Recruiting Department Leaders to Test the:
Healthy UND Department Pilot Program – Spring 2016

UND has been actively working to connect upper administrative support for worksite wellness to the next level of leadership, including department chairs, directors and supervisors to provide health and wellness messages, modeling, support and therefore culture. This is not a novel idea, but an effective one that is practiced at Oklahoma State University.

Our goal is not to give you more work, but to help you build a culture of wellness that has the potential to increase care and concern towards employees which in turn can increase morale and productivity.

We are looking for 5 departments vested in wellness and 5 departments that are not as vested to help us craft our healthy department pilot program. We are looking for departments in the academic, student support and finance & operation setting. The Work Well Advisory Board developed the following details for the pilot program:

**Leader Duties:**

1. Department Chair/Director appoints one worksite wellness representative (or Work Well Ambassador) a year to help share wellness messages and assist with this and other worksite wellness programs.

2. Department Chair/Director leads at least one walking/moving activity each year.

3. Department Chair/Director provides brief monthly sharing of wellness resources. Work Well can provide these messages.

4. Department Chair/Director signs the leadership commitment form to be a Healthy UND Department.

**Wellness Representative/Ambassador Duties:**

5. Department has one wellness in-service (10-60 mins) for staff/faculty.

6. Department sets “practice” to always bring healthy options when food is served at meetings.

7. Departments sets “practice” to include physical activity at meetings lasting at least one hour.

8. Department provides assistance with data monitoring and reporting.

Please contact me at: 701-777-0210 or Kimberly.ruliffson@und.edu to be a pilot program by February 5, 2016. The program will launch in February and last through the spring semester.