

# Bus Operator Health and Wellness Update

**Joy Ahern, Supervisor Health Promotion**  
**Marcy Syman, Human Resources Director**

**Transportation Committee**

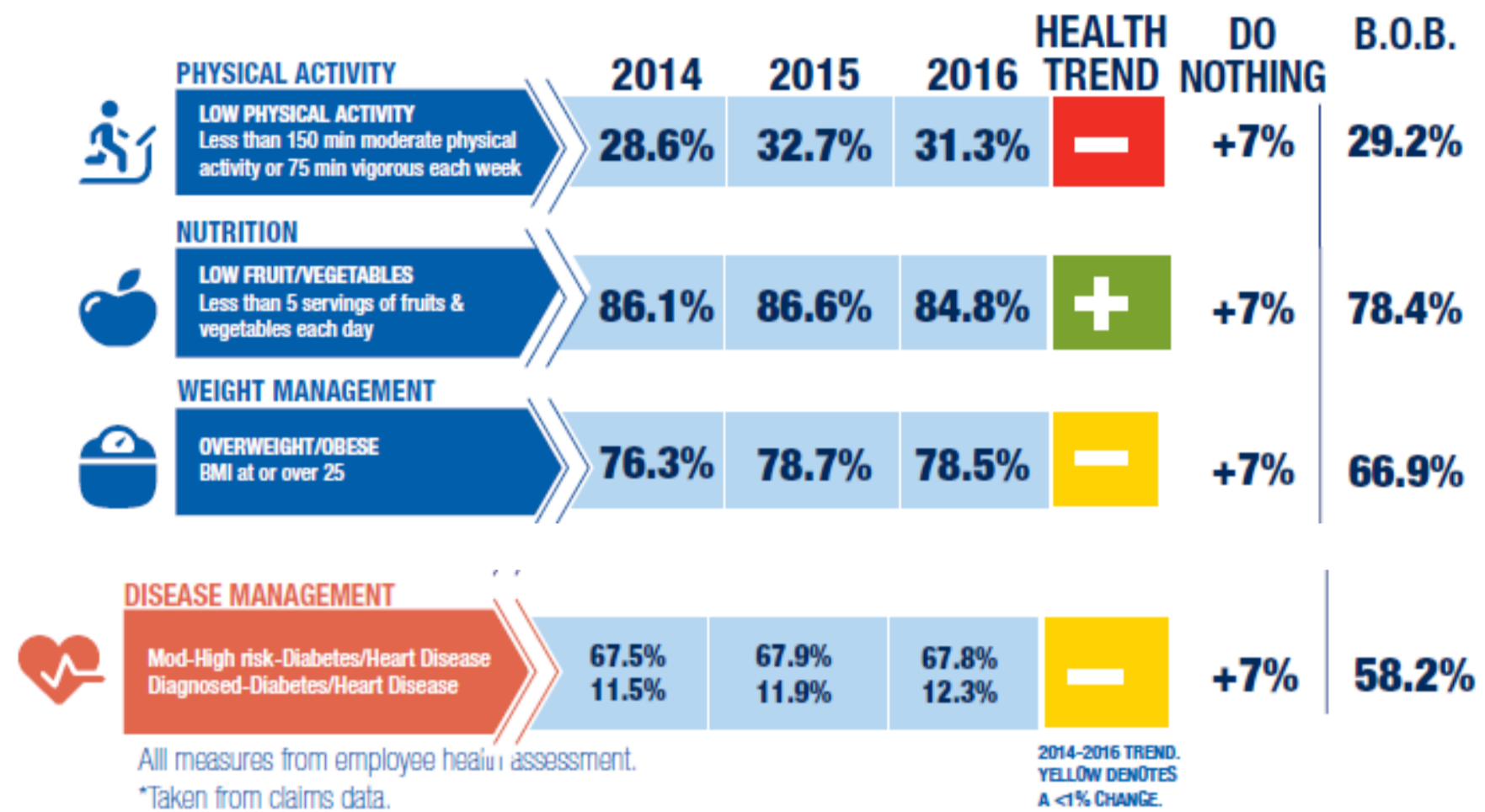
May 22, 2017



# Top four Transit Health Risks

1. Low physical activity- 35%
2. Low fruits and vegetables- 86%
3. Weight management – 81% overweight or obese
4. Diabetes / Heart Disease – 52% high risk

## COUNCIL HEALTH AND WELLNESS



# Strategy

- Build a culture of health
- Focus on key drivers of health
- Support employee disease management
- Build and support operational leadership for wellness

# Programs to Address Operator Health Risks

Presentation



# Healthy Routes

Bi-weekly training program for new bus operators

- Nutrition education
- Physical activity
- Sleep hygiene
- Stress management



Your roadmap to healthy and happy driving

# 12- week Weight Management Program: SHAPE

- Programming four days a week
  - 3 days of exercise
  - 1 day of nutrition education
- South and MJR garages - June
- Heywood garage - September



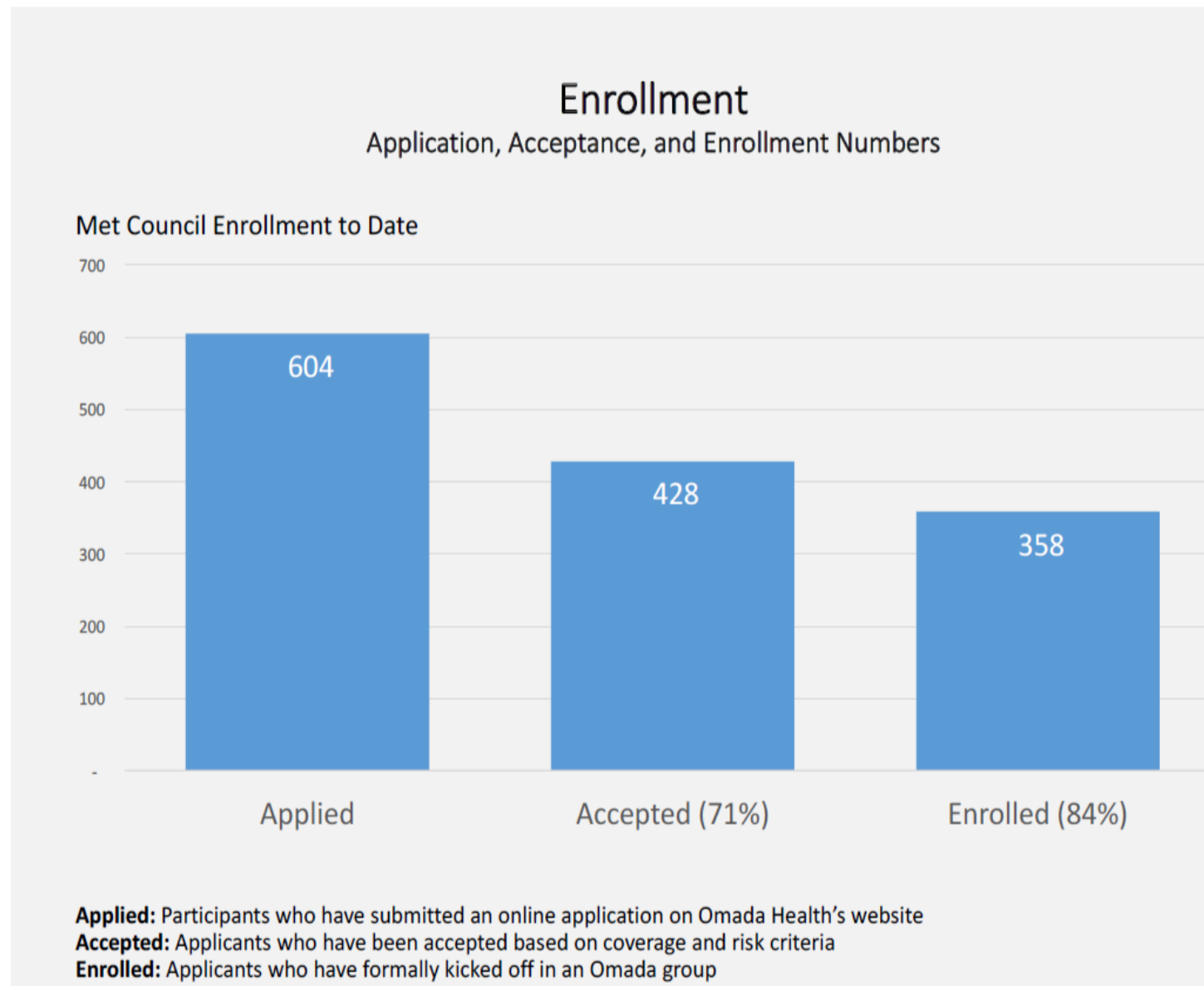
*The program includes weekly discussions led by a nutrition professional, group support from your peers, food/activity logging, one-on-one coaching, and motivating group exercise classes!*



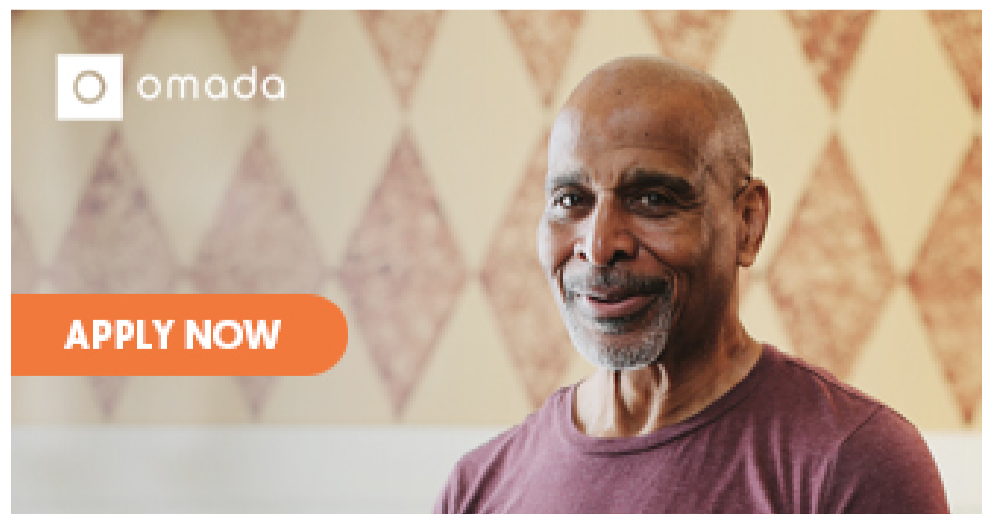
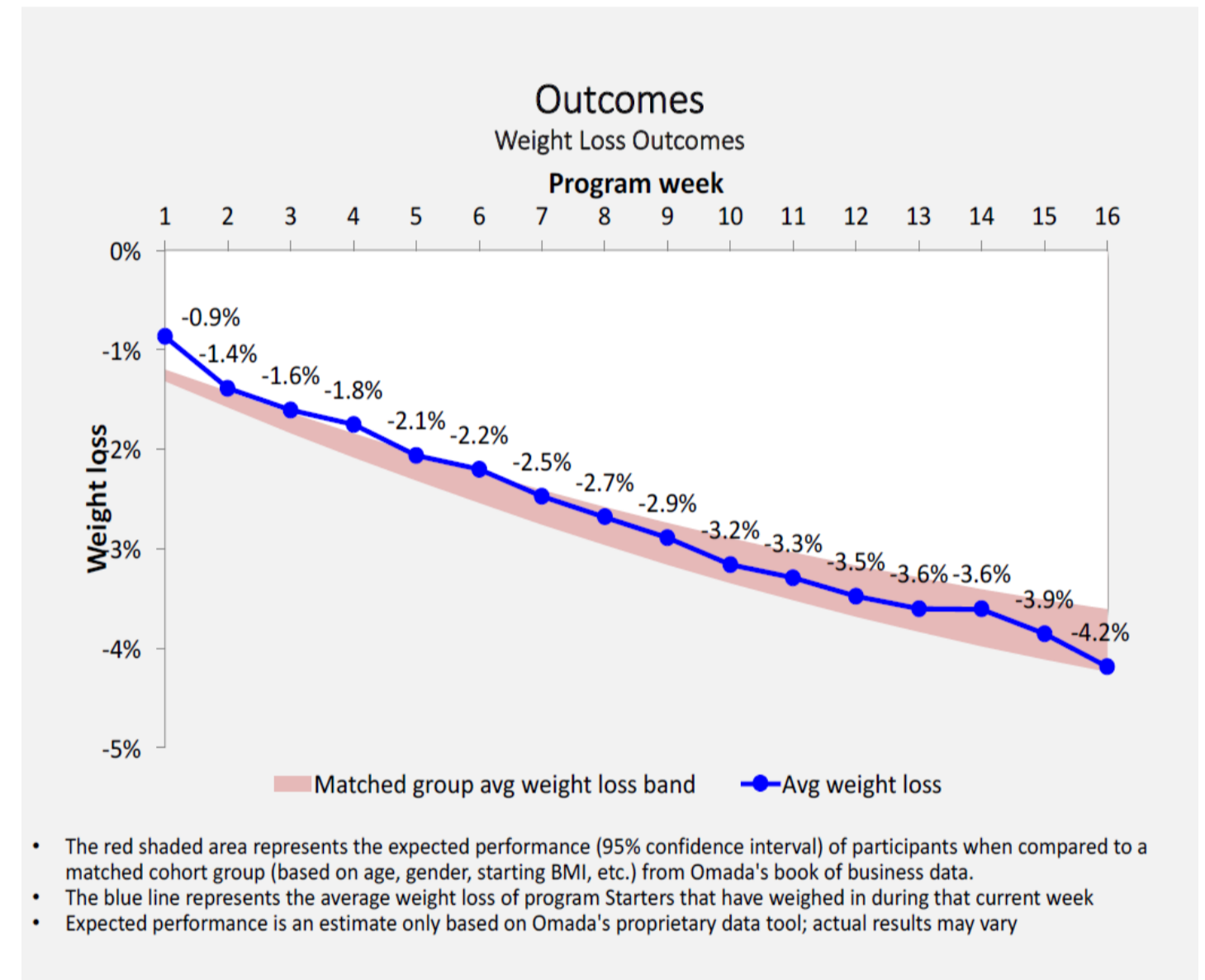
# Omada Diabetes Prevention Program

## May 2017

### Enrollment

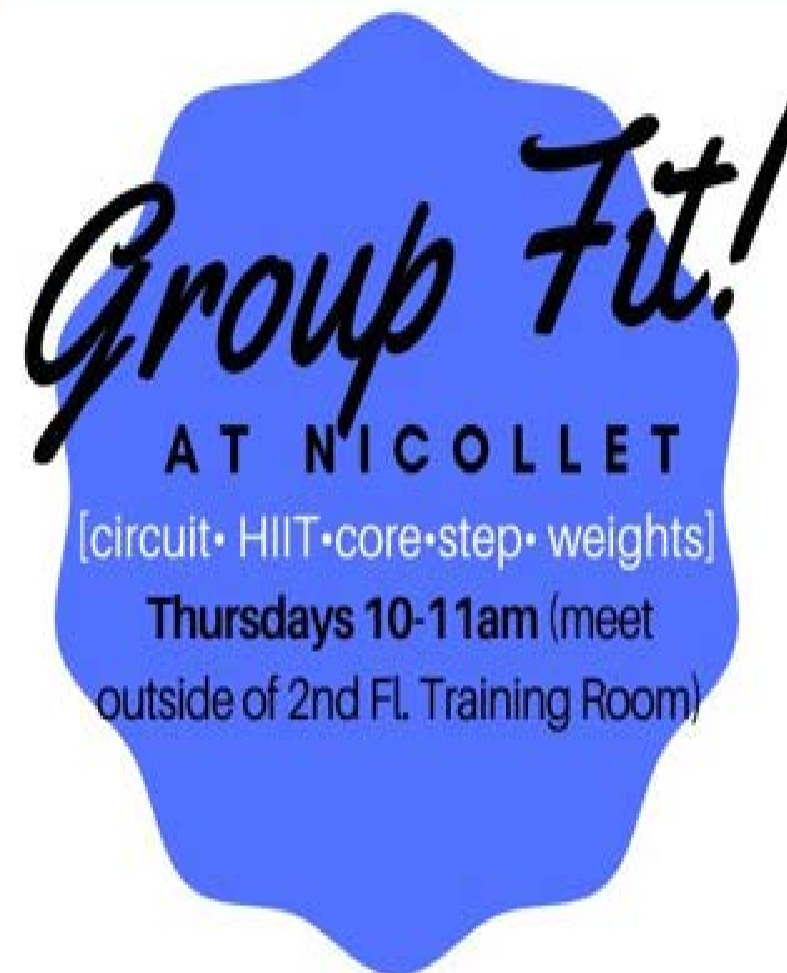


### Outcomes



# Fitness Room Support

- Fitness room orientations
- Fitness equipment replacements (mini-grants)
- Fitness goal planning by request
- Fitness classes by request



Questions? Contact Ginger Duckworth 952-201-1267



THIS PROGRAM IS VOLUNTARY

- Join us for free, drop-in fitness classes for all fitness levels
- Led by professional fitness trainer, Rena Kramer - a weight loss specialist with over 15 years of experience in the fitness industry, Rena will help you on your path to health, fitness, and total well-being!
- Wear clothes you can sweat in and comfortable shoes





# Health Assessment

May 2017

## 2017 Health Assessment Metro Transit Visits

What do you have  
to be healthy for?

Want to *live and feel your best*—at home, at work, at play?  
Metropolitan Council is again offering the HealthPartners health assessment for employees who have HealthPartners medical or dental coverage through the Metropolitan Council.

Earn a \$40 reward card\* by completing your health assessment between May 1 and May 31, 2017

\*Reward Card is subject to tax.



Date	Day	Time	Location
5/1/2017	Monday	5:00-7:30am	East Metro Garage
5/1/2017	Monday	2 - 4:30PM	East Metro Garage
5/2/2017	Tuesday	6 - 10am	Heywood Garage
5/2/2017	Tuesday	2:30 - 4:00PM	Heywood Garage
5/3/2017	Wednesday	9-12pm	South Garage
5/3/2017	Wednesday	2:30 - 4:30PM	South Garage
5/4/2017	Thursday	5-7am	MJR Garage
5/4/2017	Thursday	2:00 - 5PM	MJR Garage
5/5/2017	Friday	7-10:30am	Nicollet Garage
5/5/2017	Friday	2:00 - 4:00PM	Nicollet Garage
5/8/2017	Monday	7:30-10am	South Garage
5/8/2017	Monday	2:30 - 4:00PM	South Garage
5/9/2017	Tuesday	9:00-11:30AM	Overhaul Base
5/10/2017	Wednesday	7:30-9:30am	East Metro Garage
5/10/2017	Wednesday	12-3pm	East Metro Garage
5/12/2017	Friday	7-11am	Heywood Garage
5/12/2017	Friday	1:30 - 4:00PM	Heywood Garage
5/15/2017	Monday	7-10am	MJR Garage
5/15/2017	Monday	2:00 - 4PM	MJR Garage
5/16/2017	Tuesday	9-11am	HIWA (O&M Rail)
5/16/2017	Tuesday	1-3pm	HIWA (O&M Rail)
5/17/2017	Wednesday	5 - 9am	Nicollet Garage
5/17/2017	Wednesday	12- 3pm	Nicollet Garage
5/18/2017	Thursday	1-3pm	RSF (Rail Support Facility)
5/22/2017	Monday	8-10am	LOTO (Lowertown Rail)
5/22/2017	Monday	12-2pm	LOTO (Lowertown Rail)



# Garage Based Initiatives

- Providing technical assistance and behind the scenes wellness support for Metro Transit bus operations:
  - Black History Committee's annual Choose to Lose campaign
  - Heywood's Healthiest program
  - Annual POD health component
  - Attend and/or provide health education for garage healthy potlucks
  - PT to FT health class
  - Health coaching
  - In-person onsite promotions, demonstrations, and presentations by request
  - Special initiatives and pilot projects

# QUESTIONS?