

eWellness



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Situation

- UT Extension has over 700 employees located 95 counties
 - Extension agents, support staff, program assistants, specialists
- Work hours for agents often include nights and weekends
- Many meals consumed on-the-go between meetings or traveling away from home

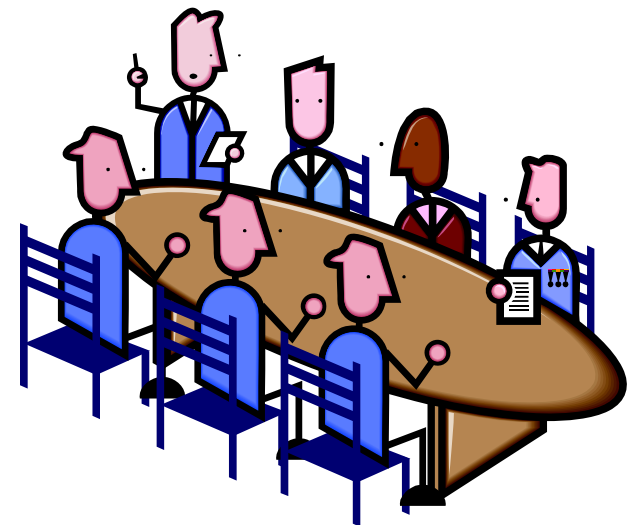
Healthy living difficult

- Unhealthy food choices
- Little time for physical activity
- Excessive weight gain
- Health concerns



FCS Leadership Team

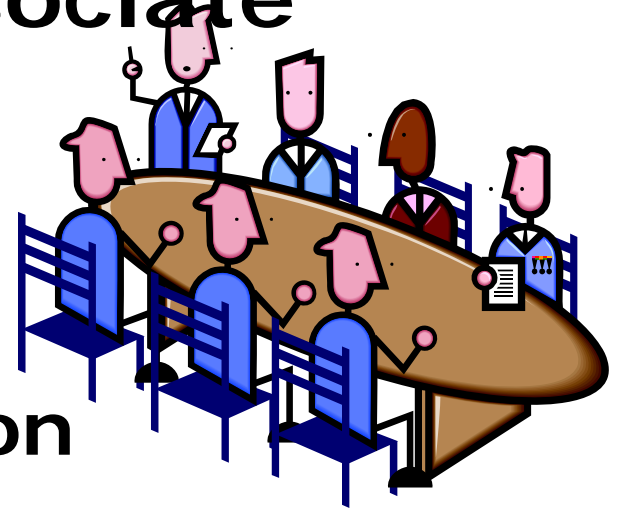
- **Desire to help self and co-workers adopt healthy lifestyle**
 - **“We spend so much time helping others, we don’t take time to take care of self.”**



Grass roots planning

- Committee of agents to design plan with support from nutrition specialist and FCS Associate Dean

- Steering
- Motivational
- Rewards and recognition





Budget

- **FCS Associate Dean provided funds IT development**
- **Agents and specialists took on the extra work to support project– no additional financial support**



***Something is better
than nothing***

***More is better than
something***



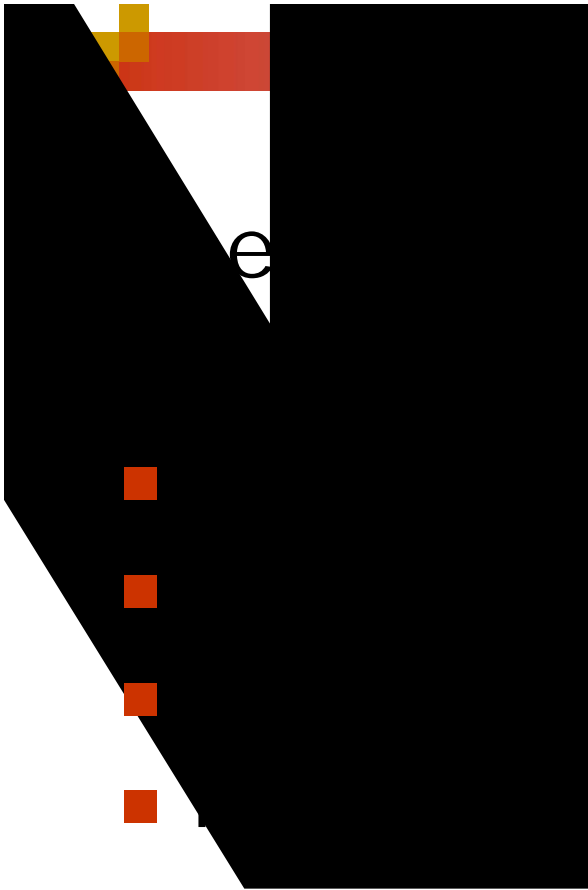
Positive Behaviors

- Engage participants and keep engaged
- Markers of healthy lifestyle
 - Fruit and vegetables
 - Water or non-sugar sweetened beverages
 - Physical activity



Instill value

- Why change?
 - Need to instill
 - the benefits of healthy lifestyle
 - consequences of failing to live healthy



ility

SS

nd recognition





FCS Dean provided funds

- Developed internet database for accountability.
 - No new funds were available for project
- Enter fruits, vegetables, physical activity (count 10 minutes of intentional activity), and water instead of sugar-sweetened beverages



Support

- Teams encourage other members
- Motivational tips from motivational committee
- Additional support from nutrition publications



Recognition and rewards

- Healthy Living Award (team and individual)
 - Based on points. One point for each ½ cup portion of fruits and vegetables, each minute of PA (minimum 10 minute sessions of intentional activity)



Rewards and Recognition

- Striving for Good Health
 - Did not meet the criteria for Health Lifestyle Award but kept trying



Rewards and Recognition

- Physical activity award –team and individual
- Team and individuals with most minutes of physical activity
- Must meet dietary recommendations to receive PA award



Phases

- 8-week phases. At end of phase, recognize those who met criteria for awards
- Begin a new phase
- Stopping and ending a phase is an opportunity for renewed commitment
 - Encourage daily commitment



Forgiveness

- Count 5 best days
- Points are cumulative – bad days can be “made up” – within limits
- Each new phase is a renewal. Old data is not considered in new phase – everyone has a “clean slate”



Began 2006

- Usually three phases each year
- Extension employees: 73 teams with 241 members
- Teachers--2008
 - Knox County – 101 teams with 456 members
 - Roan County – 31 teams with 138 members



Impact

- Survey questionnaire
 - Increased vegetables intake
 - Increased fruit intake
 - Decrease in sugar-sweetened drinks
 - Increase in PA
 - Practices continue between phases
 - Weight loss



Limitations

- Not enough face-to-face contact with participants
- Need more opportunity for participants to discuss problems and barriers
- Need objectives measures of impact



Goal: Good Health

**Its not that hard
you can do it!**

