



AC Transit Wellness Program

Spreading Awareness, One Mile at a Time



Outline



- Lifestyle Risks
- Lifestyle Intervention
- Modifiable Disease Risk Factors
- Wellness Survey
- Wellness Program Communication Strategies
- Wellness Program Employee Engagement
- Future Wellness Program Initiatives
- COVID-19 Changes
- Conclusion



Lifestyle Risks



Prevention and Lifestyle Risks Report

Measure	ACT results Q1 2016	ACT results Q1 2018	Regional average	Industry average	Comparative National data
Adult weight (BMI)	83.1%	85.0%	68.7%	78.8%	68.7%
Exercise	71.9%	75.4%	68.4%	69.7%	51.0%
Prediabetes	37.2%	33.5%	26.9%	34.1%	37.0%
Diabetes	17.8%	16.3%	10.9%	14.2%	12.3%
Cholesterol	31.8%	31.6%	36.9%	33.2%	31.7%
Blood Pressure	11.8%	13.8%	9.1%	9.8%	33.3%
Smoking rates	14.4%	12.5%	9.3%	11.8%	19.0%



Lifestyle Interventions

Preventative Services

Decreased results in all adult preventative screening measures.

Preventative screenings lead to early intervention and better chronic condition management.

Increased Obesity

There is an 85% obesity rate; the national average is 68.7%

Addressed with primary care physician and impacted by workplace wellness programs.

Increased High Blood Pressure

The number of employees meeting the minimum (30 min, 5 x per week) recommended exercise has increased 1.2% since 2016.

Correlated with pre-diabetes and obesity, can be improved by participation in workplace wellness activities.

Modifiable Risk Factors



Employee Survey



675 employees responded

Response rate of **35%**
wow!

Top 5

1. Off-site gym discounts
2. Team clubs (walking, etc.)
3. Stress relief sessions
4. Nutrition education
5. Coaching with a dietician

D4

had the highest # of responses with 182!
Way to go!

% of employees who want wellness news via email:



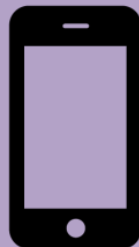
71

26%

are interested in weight management, nutrition, physical activity, and stress relief.

GO

was in 2nd place with 172 responses.



94%

have a smart phone

40 %

are motivated to work in groups or by themselves

79%

are ready to get started.
Let's do this!

Wellness Program Communication Strategies



- ✓ Wellness Newsletters
- ✓ Healthy Handouts
- ✓ Wellness Bulletin Boards
- ✓ Wellness Council Meetings
- ✓ Wellness Webpage in MyACT
- ✓ Health Flyers posted in elevators
- ✓ Wellness Champion Engagement

**AC Transit
Wellness
Champions**

Wellness Champions are AC Transit employees who lead by positive example and inspire our employees to be their healthiest.

If you have a fun, healthy or fitness idea you would like to start at your division or location, please let your Wellness Champion know!

If you are interested in becoming a Wellness Champion or have questions about the Wellness Program, please contact your Wellness Coordinator, Sandra at: 510-599-8601 | smcdonald@actransit.org

Sandra Smith McDonald
Wellness Coordinator

Wellness Program Employee Engagement



- ✓ Health & Safety Fair/ Open Enrollment
- ✓ Cancer Awareness Walk/ Fundraiser
- ✓ Weekend walking and biking groups
- ✓ Healthier vending machine options
- ✓ Companywide Wellness Challenges
- ✓ Monthly Free Fruit
- ✓ Mindful Breathing Program
- ✓ Stretching Posters



Wellness Program Employee Engagement



- ✓ On-site Flu Vaccinations
- ✓ On-site Biometric Screenings
- ✓ On-site Fitness Activities
- ✓ On-site Health Seminars
- ✓ On-site Stretching
- ✓ On-site Gyms



Future Wellness Program Initiatives



- Smoking Cessation Grant
- Mental Health Awareness Video
- Blood Drive
- On-site Farmers Market
- Blood Pressure Monitoring

COVID-19 Changes in Communication



- ✓ Cut on-site engagement activities but increase frequency of Wellness Newsletters.
- ✓ Increase EAP communication
- ✓ Video wellness Council Meetings
- ✓ Increased Wellness Champion Utilization
- ✓ SMART program



COVID-19 Changes in Engagement



- ✓ Target increased stress by holding Mindful Stress Management webinars.
- ✓ Cut on-site health classes but add monthly wellness webinars.
- ✓ Cut on-site stretching but add weekly group stretching via video conference.
- ✓ Wellness Challenges have gone from outcome based to participation based.
- ✓ Target sedentary lifestyle by focusing on mobility activities and ergonomics.

A flyer for a 'Mindful Stress Management Webinar' presented by Claremont EAP. The flyer features a photo of a man resting his head on his hand, looking stressed. The text on the flyer includes:

CLAREMONT EAP

Claremont EAP Presents:

Mindful Stress Management Webinar

Get practical tips and strategies to manage stress, particularly in this time of COVID-19. Learn practices, including mindfulness and breath work, that can help you deal with stress and calm the nervous system.

Come, strengthen the health of your brain and body.

June 18, 2020 11:00 am – 12:00 pm	June 30, 2020 1:00 pm – 2:00 pm
Link to Meeting: https://actransit.zoom.us/j/93198829845	Link to Meeting: https://actransit.zoom.us/j/97442948670
Call: 669-800-6933 Meeting ID: 931 9882 9845	Call: 669-900-4859 Meeting ID: 974 4294 8670

Conclusion



Questions?

