

# WORKSITE WELLNESS:

## Southeast District Health Department

### Introduction:

Quarterly, for two years (2017-2018), Southeast District Health Department (SEDHD) went to the Smart Chicken Plant in Tecumseh, Nebraska in order to provide employees preventive health screenings. Health screenings included height, weight, blood pressure, fasting glucose and cholesterol panel. Information on healthy eating, exercise and blood pressure was handed out.



### SEDHD Testimonial:

*"We were able to get 12-15 women enrolled in the Every Woman Matters Program for mammography and Pap smears. SEDHD helped one woman under 40 who was diagnosed with cancer, get on Medicaid to help her with treatment. Many employees looked forward to SEDHD coming to the plant on a quarterly basis to check their glucose and cholesterol as well as their blood pressure and weight."*

*-Rosanne Bedea*

### Challenges:

The Smart Chicken Plant was bought out by Tyson. Once this buyout took place there was new and better insurance offered to its employees so that preventive screenings were available. The buyout also led to new staff being hired. The new staff have not been receptive to SEDHD phone calls or emails requesting to collaborate on health screenings for employees.

### Solutions:

- Continue to advocate for a collaborative partnership between SEDHD and Tyson.
- Contact a current employee that used to set up the health screenings to establish better communication.
- Continue to offer health education to employees via email or mail if/when appropriate.

### Benefits of Worksite Wellness:

During the collaboration SEDHD saw the following benefits:

- Connecting eligible employees to Every Woman Matters (EWM) Program for breast, cervical, colon, cardiovascular and diabetes screenings. 12-15 women referred to EWM for necessary health screenings.
- Navigating those not eligible for EWM program to Medicaid and other community service organizations. One client navigated to Medicaid to help with cancer treatment.
- Plant had bilingual staff that were able to assist with health screening visits (Spanish, Asian, Korean).
- Employees looked forward to SEDHD performing health screenings as they didn't have to take off work to see their doctor. Employees were provided with their health screening results so that they were able to communicate this information back to their medical provider.
- Employees were able to sign up for the health screenings which meant that factory staff were able to find a replacement for their job while staff attended the screening. This meant that that job continued while away.

### Tips & Keys to Success:

- Provide community resources and education.
- Promote internally and have a sign up for each health screening event.
- Find a supportive factory staff to collaborate on the project.
- Be sure to have a Memorandum of Understanding among all partners so all partners know their role.
- Engage with a local community employer to encourage employee participation.