

**Presentation Title::**

Making the Healthy Choice the Easy Choice: Creating a Culture of Health in a University Setting

**Primary Track:**

Higher Education

**Population Addressed:**

maintenance workers

**Additional Track:**

Worksite Wellness

**Breakout Abstract/Program Book Listing:**

In this session, we will describe the systematic envisioning, development, implementation, and evaluation of a comprehensive, low-cost, sustainable employee wellness program (EWP) grounded in evidence and theory. The researchers will describe how to capitalize on existing resources, integrate student learning into an EWP, create health behavior change theory-based interventions, develop a plan to create a culture of health in a university workplace setting, and measure ROI and VOI.

**Objective 1::**

Apply the social ecological model of health promotion to develop a comprehensive employee wellness program.

**Objective 2::**

Integrate health behavior change theories into employee wellness program services and activities.

**Objective 3::**

Identify VOI and ROI measures to demonstrate the impact of an employee wellness program.

**Instructional Level:**

Introductory

**Primary Teaching Method:**

Lecture with audio/visual (e.g., slide presentation)<sup>1</sup>

**Additional Teaching Method:**

Experiential or Participatory Activity (e.g., practice using a skill)

<b>Total Score:</b>	<b>31.00</b>
<b>Relevance and Value:</b>	5
<b>Learning Objectives:</b>	5
<b>Teaching Methods:</b>	3
<b>Evidence-based/Best Practices:</b>	4

<b>References:</b>	4
<b>Practical Application:</b>	5
<b>Practical Tools:</b>	5
<b>Please select (1) main track YOU think this session best fits.:</b>	Worksite Wellness
<b>Select one (1) additional sub-track YOU think this session best fits into. If you do not feel it fits into multiple tracks, please select "none.":</b>	General Wellness2
<b>Would you recommend this program?:</b>	Yes, 75 minute

**Please share any additional comments about this proposal.:**

A poster session would not be sufficient to convey the details of a EWP, so a breakout session is definitely more appropriate. I am interested in knowing the presenter will allow participants an opportunity to develop a EWP during the session, such as templates, worksheets, etc. The opportunity to have customized and personalized take-aways and tangible materials that participants can take back to their organization and begin the planning progress would be a nice bonus addition,.