

## Chicago Federal Executive Board - Intergovernmental Affairs Committee



*“All over the country, innovative ideas are being implemented in the workplace to improve the health of workers and reduce the rising rate of health care spending. Skyrocketing health care costs are crushing families and companies, impeding businesses’ ability to expand and compete, and stunting the country’s economic growth. The President hopes that by encouraging more employers to adopt similar programs, we can improve the productivity of our workforce, delay or avoid many of the complications of chronic diseases, and slow medical cost growth.”<sup>1</sup>*

The **WellFeds Campaign** “FEDERAL EMPLOYEES: Active and Healthy...Working Well!” is creating a model worksite wellness program for federal employees. The goal of this worksite wellness campaign is to improve the culture of Chicago Federal workplaces to more fully promote and facilitate employee wellness, and thereby productivity, through physical activity, healthy eating, and other wellness policies and activities.

### **WellFeds** IS CURRENTLY FOCUSED ON THE FOLLOWING PROJECTS:



#### **Ensuring Healthy Options in Vending Machines**

More than half of Chicago adults are overweight or obese, putting them at increased risk for serious, costly health problems such as heart disease and diabetes. Vending machines are common sources of high-calorie, high-fat foods and beverages; frequent consumption of these foods is a major contributor to overweight and obesity. **WellFeds is working with vendors to install healthy options in Federal facilities to provide alternatives to unhealthy food and beverages with added sugars, saturated and trans fat, refined grains, and sodium.**

Project Goals: 1) Increase and Improve Access to Healthy Foods; and 2) Inform and Educate Agencies and Employees about Healthy Eating

#### **Installing Walking/Standing Desks and Exercise Ball Seats**

Sedentary jobs are becoming more common and as 38% of Americans work 50+ hours each week (~46 hours on average) – 11 hours more than in the 1970’s – there has been a dramatic increase in hours seated each day. Now most westerners sit 8.9 hours a day. Sitting can lead to a number of health issues, including heart disease, cancers, muscle degeneration, poor circulation, and difficulty concentrating. WellFeds is working to secure walking/standing desk stations and exercise ball seats for Federal employees to access via hoteling programs in the office.



Project Goals: 1) Increase Access to Opportunities for Physical Activity;  
2) Inform and Educate Agencies and Employees about Sedentarism and Physical Activity

### ***Bike Share Program***

More than half of Chicago adults are overweight or obese and sedentary jobs are becoming more common. Biking and other forms of active transportation help keep our air clean. Exposure to pollution and poor air quality can lead to reduced lung function, the development of chronic bronchitis, cause asthma attacks, and temporary symptoms, such as irritation of the eyes, nose, and throat; coughing; phlegm; chest tightness; and shortness of breath. **WellFeds is working to secure a reduced or bulk rate for Federal employees to utilize the city-wide bike share program, ultimately through transhare policy.**



Project Goals: 1) Increase Access to Opportunities for Physical Activity; 2) Inform & Educate Agencies & Employees about Physical Activity options and their role in decreasing their carbon/environmental footprint.

### ***FEB Health & Benefits Fair (November 12-13, 2014)***

Nearly 9 out of 10 adults have difficulty using the everyday health information that is routinely available in our healthcare facilities, retail outlets, media, and communities. Without an understanding of health information, people are more likely to skip necessary medical tests, end up in the emergency room more often, and have a harder time managing chronic diseases like high blood pressure.<sup>2</sup> Additionally, benefits literacy is an issue, as 76% of employees said that when thinking about their choices for major medical insurance coverage, they don't always understand everything that is covered by their policy – while slightly more than half (59%) of employees who chose the same benefits year after year say they often don't have a full understanding of the changes in the policies each year.<sup>3</sup> **WellFeds works with FEB to coordinate the annual Health & Benefits Fair to give Federal employees an opportunity to talk with health benefits providers directly, as well as receive valuable information regarding their health and wellness.**

Project Goals: 1) Increase Access to Accurate Health & Benefits Information; 2) Inform & Educate Employees about Physical Activity, Healthy Eating, and Other Healthy Lifestyle Options.

### ***MAINTAIN CAMPAIGN (November/Thanksgiving to January/New Year)***



**The WellFeds Campaign**  
FEDERAL EMPLOYEES Active and Healthy...Working Well!

More than half of Chicago adults are overweight or obese and sedentary jobs are becoming more common. Nearly 9 out of 10 adults have difficulty using routinely available everyday health information. **The Maintain Campaign, developed by WellFeds, in partnership with Federal Occupational Health, aims to facilitate a healthy lifestyle initiative that works to help participants eat and exercise mindfully during the holiday season.**

Project Goals: 1) Provide a Weight-Maintenance Program During the Winter Holiday Season; 2) Inform & Educate Employees about Physical Activity, Healthy Eating, and other Healthy Lifestyle Options.

**ADDITIONALLY WellFeds** provides regular updates in the **quarterly FEB e-Newsletter** to inform Federal employees progress on policy initiatives and opportunities to get involved.

<sup>1</sup> [http://www.whitehouse.gov/the\\_press\\_office/Fact-Sheet-Innovative-Workplace-Practices-A-Discussion-With-President-Obama/](http://www.whitehouse.gov/the_press_office/Fact-Sheet-Innovative-Workplace-Practices-A-Discussion-With-President-Obama/)

<sup>2</sup> <http://www.cdc.gov/healthliteracy/learn/index.html>

<sup>3</sup> <http://www.mbg.org/CTK/newitem31/benefitsliteracy>