

*Center for Community and Public Health
716 Stevens Avenue
Portland, Maine 04103*

TO: Maine Worksite Wellness Initiative (MWWI) 2009-10
FR: R.H. Ross, convener
DA: 21 April 2010
RE: 2009-10 MWWI Meeting 5, April 15, 3:00-4:30pm, UNE Center for Community and Public Health, Portland ME.

Present: DiPasquale, Downing, Klane, Laliberte, Lavorgna Landry, Maier, Martin, McPeck, Primmerman, Ross, Spaulding.
Regrets: Algozzine, Allumbaugh, Bubar, Catlett, Leonard.

1. **Roundtable.** Andy Spaulding reported attending the Institute for Health and Productivity Management's national meeting, which he found "intensely corporate." He and Larry Catlett became interested in the subject following Deb Lerner's WLQ briefing. Emphasis was on large employers but some material is translatable to smaller, e.g. digital coaching. The Maine Health Management Coalition (<http://www.mhmc.info/>) has submitted a seed grant app to the National office requesting \$40k to take Healthy Maine Partnerships Good Work! program to the next level (<http://www.healthymainepartnerships.org/mcvhp/gw.aspx>) by offering a data module and adding mental health, safety, and ergonomics components. Bill McPeck reported co-presenting a paper at the American Journal for Health Promotion conference with a MA colleague, Mari Ryan, trained and influenced like Bill by Larry Chapman (http://www.nationalwellness.org/index.php?id_tier=90&id_c=218). The conference was "very academic" and offered little in the way of actual interventions that might be useful to a WW coordinator. Many attendees were new to the subject. Bill described the US Wellness Chamber of Commerce (<http://www.uswellnesschamber.org/>), for which he consults and its current grant offering (see attachment) by which two years' membership is waived for grantees whose purpose is WW program start-up. The employer applicant must have 10-250 employees and agree to follow best practices proven to result in high employee participation. Bill says it's a good opportunity for Maine employers and is looking for partners with whom to propose. Lynn Lavorgna Landry reported working through MaineGeneral with Healthy People of Kennebec Valley (<https://www.mainegeneral.org/bodyW.cfm?id=1968>) to organize events and launch a website (<http://www.mainegeneral.org/workfiles/MGHwinter2009.pdf>) with Denise Dumont Bernier. Lynn wants anything we have on worker productivity measures (contact her). Guests Rachel Maier and Sarah Martin introduced themselves and the "ME First" state employee obesity prevention/weight management program which they respectively manage and evaluate. Thank you Rachel and Sarah.
2. **Briefing:** Tom Downing briefed us on his Lifeline Workplace Health Program recently joined to the Maine Medical Center (http://www.mmc.org/mmc_body.cfm?id=6338). He described his new HealthWoRx WW Program which offers employers MMC-supported Welcoa 7c-type biometric screenings and HRAs, lunch n' learns [Ed. sorry], program design, consult, lifestyle programs, chronic disease management, tobacco education, project management, health fairs, cardiovascular assessment. He then portrayed Southern Maine Wellness Council member benefits including networking meetings, free wellness consultation, professional development workshops (certificate in WW fundamentals), advanced seminars (2-3 hours where Andy has covered outcomes evaluation, Laurie Mitchell incentives, David Lee resiliency), and newsletter. He concluded describing special projects including the Berry Dunn "Walking at Work" project proposal which he and R. Ross recently submitted, the city of Phoenix MetS project, and a new project by which he and Jaime are cross marketing employee wellness resources. Time was given to Q&A.
3. **Presentation:** Robert Ross outlined the proposal "Northern New England Worksite Wellness Initiative (Year 1): the Maine and New Hampshire Initiatives" he's just submitted through Harvard in response to RFA-DP09-00102SUPP10: Health Promotion and Disease Prevention Research Centers: Special Interest Project Competitive Supplements (SIPS) (U48) (<http://www.grants.gov/search/search.do?mode=VIEW&opId=51905>) for SIP 10-032: Workplace Health Research Network (WHRN) - Collaborating Centers. The year 1 objective is "to consolidate the year-old (2009-2010) Maine Worksite Wellness Initiative (WWI) and, extrapolating in part from the Maine experience, to co-found the New Hampshire WWI." (see attachment to this write-up)

Meeting 6 of the 2009-10 MWWI will be held June 3, 2010, 3:00-4:30pm, at the UNE Center for Community and Public Health, Portland ME. There will be a call-in number. The Briefing "Metabolic syndrome in the Workplace" will be given by Dr. Dee Edington of the University of Michigan. Agenda and directions will be circulated in advance.