

Words About Wellness

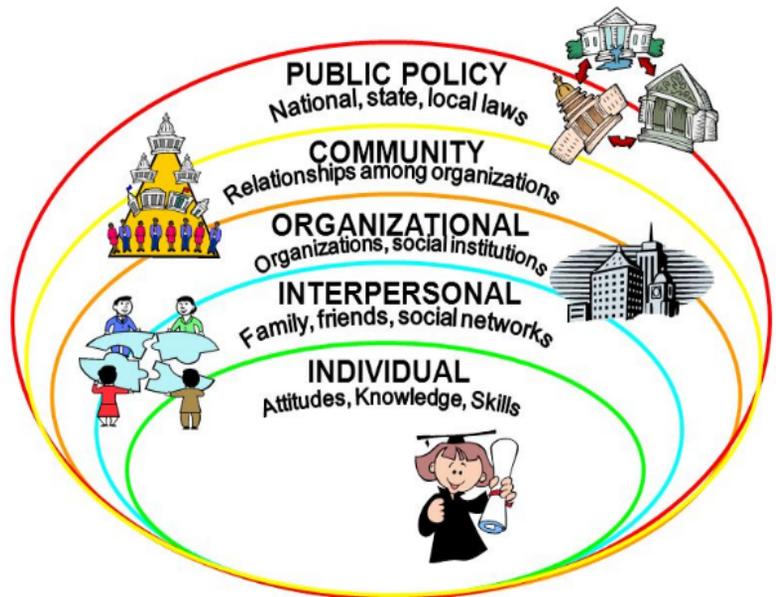
What's Worksite Wellness?

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Being socially connected can have lots of benefits, but how much is it connected to our overall health? **The Social Ecological Model (SEM)** is a framework that shows the interconnectedness and various levels of operations beginning with the individual (center level) and ending with the policies and systems that impact everyone. When it comes to wellness, it's easy to think about the individual behaviors you can engage in to become or stay healthy, but there are other aspects outside an individual's control that can also impact health.

Social-Ecological Model



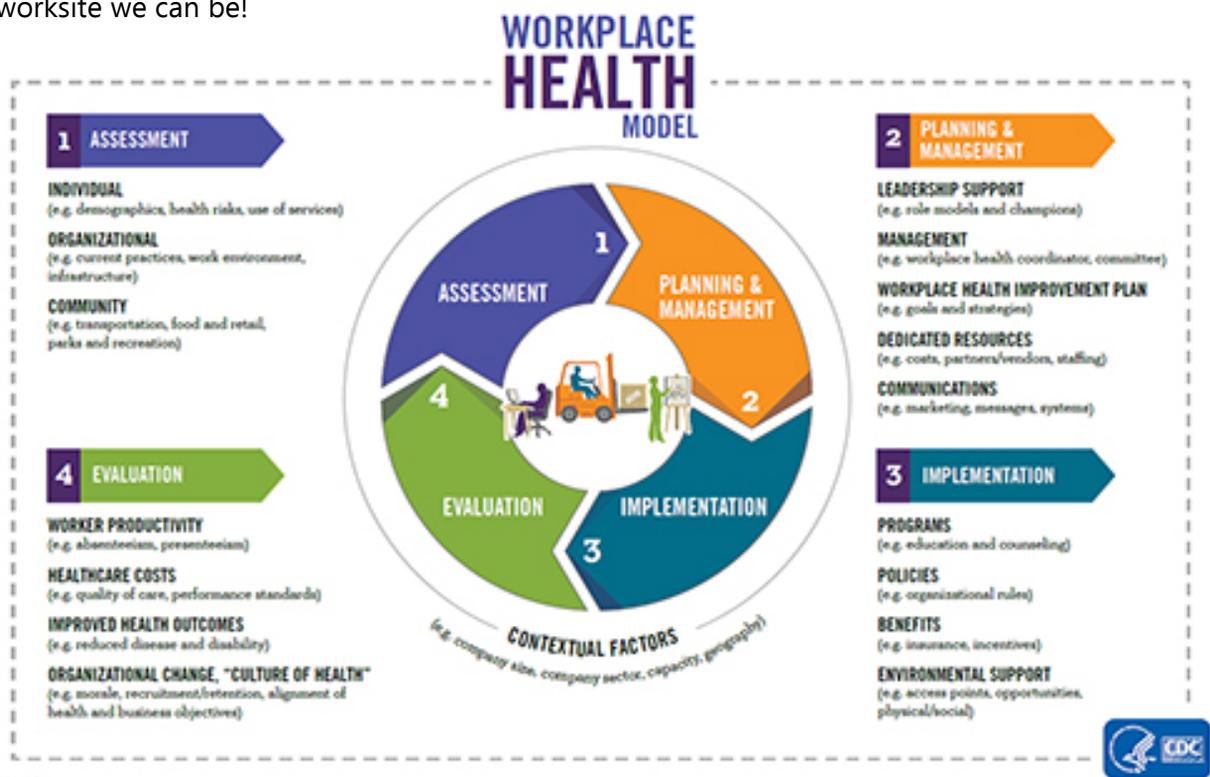
What if it's not that an individual doesn't want to engage in healthy behaviors? What if it means that means that other some wellness priorities take the place of others. Some people may love to exercise. Others may enjoy spending time with loved ones. Both are important to our health. Or let's look closer at the SEM. What if you really wanted to start an exercise program, but social norms in a gym atmosphere intimidate you? Or what if you wanted to eat fresher foods, but the only grocery store near you gets a limited number of fruits and vegetables? One way that those of us in public health aim to overcome situations like these is by producing high quality **Worksite Wellness programs!** Worksite Wellness programs like this look at each level of the SEM to determine how they can create an environment where each individual can become healthiest version of themselves, being that most full-time working Americans spend about one third of their day at work.¹

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Using the CDC's Workplace Health Model², we can begin learn more about our employees and integrate programs that they want to participate in. UNC has resources such as Weight Watchers at Work, Employee Class Pass, Intramural Sports, and so much more. The annual Total WellBeing Expo happening on Wed, March 11, 2020 is also a way to get introduced to some wellness programs happening on-campus and the surrounding community³. Contact Chanee Lynch (chanee_lynch@med.unc.edu) for more information about how you can participate in sharing your thoughts about programs available to you. Let your employer know what matters to you so together we can move forward to offering programs to help us in being the healthiest worksite we can be!



References:

- Centers for Disease Control and Prevention (2019, March 8). <https://www.cdc.gov/workplacehealthpromotion/index.html>
- Centers for Disease Control and Prevention (2016, May 13). <https://www.cdc.gov/workplacehealthpromotion/model/index.html>
- UNC Human Resources Workforce Strategy, Equity and Engagement (2020). <https://hr.unc.edu/event/2020-total-wellbeing-expo/>

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