Public Health Division:
Worksite Wellness Case Study

Oregon Public Health Association
October 8, 2012

Rebecca Pawlak, MPH
Wellness@Work Coordinator
Oregon Public Health Division

**Vision:** Lifelong health for all people in Oregon

**Mission:** Promoting health and preventing the leading causes of death, disease and injury in Oregon

- About 750 employees
- Two main worksites
  - Portland State Office Building
  - Public Health Lab
Four Steps for Worksite Wellness

Inspire
Engage
Inquire
Act
Inspire – Engage – Inquire – Act

- Group of PHD employees interested in employee wellness
- Submitted proposal for Portland State Office Building Wellness Committee (Jan. 2010)
- Inspired PHD Leadership to act
PHD Leadership approved
Public Health Wellness Policy
(Aug. 2010)

- Policy established Healthy PHD Committee

Inspire – Engage – Inquire – Act
Healthy PHD Committee formed

- Required one manager and one non-manager from each Office to participate

- Policy removed a barrier for engagement
  - Allowed 2 hours/month of work time to participate on Committee
Healthy PHD developed a Charter (Oct. 2010)

Committee reviewed wide range of data and evidence-based practices for worksite wellness

Content experts educated committee on strategies and best practices
Healthy PHD developed 5 year Wellness Plan (June 2011)

Mission: Improve the health of PHD employees through:
  – Systems and policy change
  – Health promotion
  – Communication
  – Evaluation
What’s next for Healthy PHD?

Inspire
Engage
Inquire
Act
Creating a Culture of Health

Working to create a supportive environment in our workplace
Questions?

Rebecca Pawlak, MPH
971-673-1034
rebecca.l.pawlak@state.or.us