



## Live Well Learning Collaborative: Workplace Workshop

June 28<sup>th</sup>, 2017

### Overview:

*Live Well Allegheny* convened current and potential workplaces in Allegheny County as well as community partners on Wednesday, June 28<sup>th</sup>, 2017. The purpose of the meeting was to: 1) discuss Health in All Policies and how to apply the concept; 2) showcase *Live Well Allegheny Workplace* initiatives; and 3) encourage participants to identify future action steps for their organizations. The *Live Well Allegheny Learning Collaborative* will continue to provide opportunity for Live Well participants to learn about evidence-based policies and programs, how to implement them, and explore ways to collaborate with one another.

### Meeting Outcomes:

- 41 participants, representing 29 organizations
- 5 speakers shared workplace wellness initiatives

### Session #1: *Setting the Stage*



The Allegheny County Health Department staff members delivered a presentation about Health in All Policies and how to implement the approach into community policies and programs. The presentation was adapted from the National Association of City & County Health Officials. Hannah E. Hardy, Program Manager for Chronic Disease Prevention Program and Erica Bryson, Health in All Policies Coordinator, presented the information. The presentation is available on the *Live Well Allegheny Learning Collaborative* page.

### Session #2: *How are we Living Well Today?*

In Session #2, the audience members listened to representatives from two Live Well Workplaces, the Veterans Leadership Program of Western Pennsylvania (VLP) and Babb, Inc. The panelists shared their philosophies and experience with building a culture of health in the workplace environment in addition to current wellness initiatives. There were similar themes for challenges and successes that the organizations' faced. The process of creating a healthy work culture can be slow and engaging employees can be challenging. Additionally, internal wellness champions do not always stay with an organization, which can cause a disconnect or period of starting over. However, wellness initiatives can be utilized to create a sense of community among employees. VLP also discussed the opportunity to use wellness to bridge the gap between clients, employees, and community members.

### Session #3: *Living Well into the Future*

The purpose of Session #3 was to help workshop attendees identify future action steps for their workplace. The American Heart Association Director of Community Health, Jesabel Rivera-Guerra, presented on the [Workplace Health Solutions](#) program. This program offers a suite of evidence-based tools to help workplaces create or maximize preexisting wellness initiatives. Free tools for worksites include healthy eating resources, walking and physical activity programs, worksite wellness materials and informative newsletters. Following the presentation, participants had an opportunity to network, engage with speakers, and explore resources available.



**Evaluation:**

Event participants were asked to complete an evaluation following the event with opportunity to rank satisfaction. Twenty-five attendees completed the survey.

**Responses to please rate your satisfaction for each aspect of the event (1 is very dissatisfied, 5 is very satisfied):**

	1	2	3	4	5
Overall			1	9	15
Program Length		1	2	6	16
Session Content			2	8	15
Knowledge of Speakers			3	3	19

**Responses to please rate how much you agree with these statements:**

	1	2	3	4	5
I understand how to apply Health in All Policies	1	1	6	7	10
I learned about other LWA partner initiatives		1	2	8	14
I identified potential action steps for my organization			2	7	16
I plan on attending future collaborative events			2	6	17

**Responses to please provide any additional feedback:**

- Enjoyed the American Heart Association and *Live Well Allegheny* presentations (3)
- Great resources available for attendees
- Appreciated the healthy breakfast
- Panelists provided wealth of knowledge, but should have shared equally (2)
- Content was informative, applicable and evoked new thoughts (2)
- Presentations could have been more concise and less repetitive
- Interesting speakers, very genuine content; encourage all speakers to use a microphone
- Facilitator did a fantastic job
- Encouraged by the good discussion among attendees and passion among participants
- Enjoyed the workshop and hope to use the information for wellness program (2)
- Appreciated the venue/location of event (3)