

Maine Worksite Wellness Initiative: 2009-10

Robert H. Ross, PhD, Convener

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Agenda

Meeting 4: The February 25, 2010, 2:30-4:00pm, Maine Center for Public Health, One Weston Court, Suite 109, Augusta ME 04330.

It will showcase “Maine approaches to Worksite Wellness,” so by all means please attend.

Note: by popular demand the 90-minute Meeting 4 is scheduled to start at 2:30pm instead of at not at 3:00pm.

Directions as attached.

1. **Roundtable** (20 min): where members report projects-in-planning, in-progress, and in-conclusion, raise issues, think out-loud, trace lessons, seek partners, collect comments.

Three slots are open. Anyone is welcome to present 4-5 minutes. RSVP convener. Please use the Roundtable to communicate your own interests or plans.

2. **Briefing** (35 min): where a member or associate briefs the group on a current or emerging occupational and environmental health (OEH), public health (PH), health services (HS), or policy science (PS) topic of substantive (e.g. clinical, epidemiologic, policy, organizational, exposure, ergonomic) or methodologic (e.g. biometric, econometric, informatic, GIS, MIS) import.

- Robert Ross, whose profile may be read at http://mcph.org/About/Our_Staff.htm, will employ a ~ 25 slide Power Point to brief the group on the social-ecological, i.e. environmental, approach to employee health risk factor reduction, with specific reference to the “Organizational Risk Assessment” (ORA: <http://orasurvey.com/>). Time will be given to Q&A.

3. **Presentation** (35 min): where one member presents an early/mid-stage proposal (e.g. to be submitted to a funder, client, or board), early/mid-stage project (e.g. preliminary data, outcomes), or early/mid-stage report (e.g. to be submitted to a funder, client, board, journal, or meeting) for constructive comment.

- Larry Catlett, M.D., Occupational Medical Consulting (OMC), Leeds ME 04263 (<http://www.omcwellness.com/about.asp>), will present a synopsis of his own more individual approach to employee health risk factor reduction, with specific reference to OMC’s “educate/support/motivate” health coaching/behavior change method. Rita Bubar will serve as Commenter to Larry’s presentation. Rita is Corporate Human Resources and Wellness Manager, CIANBRO Corporation, Pittsfield, ME 04922

Please leave travel time enough to arrive at the Maine Center by 2:30pm this Thursday. Thank you.