

# UBC Okanagan Health Promotion Program

Past, Present, and Future

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# Why do we care about health/wellness in the workplace?

- Reduce absenteeism
- Increase retention and recruitment
- Increase productivity and work satisfaction
- Increase communication and teamwork



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# Three Major Components of Health and Wellness

Individual



Organizational

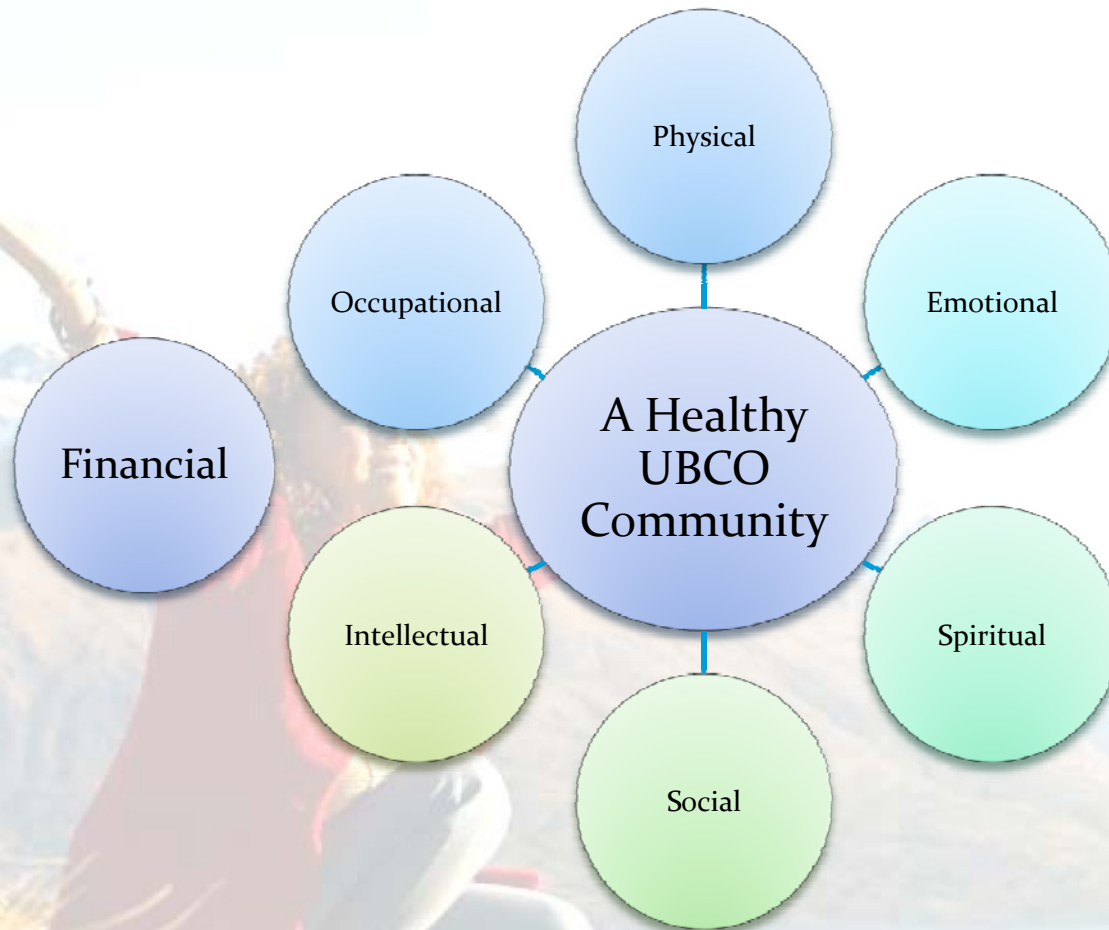
Environmental



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# 6 + 1 Dimensions of Health and Wellness



Based on Bill Hettler's "Wellness Wheel" (1979).



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# Where do we build our focus?

- Focus on People: Strategy 1, Develop a sustainable, healthy workplace.
- Healthy Workplace Culture Strategy Community Consultations: Report on Findings at the UBC Okanagan Community.



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# What was accomplished in 2009?

- Overall 2034 people were engaged in health promotion initiatives (includes faculty, staff, students, and members of the community)
- In the year 2009 we offered 18 different initiatives
- Some Highlights
  - Health Symposium
  - Amazing Race Wellness Challenge
  - BCGEU Appreciation Lunch
  - Faculty Focus On Health – Health Related Benefits of Coffee.



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# What we are currently working on.

- QPR Instructor Training
- *Unicycles* Program
- Bike To Work Week
- Walk of Life



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# Where does it need to go from here?

- Engage Faculty
- Expand upon initiatives that build a sense community
- Continue current initiatives and make them sustainable
- Suggestions?



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