Wichita State University Employee Wellness
Operating Plan – Draft #1

Mission Statement
The mission of the Wichita State University Employee Wellness program is to have a comprehensive, results-based program that will promote and improve the wellness of the campus community as a whole.

Purpose: To help the campus community become more aware of their current health status and actively take steps to maintain and or improve.

We support the mission of Wichita State University and strive to meet the following Values of the University:
Honor Excellence: Intellectual Exploration: Enhance Learning: Support: Recruit: Retain:

Introduction
Every day, Wichita State University employees face the risks of developing chronic diseases. No employee is immune to these risks. The risk of heart disease, high blood pressure, osteoporosis, diabetes, overweight and some cancers can all be reduced by incorporating healthy behaviors such as physical activity, good nutrition, and stress reduction into our daily lives. Wichita State University recognizes that it is good business to help their employees in making healthier lifestyle choices. By providing a supportive environment that offers access to health education programs, value-based benefits, safe and health-friendly facilities and sound policies employers can improve the health and productivity of their employees and also create a healthier business outcome.

Program Goals and Objectives
1. Educate the campus community on employee wellness
2. Continue to gather baseline data
3. Choose appropriate interventions
4. Develop an evaluation plan for employee wellness (data dashboard)

Measurable Goals and Objectives; Evaluation Plan; Implementation Plan and Timeline

Goal #1:
Educate the campus community on employee wellness.

Rationale for choosing goal:

How will you measure success in reaching this goal?

Objectives set to accomplish goal:
Present to the following organizations on campus:
1. FACULTY SENATE: The Wichita State University Faculty Senate meets on the 2nd and 4th Monday of each month in Clinton Hall Room 126, from 3:30 - 5:00 p.m.
2. CLASSIFIED SENATE: August 11, 2010, RSC Sunflower Room 3:30-5:00pm
3. UNCLASSIFIED SENATE: Unclassified Professionals Next Meeting August 2010 – TBD 9:00 am, 207 RSC

Programs, activities, interventions planned to meet objective:

Timeline for programs:

Resources needed to conduct programs:

Plan to market programs:

Methods and tools to evaluate programs: