



Team Wellness Challenge

The Florida Department of Juvenile Justice

Office of Health Services

Lisa M. Johnson, MD, Chief Medical Director

Charlie Crist, Governor

Frank Peterman Jr., Secretary



Team Wellness Challenge

Worksite wellness refers to the education and activities that a company may offer to promote healthy lifestyles to employees and their families.



Team Wellness Challenge

Examples include health education classes, subsidized use of fitness facilities, policies that promote healthy behavior and other activities.



Team Wellness Challenge

Research shows that it is in employers' best economic interest to help employees improve their health.



Team Wellness Challenge

Absenteeism declines in workplaces with wellness programs.



Team Wellness Challenge

So does “presenteeism” – where employees are on the job but are less productive or effective because of health-related problems.



Team Wellness Challenge

In addition:

✓ Illness and injury associated with unhealthy lifestyles or modifiable risk factors are reported to account for 25% of employee health care expenditures (Anderson 2000).



Team Wellness Challenge

✓ Medical costs attributed to obesity are estimated to be 36% higher annually than those for normal weight (Strum 2002).



Team Wellness Challenge

The Team Wellness Challenge (TWC) is meant to encourage and promote a variety of wellness and nutritional programs at the local and state level for the purpose of improving DJJ employees' health.



Team Wellness Challenge

The TWC program will have a monthly schedule of events and options for Team Members to gain “points” as individuals and as a TEAM.



Team Wellness Challenge

Points earned by individuals and teams will be used as a means to provide awards and incentives for employees to meet and exceed the monthly point goals as noticed in the schedule of events.



Team Wellness Challenge

Allocation of Monthly Points

(Minimum Goal per Team Member is 30 points)

Team Members of each wellness team can earn points individually and for their TEAM in various **OPTIONAL** ways:



Team Wellness Challenge

- Exercise
- Diet and Weekly Optional Weigh-ins
- Education
- Check-ups
- Possible Events and Options to be held locally and state-wide



Team Wellness Challenge

FREE KICKOFF BREAKFAST

for participants

- *Fruit, Yogurt, Bagels and Juice*
- Friday, April 30, 2010
- 7:30 am to 8:00 am
- Lobby of the Knight Building
- Held by the Wellness Committee



Team Wellness Challenge

Office of Health Services

If you have further questions, please contact:

Otis Ray at Otis.Ray@djj.state.fl.us, or
James Chapman at James.Chapman@djj.state.fl.us

Lisa Johnson, MD, Chief Medical Director