

Thriving Together: The Journey of Bertrand Chaffee Hospital's Healthier Workforce

Summary

In 2023-2024, partners came together to increase access to healthier snack bar options and opportunities for physical activity throughout the workplace for Bertrand Chaffee Hospital (BCH) employees as part of the Creating Healthy Schools and Communities (CHSC) Grant Project.

Challenge

As a place that encourages taking care of one's health and wellbeing, Bertrand Chaffee Hospital's Community & Development Relations coordinator Erin Schwab-George, realized there was room for improvement in promoting nutrition and physical activity for its 350 employees.

Committee Creation

After our initial meeting about CHSC, Erin quickly took the initiative to form a diverse wellness committee.

Within a week, she successfully recruited 17 employees from many departments, such as Food Service, Director of Primary Care, Nurse Managers, Dietetics, LPN, PSR Manager, Recruiting and Retention Coordinator, Employee Health, Diabetes Care Specialist, Medical Surgical Nurse Manger and ER Nurse Manager. The wellness committee even recruited community members & partners like avid hiker Chuck, and Debbie from Springville Love Inc. With the wellness committee identified, the partnership began in November 2023.



Approach

During the initial meetings of the wellness committee and the completion of the Food

Service guideline assessment, we identified several areas for improvement. The Strive snack bar offered healthier options, but these were often hidden on lower shelves, less visible and least likely to be purchased. The committee acknowledged that there was an indoor walking path that could be completed during a 15-minute break, but they had little to no motivation to go on a walk. Members of the committee also shared that in the new building, there was a dedicated space where you can work out, but it was not utilized because the equipment was old and unusable.

Impact

Focusing efforts on highlighting healthier food options, the committee identified a handful of healthier snacks that were already included in the Strive snack bar such as veggie straws and healthier chip versions, LUNA, CLIF and Nature Valley granola bars, and nut and dried fruit blends, that we purchased from a grocery store with CHSC funding. On an employee wellness day shortly after, we hosted a sample event so employees could try the snacks that were already available within Strive.

Moving onto increasing opportunities to be more physically active, the wellness committee addressed the little to no motivation to go on a walk during the workday and decided to give hosting a Step Challenge a try. The first Step Challenge lasted 4 weeks from January 8th to February 4th with 70 employees participating. To help support the step-challenge, CHSC funding supported the purchase of pedometers and safety whistles, so employees would be able to track their steps and feel safe if they were walking by themselves. Employees would track their number of steps and send them to Erin for her to record. The group's steps for the first round totaled over 7.8 million steps!

CHSC | Success Story

Aside from the step challenge, the committee wanted to focus on more opportunities to be active through obtaining new & safe equipment for their work out room. With CHSC funding, we were able to purchase an elliptical, treadmill, cycling bike, kettlebells, an adjustable bench, various sized weights, resistance bands, yoga balls and yoga mats. Plans to utilize this room aside from employees coming here as they are able, includes hosting workout classes, with an employee and member of the wellness committee, who is a certified fitness instructor.



“Partnering with the CHSC grant was invaluable, starting our wellness committee became not just a goal but a reality, and we are looking forward where it is going to take us in the future.”

-Erin Schwab-George

January 8- February 4 2024 Step Challenge					
Week 1	Week 2	Week 3	Week 4	Total Steps	
54,720	74,324	74,998	76,543	280,585	
96,354	84,695	94,027	85,386	360,462	
116,322	133,611	134,724	124,183	508,840	
51,482	61,263	56,574	0	169,319	
42,863	24,809	44,908	47,211	159,791	
68,829	64,090	75,859	73,344	282,122	
0	0	0	0	0	
65,676	62,720	0	0	128,396	
50,000	0	0	0	50,000	
11,000	18,203	0	0	29,203	
38,341	43,282	62,342	63,452	207,417	
0	51,402	0	0	51,402	
0	25,571	0	0	25,571	
43,534	47,563	0	0	91,097	
34,594	17,930	27,111	37,820	117,455	
81,000	60,000	142,000	180,000	463,000	
56,126	50,618	64,549	51,132	222,425	
1,500	0	0	0	1,500	
21,146	54,077	0	0	75,223	
0	0	0	0	0	
0	0	0	0	0	
16,679	15,971	0	23,624	56,274	
0	61,694	0	68,220		
0	21,452	18,400	26,432	66,284	
0	0	0	42,916	42,916	
0	3,766	0	3,381	7,147	
0	0	10,000	10,000	20,000	
2,116,980	2,126,062	1,959,468	1,981,966	7,882,386	
1058.49	1039.25				

The data above shows the Step Challenge participants, how many steps they took each week and the groups totals.

What's Next?

So, what's the plan after all these amazing opportunities have been implemented? The committee will be focusing on sustainability beyond CHSC support in several ways and looking to improve these strategies.

We will be working on using behavioral design strategies to move the healthier food options at the Strive snack bar to eye level, so they are much easier to identify. The committee will look at how to improve the step challenge, so employees are engaged throughout the entire process. We are planning to use CHSC funding to purchase tile or wall safe stickers to make the indoor walking path easier to identify. To help support all these changes, we will also be creating the hospital's wellness policy.

The CHSC & BCH partnership has also led to BCH's increased presence within their Springville community. Erin now represents BCH, within the Springville Regional Community Coalition, where CHSC has a great presence, working with many community partners and members.

The CHSC & Bertrand Chaffee team is excited to continue to increase opportunities for all employees and their involvement within the Springville Community.



To learn more about our work:

Visit: www.e1b.org/creatinghealthy

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