

WAUPACA COUNTY UW-EXTENSION
COURTHOUSE
811 HARDING ST
WAUPACA WI 54981

Health of Our Residents

Working on Wellness(WOW)

Why are we concerned?

In 2002 the Waupaca County Health Assessment identified Obesity and ATODA (Alcohol, Tobacco and Other Drug Abuse) as our top Health Risks.

In response, county partners organized their efforts into a NUtrition and ACTivity (NuAct) Coalition. Their goals include increasing education about health risk and how individuals can improve their health choices, increasing access to healthy activities or resources, and improving business/school/community wellness policies and support.

In 2006 NuAct received *funding* for Working on Wellness (WOW) from the Healthier Wisconsin Partnership Program with the Medical College of Wisconsin and the Dept of Commerce Strong Rural Community Initiative (SRCI).

What is “Working on Wellness” (WOW)?

- ◆ Self-employed health assessments and coaching on how to improve health
- ◆ Businesses and community support for health and wellness opportunities
- ◆ A Community Guide of existing health resources that can be used by individuals and local businesses
- ◆ Health volunteers trained to offer needed health classes and activities

A STRONG RURAL COMMUNITIES HEALTH INITIATIVE

- ◆ HEALTH ASSESSMENTS FOR SELF-EMPLOYED
- ◆ HEALTH RESOURCES THRU BUSINESS AND THE COMMUNITY

July 2006-July 2009

This partnership project is funded by the Healthier Wisconsin Partnership Program, a component of the Advancing a Healthier Wisconsin endowment at the Medical College of Wisconsin.

Working on Wellness (WOW)

An Action Research Project
striving for healthier businesses and citizens

Self Employed Health Assessments

Step 1 Call for a health assessment visit

Step 2 Understand your health assessment

Step 3 Act on the advice of the WOW nurse

Step 4 Continue with follow-up health visits

How much does the Health Assessment cost?

Assessments are free through the “Working on Wellness” grant for individuals that are self-employed or underinsured.

Where does the Health Assessment take place?

Assessments can take place at your home or other convenient locations.

What if a Health Problem is found?

Health Resource Information will be provided to help individuals access health opportunities.

What is included in a Health Assessment?

- ◆ Lab Test (cholesterol, blood sugar)
- ◆ Blood Pressure
- ◆ Immunization
- ◆ Hearing Assessment
- ◆ Eye Assessment
- ◆ Nutrition Assessment
- ◆ Health Information and Resources

Waupaca County NUtrition and ACTivity (NuAct)

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA. Please make requests for reasonable accommodations to ensure equal access to educational program as early as possible preceding the scheduled program, service or activity.

Business and Community Partnerships

Step 1 Call if your business is interested in conducting proactive health classes for your employees and the community

Step 2 Conduct either an HRA or an Wellness Interest Survey to determine which health opportunities to offer through your business

Step 3 Apply for WOW funds to support needed health activities in your business and community

Step 4 Evaluate the success of your health activity and its impact on your employees, neighboring businesses and community members

Step 5 Determine how you will continue the valuable steps of the Working on Wellness

Who is eligible to participate? Any business, school or government group within Waupaca County is eligible to become a part of the network that offers employees and citizens healthier choices.

What if individuals or groups would like to offer healthy opportunities? Call WOW Contacts to add your resource to the Community Guide.

What if we are interested in helping address health risk of our citizens? Call a WOW Contact to be trained for needed health resources, or to assist with the many tasks of implementing this grant.

What is the end result of WOW? This partnership will educate individuals about healthier choices, access needed health resources, document rural health best practices, create a sustainable network of local business and community leaders with tools or policies for improving health of workers and citizens.

The Waupaca County Nutrition and Activity Coalition (NuAct) invites you to contact us if you are interested in:

___ **Health Risk Assessment**

(Self-Employed)

___ **Business/School Action Plans**

(Proactive Health Opportunities)

___ **Community Resource Offerings**

(Healthy Activities and Classes)

YOUR CONTACT INFORMATION

Name:

Address:

Phone:

Fax:

E-mail:

WOW Health Risk Assessment Contact:

Shirley Yaeger, RN, 715-258-6402

WOW Partnerships & Community Resources

Connie Abert, UWEX, 715-258-6230

Or mail to: Waupaca County UW-Extension

811 Harding, Waupaca, WI 54981