Who are we?
Let’s get going

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Dawn Robbins, Wellness@Work Program Manager, OPHI
Who are we?

• **OPHI Vision:** The places where we live, work and play should support a vibrant community of healthy people

• **Mission:** Improve the health of Oregonians through advocacy and support of effective public health policy and activities

One of 37 member of National Network of Public Health Institutes: conveners and expert resources
• Statewide movement launched in June 2011
• Aims to create a culture of health in Oregon worksites
• Focus on leading drivers of health care costs: tobacco use, physical inactivity, poor nutrition; beginning to look at stress
## History

<table>
<thead>
<tr>
<th>Year</th>
<th>Initiative/Support</th>
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<tbody>
<tr>
<td>2003</td>
<td>Healthy Worksite Initiative</td>
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<td>2008</td>
<td>Governor’s Wellness Initiative</td>
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<td>2010-12</td>
<td>ARRA Grant</td>
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<td>2012-13</td>
<td>PEBB/OEBB Support</td>
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<tr>
<td>2011</td>
<td>Wellness@Work Launch</td>
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<tr>
<td>2012</td>
<td>Move to OPHI</td>
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Partners

* Since 2008 or earlier

• Oregon Public Health Division*
• PEBB/OEBB*
• Oregon Coalition of Health Care Purchasers*
• Kaiser Permanente*
• Oregon Healthy Workforce Center
• OSHA
• SAIF
• OEA Choice Trust
• PacificSource
• Coalition of Local Health Officials
• Local businesses, schools and other organizations
Strategies

• Website: [wellnessatworkoregon.org](http://wellnessatworkoregon.org)

• Action Forums
  – Southern Oregon
  – Central Oregon
  – Tri-County
  – School Employees

• “Walking the talk”
Framework:
A comprehensive, integrated worksite wellness program

Source: NGA Center of Best Practices
Sounds Great!

How Do We Get Started?
Stand up and be counted...

- **Inspire**: Leadership support for wellness
- **Engage**: Wellness committee, safety committee, safety & wellness committee
- **Inquire**: Collect data on wellness
- **Act**: A wellness program
Show short “how to” video
Start Now!

wellness@WORK

ophi

tomorrow’s health today