EXECUTIVE SUMMARY OF IHHS ACTIVITIES FOR 2009-2010

Health Promotion for Faculty and Staff (HP), directed by Sherri Wilson, offered programs and services that helped to promote a healthier lifestyle and a better quality of life for the Appalachian State University employees. Over the past year, the duplicated count of employees served by HP was 16,946. The unduplicated count was 1694, 85% of the faculty and staff. During the year, HP continued offering balance training, aerobic training, core stability, and strength training group exercise classes, and higher levels of cardiovascular and endurance training programs. In addition, HP co-coordinated a) the 2nd Annual Recreation Management Association Scholarship 5K fundraiser, b) the 6th Annual Tom Moore 5K fundraiser for Huntington’s disease, and c) fifteen CPR/AED/First Aid classes. In 2010-11, HP also sponsored five blood drives that collected a total of 305 productive units of blood, enough to save over 900 lives. HP continued to offer assistance to employees at risk of cardiovascular disease and diabetes, provided immunizations, and offered complete blood panels (CBC, Thyroid, PSA, and Hemoglobin) to complement its existing lipid panel profile. A total of 67 students from the Department of Health, Leisure, and Exercise Science were provided learning opportunities by HP during the past academic year. In 2010-11, with assistance from Academic Affairs and IHHS, University Recreation Department and Health Leisure and Exercise Science, HP continued to replace worn and damaged equipment, and improve and upgrade its facilities.
II. MAJOR ACCOMPLISHMENTS OF IHHS DIVISIONS AND PROGRAMS

Health Promotion for Faculty and Staff

During 2010-11, Health Promotion (HP) continued to expand its services and improve existing programs. Participation of Appalachian faculty and staff members in Health Promotion programs during the year was positive, with a 5% increase over the previous year. Relationships with University disciplines and departments continued to strengthen. Ongoing professional development of staff members was achieved, and there were upgrades to the facility and programs. Also, preventive care measures continued to be a success. Specific major accomplishments during 2010-11 are noted below:

- During 2010-11, there was improved participation in HP group exercise classes and weight room usage:
  - Continued utilizing University Recreation (UREC) personnel and qualified volunteers to lead group exercise classes.
  - Utilized Health, Leisure and Exercise Science students to lead group exercise classes.
  - Introduced Spin at Health Promotion facility and TRX Suspension Training.
  - Continued to increase in male participation in group exercise classes.
  - Introduced an In-House Personal Training program.
  - Hosted a Yoga 101 Workshop.
  - Introduced two special classes during summer 2010: “Make Way for a 5K,” and “Try a Tri!”

- Improved and upgraded the Health Promotion’s facility in 2010-11:
  - Replaced two ellipticals.
  - Purchased flat bench.
  - Replaced ten exercise bands.
  - Replaced ten exercise mats.
  - Purchased squat rack.
  - Purchased two Bose sound systems.
  - Purchased four portable sound systems
  - Purchased two TRX Suspension Training units.
  - Purchased TRX Suspension Training mount.
  - Co-purchased ten Spin bikes with Health, Leisure, and Exercise Science.
  - Reupholstered the weight room equipment covering.
  - Replaced four office desks.

- During the past year, HP continued to educate and inform the Appalachian State University community:
  - Maintained updates on the HP webpage to provide information Swine Flu, seasonal flu, pneumonia, smoking cessation, and community outreach programs.
  - Administered on-site blood pressure screenings to 14 departments.
  - Performed six ergonomic assessments campus-wide.
  - Led three Lunch-and-Learn health-related seminars.
  - Administered ten CPR/AED classes.
  - Administered five First Aid classes.
  - Provided learning opportunities for 67 Health, Leisure and Exercise Science students (service learning/interviewing/intern).
  - Presented to Fitness and Health Promotion (HP 3000) on Health Promotion for Faculty and Staff.
In 2010-11, Health Promotion maintained strong relationships with various ASU disciplines and departments through special events and special services, including:

- Coordinated/prepared three 5K Run/Walk fundraisers with Health, Leisure and Exercise Science students:
  - 3rd Annual Crohn’s & Colitis Foundation 5K, raised $1,500, 61 runners and walkers attended
  - 2nd Annual Recreation Management Association Scholarship 5K, raised $1,800; 75 runners and walkers attended
  - 6th Annual Tom Moore 5K Run/Walk, which raised over $1800 for HDSA, 87 pre-registered runners and walkers. (Event was canceled due to inclement weather conditions.)

- Sponsored five American Red Cross blood drives for the university community, in which 305 pints were donated. In addition, HP led ten American Red Cross CPR/AED classes and five First Aid classes, certifying 47 employees in basic lifesaving skills.

- Conducted three incentive programs: “Fit and Glow,” “Get Fit with HP,” and “Smart Moves.”

- Sponsored a campus-wide toy drive, which donated over 250 toys to Santa’s Toy Box, a sponsor of the Optimist Club.

- Continued offering preventive care services throughout the year with the collaboration of external sources:
  - Maxim, a State Health Plan provider, and the local health department combined to administer 575 immunizations (493 flu/H1N1, 79 Tetanus, and 3 T-Dap).
  - The Breast Clinic from Winston-Salem, a member of American Cancer Society, screened 180 mammograms.
  - Family Eye Care Center screened 22 employees for glaucoma and vision screening.

- Served as agency for Exercise Science Master’s Thesis – “Are Exercisers who engage in a structured program three times per week more likely to gain greater fitness benefits than an Exerciser who engages in a non-structured routine?”

- Continued to allocate space for H.L.E.S.’ Physical Exercise program to offer Yoga, Indoor Cycling, and Tai Chi activity courses.

- The HP Wellness Committee, comprised of sixteen employees from numerous units on campus, continued directing HP toward a successful year.

In 2010-11, Health Promotion provided programs and services for 16,946 contacts. A total of 1,694 Appalachian State University employees participated in at least one Health Promotion program or service, representing 85% of the Appalachian State University faculty and staff. The 2010-11 program statistics for Health Promotion are provided on the next page.
## 2009-2010 Data for Health Promotion for Faculty and Staff

### Number of Contacts for Programs/Services

<table>
<thead>
<tr>
<th>Programs/Services</th>
<th>Number of Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Programs (groups/facility)</td>
<td>13,815</td>
</tr>
<tr>
<td><strong>Classes/Special Services</strong></td>
<td></td>
</tr>
<tr>
<td>Blood Drive</td>
<td>305</td>
</tr>
<tr>
<td>CPR/First Aid Classes</td>
<td>47</td>
</tr>
<tr>
<td>Individual Consultation</td>
<td>413</td>
</tr>
<tr>
<td>Social Dance</td>
<td>150</td>
</tr>
<tr>
<td><strong>Immunizations</strong></td>
<td></td>
</tr>
<tr>
<td>Influenza/H1N1</td>
<td>493</td>
</tr>
<tr>
<td>Tetanus</td>
<td>79</td>
</tr>
<tr>
<td>Tdap</td>
<td>3</td>
</tr>
<tr>
<td><strong>Health Screenings</strong></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>657</td>
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<tr>
<td>Cholesterol/Multi-chemistry Blood Test</td>
<td>231</td>
</tr>
<tr>
<td>CBC</td>
<td>32</td>
</tr>
<tr>
<td>HGB</td>
<td>12</td>
</tr>
<tr>
<td>PSA</td>
<td>13</td>
</tr>
<tr>
<td>Thyroid Panel</td>
<td>32</td>
</tr>
<tr>
<td>Diabetes</td>
<td>34</td>
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<tr>
<td>Fitness Tests</td>
<td>49</td>
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<tr>
<td>Health History</td>
<td>286</td>
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<tr>
<td>Mammogram</td>
<td>180</td>
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<tr>
<td>Vision</td>
<td>22</td>
</tr>
<tr>
<td>Workstation Analysis</td>
<td>6</td>
</tr>
<tr>
<td><strong>Student Learning Opportunities</strong></td>
<td>67</td>
</tr>
<tr>
<td><strong>Incentive Programs</strong></td>
<td>20</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>16,946</strong></td>
</tr>
</tbody>
</table>

### Participation Rates

Total number of individuals\(^2\) participating in at least one program: 1,694 \(^1\)
Percent of faculty/staff served: 85%\(^3\)

### Distribution of Participation by Division/Status

<table>
<thead>
<tr>
<th>Division</th>
<th>Number</th>
<th>Percent</th>
<th>Status</th>
<th>Number</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Affairs</td>
<td>966</td>
<td>57 %</td>
<td>Faculty</td>
<td>525</td>
<td>31 %</td>
</tr>
<tr>
<td>Business Affairs</td>
<td>390</td>
<td>23 %</td>
<td>Staff</td>
<td>983</td>
<td>58 %</td>
</tr>
<tr>
<td>Student Development</td>
<td>152</td>
<td>9 %</td>
<td>Family</td>
<td>136</td>
<td>8 %</td>
</tr>
<tr>
<td>Other (Athletics, Advancement, etc.)</td>
<td>186</td>
<td>11 %</td>
<td>Other (students and community)</td>
<td>50</td>
<td>3 %</td>
</tr>
</tbody>
</table>

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1. This number represents the number of contacts; some individuals participated in more than one program.
2. Includes faculty, staff, family members, students, and community members.
3. This number is based on the statistic that 2,000 full- and part-time faculty and staff are employed at Appalachian and 1,694 faculty/staff participated in at least one program. It excludes community members, family members, and students who participated this year (186).
III MAJOR PROBLEMS EXPERIENCED BY IHHS DIVISIONS AND PROGRAMS

Health Promotion for Faculty and Staff

Health Promotion in 2010-11 continued to experience staffing, facility, and programming issues, some of which are highlighted below:

• **Staffing issues**
  - The absence of a registered diettian resulted in many employees being denied adequate health-related services.
  - Instructor pool is limited based on the compensation we can provide. Many of our Instructors are making themselves available on a volunteer-basis.

• **Facility issues**
  - Inadequate ventilation and lack of air conditioning continue to affect the health of staff and limit participant activities during the summer months.
  - Inadequate ventilation and lack of air conditioning is damaging exercise equipment (dumbbells are rusting, exercise bands are dry-rotting, weight machine stacks are rusting, etc.).
  - The HP facility is not handicap accessible and the steep steps that lead to the facility pose a problem for overweight participants and those recovering from injuries to the lower extremities.
  - The HP facility is not equipped to offer skin cancer screenings, so HP is at the mercy of Health Services, which only allows usage during breaks (i.e. Spring Break). These times of the year are not most convenient for Faculty.
  - The facility provides no privacy for participants or staff members during one-on-one consultations.
  - Inadequate space limits growth, limits space for group exercise classes, which forces HP to hold classes outside, in the hallway, or on Varsity Gym, which poses the issue of “fighting” for space with HLES and Athletics.
  - Inadequate storage space affects the aesthetic appearance of the office and workout rooms.
  - The facility needs a new paint job. The walls have not been painted since 2000.
  - Insufficient parking near Varsity Gym poses safety concerns to evening female participants

• **Programming Issues**
  - Health Promotion needs monetary support ($5,000 - $6,000) to effectively conduct its annual health fair. This event is for all employees and is a way to boost morale on campus.
  - Lack of adequate check-in system makes it difficult to accurately account for participants and the activities in which they participate.
Appendix D: Staff Activity:

Health Promotion for Faculty and Staff

Sherri Wilson, the Program Coordinator for Health Promotion for Faculty and Staff, served as a member of the following committees in 2010-2011: (a) Chair of the Inaugural Community Care Clinic 5K Walk, (b) Member of the High Country Senior Games Committee, (c) Consultant for the Inaugural “Kristi’s Butterfly” 5K for Leukemia research, and (d) Consultant for the Inaugural Staff Council 5K. Ms. Wilson coordinated the 3rd Annual Crohn’s and Colitis 5K, 6th Annual Tom Moore 5K, 2nd Annual Recreation Management Association Scholarship 5K and volunteered for the Inaugural Community Care Clinic 5K Walk; in addition, she led 10 CPR and 5 First Aid classes. Ms. Wilson assisted with two community research studies: (a) Geo-caching and its impact on physical activity, and (b) ASU/ETSU – Comparing employees’ health behaviors when one group has an employee-only fitness/health facility. She presented on Health Promotion for Faculty and Staff to the New Faculty Orientation, Staff Council, and Student Development Staff during the “Spring 2011 Kickoff,” and guest lectured to Health Promotion, Department of Health, Leisure and Exercise Science on Corporate Wellness and its positive impact on employees. Her professional development activities during the past year included updating CPR and First Aid Instructor certifications, updating American Council on Exercise (A.C.E) Personal Training Certification and American College of Sports Medicine (A.C.S.M) Fitness Specialist certification, as well as earning the American Council on Exercise (A.C.E.) Lifestyle and Weight Management Consultant Certification and American Cancer Society’s Fresh Start Smoking Cessation Facilitator’s Certification. Lastly, Ms. Wilson attended Appalachian State University’s Human Resource Services’ Performance Management Workshop.

Denise Marsh, the Program Assistant for Health Promotion for Faculty and Staff, is a member of the Appalachian State University Staff Council. Her Council activity during 2010-2011 included serving on the Chancellor’s Advisory Committee, the Membership Committee, and a fourth term on the Miller Family Committee. She also represented Staff Council as a volunteer on Freshman Move-In Day and volunteered for the 2010 American Red Cross Campus-Wide Blood Drive. Ms. Marsh coordinated five Faculty and Staff American Red Cross blood drives, the employee flu and T-dap vaccine clinics, and two mammography screenings. Her professional development activities in 2010-2011 included Banner Training for Departmental Fund Activity Reconciliation, as well as updating her Adult CPR and Basic First Aid certifications.

Sean Weddell, the Exercise Coordinator for Health Promotion for Faculty and Staff, continued to improve the department’s health and fitness programs. Mr. Weddell continued to meet participants’ needs by offering high demand group exercise classes: Spin, Zumba, Boot Camp, Pilates, Yoga, Abs & Back and Strong Women and reviving the personal training program for Faculty and Staff. Mr. Weddell’s professional activities included: serving as the volunteer coach for the ASU Cycling Team, which earned 4th Overall in 2010 Division I Cyclo-Cross Championships and claimed the 2011 Division I Road Cycling Conference title. In addition, Mr. Weddell earned a TRX Suspension Training Instructor certification, which certifies him as the only TRX certified instructor in the western region of North Carolina. Finally, Mr. Weddell serves on the following committees: a) Health Promotion Advisory Committee and b) Residential Learning Communities Committee.