a medical anthropologist whose work applies social and behavioural science in health communication, community-based health promotion, infectious and chronic disease prevention, and healthcare improvement. She enjoys working on teams to address major public health concerns, such as antibiotic resistance, occupational and environmental health, HIV, and tobacco use. Her approach is multi-methodological, reflecting an ecosocial perspective and an extensive, practical toolkit. Her expertise includes theories of change, social marketing, Photovoice, knowledge translation, intervention and evaluation, and advocacy to promote the well-being of diverse populations and the planet that is our home.

Chelsea Corsi, RN, BSN, BSc has worked as the Thompson Rivers University (TRU) Wellness Coordinator since 2004. Her primary role is to design and deliver health promotion and illness prevention initiatives to students and employees in the form of health and wellness consultations, workshops, and campus-wide events. She is also involved in student mentorship and preceptors numerous TRU students from a myriad of health care disciplines. In her role she also advocates for and supports departmental and university-wide policies and procedures that help foster a healthy campus community.

Kulwant Gill is an instructional assistant at the University of the Fraser Valley (UFV) in the Upgrading and University Preparation department. She has worked at UFV for almost 25 years. She considers herself to be a life-long learner and recently embarked on pursuing her master's degree through Athabasca University with a focus on adult education. Striving to find balance between work, school, and family life can be a challenge at times, but she appreciates working at an institution that provides opportunities for her to stay healthy and active during lunch hour fitness classes.

Carolyn Gotay, PhD, FCAHS is Professor and Canadian Cancer Society Chair in Cancer Primary Prevention in the School of Population & Public Health at the University of British Columbia. She also holds an appointment at the BC Cancer Agency. Dr. Gotay received her PhD in psychology from the University of Maryland, and she came to UBC in 2008 after



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positions at Gettysburg College, the University of Calgary, the (US) National Cancer Institute, and the University of Hawaii.

Samantha Hartley-Folz, MA has worked in the non-profit sector for over fifteen years in program management and development, grants, communications, and policy. Her favourite projects are those that use partnerships across sectors to support positive change through strong sustainable initiatives. As the Manager, Programs and Policy at the BC Healthy Living Alliance, she is the action lead for Working on Wellness (WoW) in Strategic Populations, a new workplace-based project in BC and the Yukon and Northwest Territories. She will be guiding the program development, evaluation, and implementation over the next three years.

Sandra Krueckl, PhD is the Vice President, Cancer Control with the Canadian Cancer Society, BC and Yukon Division, overseeing the health promotion, advocacy, information, and support program departments. She joined the Society in 2005, first as a Cancer Information Specialist and subsequently becoming the Manager of the Cancer Information Service and then the Director, Information and Support. Prior to joining the Society, her training and work experience was in the cancer research field, having completed a doctoral degree in molecular endocrinology at the University of Victoria and post-doctoral training at the Prostate Centre in Vancouver.

Mark A. Lau, PhD, R Psych is a clinical psychologist in private practice at the Vancouver CBT Centre and a Clinical Associate Professor of Psychiatry at the University of British Columbia. Dr. Lau has 18 years' experience providing leadership in developing innovative models of mental health care delivery for Mindfulness-based Cognitive Therapy (MBCT) and Cognitive Behaviour Therapy (CBT); providing clinical services to individuals and groups; conducting MBCT and CBT research; and providing training and education sessions, including international single and multi-day professional MBCT trainings. Dr. Lau's research interests include evaluating effective methods of disseminating MBCT and CBT. He is an Associate Editor of *Mindfulness*.

Chris Lovato, PhD is a Professor in the School of Population & Public Health and Director of the Evaluation Studies Unit, Faculty of Medicine. Her research interests focus on evaluation studies in public health, health services, and medical education contexts. Her program of research in tobacco control has focused on examining the ideal program/policy mix for school-based adolescent tobacco control. She is also conducting studies to evaluate the impact of medical school initiatives implemented in response to health care professional shortages in rural, remote, and northern regions of Canada.

Lauren Mathany serves as Team Lead, Employee Health Services for the Workplace Health department of the Provincial Health Services Authority (PHSA). In her role, she is responsible for the management of the Occupational Health Nursing program, as well as the Employee/Workplace Health Promotion program for PHSA and its agencies. With approximately 19,000 employees, PHSA is one of the largest employers in British Columbia. Lauren joined PHSA in 2008. Her prior educational experience includes a Bachelor of Arts, Health Studies (Honours) from Queens University, as well as post-graduate certification in Workplace Wellness and Health Promotion from Centennial College. She is currently enrolled in a Masters of Public Health program at the University of Waterloo.

Bonnie McCoy is a Lifestyle Counsellor and Evaluation Assistant, and has been assisting Dr. Carolyn Gotay and the Cancer Prevention Centre team in developing, implementing, and evaluating the Breast Cancer Prevention & Risk Assessment Clinic since 2010. She completed her graduate education at Simon Fraser University in Kinesiology and Gerontology and is an ACSM Clinical Exercise Specialist & Cancer Exercise Trainer. She teaches exercise classes in cardiac rehabilitation, mental health lifestyle, and older adult programs, such as Tranquility, Plus-FITT, Circuit-FITT, Balance & Stability FITT, and Multi-FITT in Metro Vancouver.

Valerie Molloy joined WorkSafeBC in 1990. She has held a number of successively senior positions with the Human Resources department and her current role is Senior Manager Safety, Health, and Wellness. The Safety, Health, and Wellness team offers many initiatives and programs that support their promise to make a difference to their employees and contribute to moving the organization forward to meet its business objectives by having the most valued asset, their people, healthy, engaged, and productive. Under her leadership, the Safety, Health, and Wellness team has helped the organization be recognized as a top 100 employer in Canada, top 50 employer in BC, and a top 20 family-friendly employer in Canada.

Melody Monro, MPA, BA (Hons) is the project manager for "Be Well at Work," a collaborative intervention research project with the Canadian Cancer Society, BC and Yukon Division that established and then evaluated the effectiveness of workplace wellness programs in three BC work sites. She has managed numerous population and public health projects, including a cycling infrastructure study, health literacy in primary care, workplace mental health strategies, smoke free policies in psychiatric institutions, participatory action research, and program evaluation at the University of British Columbia, the University of Victoria, health authorities, and community organizations.

Tara Rozenek has worked in the Human Resources department at the University of the Fraser Valley (UFV) for 12 years, in a variety of different roles. From 2006 – 2012, she was responsible for organizing fitness classes for UFV employees, as well as organizing health and wellness workshops and learning and development workshops. She has also administered employee benefits and professional development funds. Her role at UFV is now as Recruitment Services Advisor, coordinating the recruitment process for faculty and staff.

Sharon Storoschuk has worked in research and the public health field for almost 20 years with extensive experience in health promotion, evaluation, and research. After receiving a Master's of Science degree in Psycholinguistics she began her career researching autism for 9 years in Canada, Britain, and the USA. She returned to school attending the University of Michigan and received a Master's in Public Health. For the past thirteen years she has been with non-profit organizations in various health promotion and research roles. She was the Director of Health Promotion at the Canadian Cancer Society, British Columbia and Yukon for six years and her passion for healthy living has turned into a workplace wellness program called WellnessFits and an exciting new role as the Director of WellnessFits.

Tara Wilson, BHK, CSEP-CEP is a kinesiologist, exercise physiologist, and Pilates instructor who is also trained in soft tissue release and the functional movement screen. Tara began Pilates as part of her rehabilitation after an injury and it has remained a constant in her life ever since. She has an enthusiasm for exploring creative, mindful movement and fostering active lifestyles. She believes in Pilates and wellness as a way of life, and her involvement in workplace wellness has been through teaching Pilates mat classes in corporate offices and other work environments. As Tara believes in getting the most out of life and the activities we do in it, she enjoys getting to know her clients and their needs. She is most satisfied as a trainer when clients feel the benefits from, and enjoy the time spent in, their session. Tara aims to empower each client through education, realignment, and re-patterning, as they work towards achieving their personal health and fitness goals. She is passionate about helping others find the joy and creativity in their movement.

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