



EFFECTIVE WELLNESS PROGRAMS – CRITICAL TO SAFETY



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WELLNESS – WHY????



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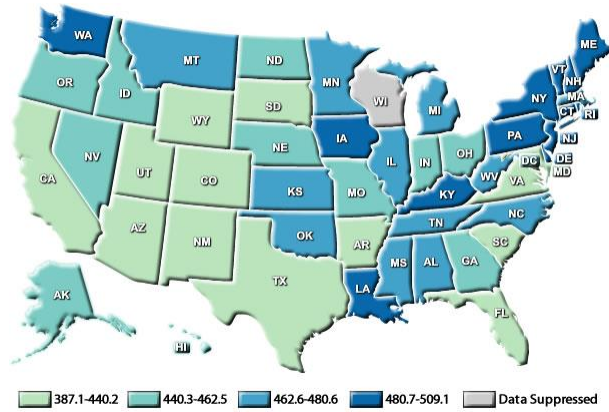
- ^ 79 million people are pre-diabetic
 - Less than 7% are aware of this
- ^ 26 million have diabetes
 - ONLY 5 million know this AND have it controlled
- ^ 75% of healthcare costs stems from PREVENTABLE diseases
- ^ 49% of Americans either have HTN, high LDL's and/or are smokers
- ^ Heart Disease is the leading cause of death in the US



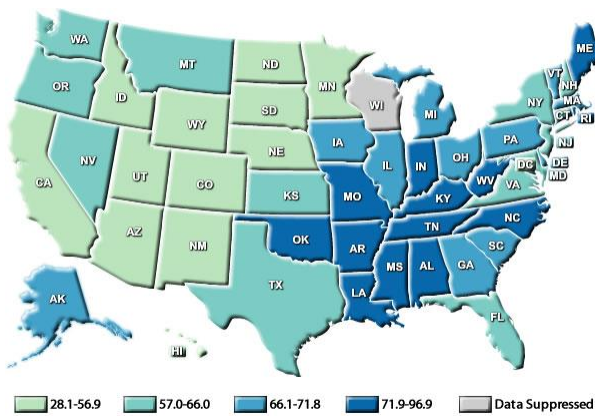
- ^ Those with a chronic disease (HTN, DM) AND/OR are obese are
 - 2 times more likely to have a WR injury
 - 5 times more likely to NOT RTW



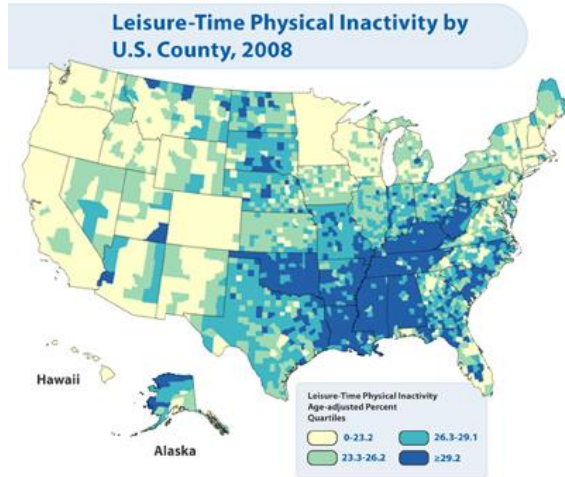
All cancer



Lung Cancer



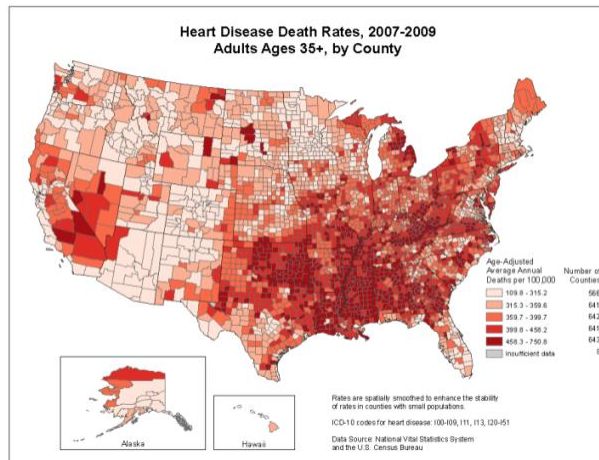
Physical Inactivity



Obesity



Heart Disease



SO why connect Wellness and Safety?

- Unhealthy workers are more likely to be injured
- Injuries in unhealthy workers are more severe
- Productivity is lower in an unhealthy workforce
- Unhealthy lifestyles lead to poor strength, balance and proprioception
- Health declines with age
- Workers are continuing to work, not retire

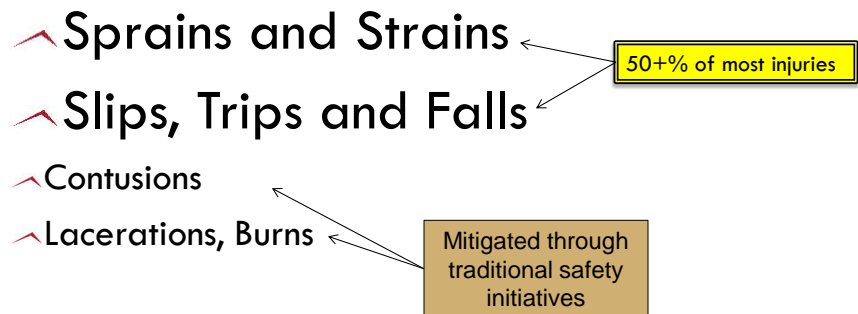


Common Work Related Injuries

- ^ Sprains and Strains
- ^ Slips, Trips and Falls
- ^ Contusions
- ^ Lacerations, Burns



Common Work Related Injuries



Why Do They Occur

^ Sprains and Strains

^ Slips, Trips and Falls



Sprains and Strains

- ^ Poor Body Mechanics
- ^ Lack of Strength
- ^ Lack of Flexibility
- ^ Poor Endurance
- ^ Slow Recognition of the Problem
- ^ Bad Job Design

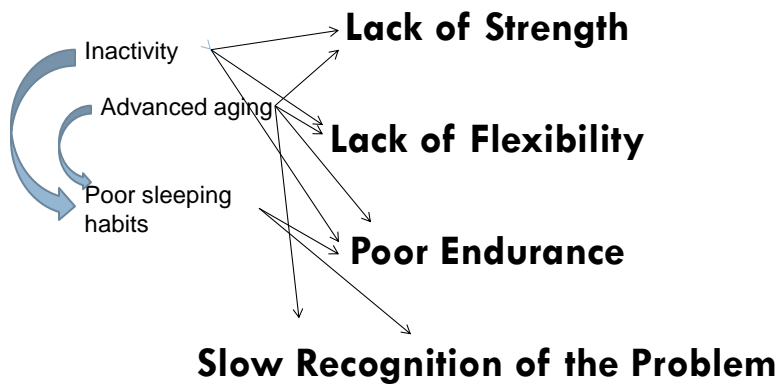


Sprains and Strains

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Secondary Factors



Comorbidities

Inactivity

Lack of Strength

**Advanced
aging**

Lack of Flexibility

**Poor
sleeping
habits**

Poor Endurance

Slow Recognition of the Problem



Comorbidities

Inactivity

Lack of Strength

**Advanced
aging**

Lack of Flexibility

**Poor
sleeping
habits**

**HTN
Obesity
Heart Disease
Stress
Diabetes**

Poor Endurance

Slow Recognition of the Problem



Why Do They Occur

- ^ Sprains and Strains
- ^ Slips, Trips and Falls



Poor Core
Strength and
Proprioception



Obstacle is constant



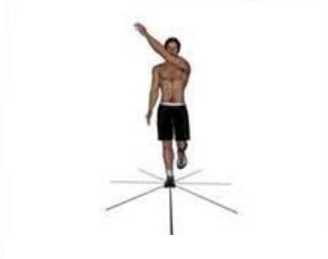
Obstacle is constant



Result is variable



So How Is YOUR BALANCE???



FOCUS

^ PRE-Disease individuals



WELLNESS IS the KEY

- ^ LEVERAGE what is available through the health insurance system
- ^ Take voluntary SCREENINGS to the floor
- ^ One-on-one MEANINGFUL conversations
- ^ CONSISTENT encouragement
- ^ Always CELEBRATE successes
- ^ PROACTIVE approach

“It is not what we KNOW, rather what we DO that will change our lives”



Education on EASY WINS



Portions 1970 vs 2010 YIKES!!!!



TIPS

- ↗ Take the amount of food that is equal to one serving
- ↗ Avoid eating in front of the TV or while busy with other activities.
- ↗ Eat slowly
- ↗ Try using smaller dishes, bowls, and glasses.
- ↗ Control your intake of higher-fat, higher-calorie parts of a meal.
- ↗ When cooking in large batches, freeze food that you will not serve right away.
- ↗ Try to eat meals at regular times.
- ↗ When buying snacks, go for fruit or single-serving prepackaged items and foods that are lower-calorie options.
- ↗ When you do have a treat like chips or ice cream, measure out only one serving



Incorporate Activities

- ↗ Contests
- ↗ Educational Classes and Posters
- ↗ Eliminate Barriers
- ↗ Heighten awareness of trends



Take-Aways

- ^ The Health and Wellness of the employees IS CRITICAL to the success of the Safety Team
- ^ Education is only the FIRST step in initiating change
- ^ FOCUS : Pre-Disease MANAGEMENT
- ^ CELEBRATE success



Thank You!

- ^ For more information on ATI Worksite Solutions Wellness and Injury Prevention Programs

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