

CREATING A CULTURE OF WELLNESS MWV STATEWIDE TRAINING COHORT JULY 17TH, 2024

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OUR GOALS TODAY

Describe a “Culture of Wellness”

Explain various influences on health and wellness

Highlight case study examples

THOUGHT REFLECTION

Where do you see your volunteer work happening?

Select one location



LOCATION CHALLENGES



IMPORTANT DEFINITIONS

Health: “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

- World Health Organization

Wellness: “An active process through which people become aware of, and make choices toward, a more successful existence”

- National Wellness Institute

WHAT DETERMINES HEALTH?

Circumstances in which people are:

- Born
- Grow up
- Live
- Work
- Age, and
- The systems put in place to deal with illness

- World Health Organization

SOCIAL ECOLOGICAL MODEL



McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health education quarterly*, 15(4), 351-377.

INTRAPERSONAL LEVEL



- Individual factors and personal characteristics
- Includes knowledge, attitudes, and beliefs
- Interventions should target these factors using a theoretical approach

McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health education quarterly*, 15(4), 351-377.

INTERPERSONAL LEVEL



- Refers to the relationships and interactions between individuals and how they influence one's behaviors and decisions

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ORGANIZATIONAL LEVEL



- Setting where individuals spend most of their time
- Can support behavior change through programs, projects, or policies
- Also, can be negative, like exposure to unhealthy choices or norms

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COMMUNITY LEVEL



- Defines the issues, needs, and priorities
- Responsible for the distribution of resources and strategies
- Includes both geographic location, organization connections, mutual interests, relationships, and identities

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POLICY LEVEL



- Includes the rules and regulations that influence a health issue
- Can be supportive **OR** restrictive
- Tend to last longer, but take more time to implement

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ACTION PLAN: FIVE P'S

Person(al): the individual and their personal characteristics such as knowledge, attitudes, and skills.

People: interpersonal relationships, social networks, and communities.

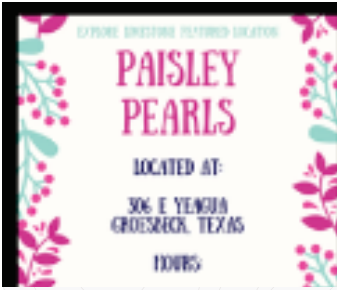
Programs: Outreach, education, & behavior change activities; build awareness, skills, & plans; events & education; pop-ups, demonstrations, and trial installations

Projects: Changes to physical infrastructure & built environment; create inviting locations & a supportive environment for healthier behavior

Policies: Ordinances, rules, regulations, practices & procedures; rewrite the rules so healthy designs are the norm, changes stick, & people are rewarded for making the healthy choice

CASE STUDIES





ACTION PLAN



WHERE CAN YOU START?

- Educate
- Lead / support current programs

- Be a resource for information
- Share resources

- Network within the community
- Get groups together
- Promote opportunities and locations
- Be an example



QUESTIONS?

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Stay up to date on the latest information for programs,
events and opportunities you can get involved in!