CONGRATULATIONS! UNC Asheville is the first campus to complete their Wellness Action Plan and continue leading their campus on its WAY to Health!

Employee Wellness Committee Update

The Employee Wellness Committee (EWC) on your campus is currently working to develop a Wellness Action Plan tailored to the health needs and interests of employees on your campus. On July 21, 2009, EWC chairs and campus representatives attended the 4th WAY to Health Campus Contact meeting in Chapel Hill. This purpose of this meeting was to give contacts an opportunity to network and share ideas about successful programs, policies, and environmental supports on their campus. In addition, WAY to Health presented the WAY to Health Campaign Manual to campuses that included evidence based tools to assist the committees in campaign development.

The EWC will use these campaigns as part of their Wellness Action Plan to implement health and wellness activities, policies, and environmental supports that focus on healthy eating, physical activity, stress management, and tobacco cessation campus. Once submitted and approved, your campus will receive $3000 to use towards implementing the action plan.

For more information about your EWC progress, please contact a WAY to Health team member at 1-866-748-6559 or email waytohealth@unc.edu.

Campus Highlight — UNC Wilmington

CONGRATULATIONS to Sandra Ellington, vending representative from the University of North Carolina at Wilmington! Ms. Ellington made excellent progress on implementing the healthy vending program at UNCW by acquiring seven new healthy vending machines on campus! The machines are identified as “Healthy Vending” and display the UNCW logo. They offer healthy food items such as string cheese, yogurt, granola, baked chips, and a variety of beverages. These machines help employees identify healthier options for snacking. Ms. Ellington reports an increase in the sale of healthier options as well as requests for additional machines as people become aware of the machines on campus. She has offered to answer questions or help develop ideas about implementing these programs on other campuses. To learn how you can implement healthy vending on your campus, please contact Sandra Ellington by phone at 910-962-2008 or via email at ellingtons@uncw.edu.
WAY to Health Study Update

- The WAY to Health research team completed the 6-month weigh-in assessments at each campus. **THANK YOU** to all participants who returned for their follow-up weigh-in and completed the WAY to Health Employee Surveys! **Mark your calendars now** with the 12-month weigh-in assessment dates for your campus! **REMEMBER! ALL participants get paid just to weigh-in!!!**

- The WAY to Health team is finishing up key stakeholder interviews on each campus. This process helps the research team inform Employee Wellness Committees of employers’ interests, needs and expectations regarding employee wellness and health promotion programming.

- Participating in your campus Employee Wellness Committee is a great way to get involved in your campus’ wellness activities. Contact your WAY to Health campus representative for more information about how to get involved.

 WAY to Health Q & A

**Q:** I did not complete my surveys from the last weigh-in assessment. Can I still participate in the study?

**A:** YES! In fact, if you return your 6 month surveys in the mail, you will still receive $5 dollars. Also, please come back for the 12-month weigh-in. Your survey responses are extremely important in helping us learn how people lose weight and keep it off over time.

**Q:** I could not attend the last weigh-in assessment. Can I still get weighed?

**A:** YES! We understand people are busy or have time off. We have placed special scales on your campus for you to weigh in and send us the information. Please contact a WAY to Health team member at waytohealth@unc.edu or 1-866-748-6559 to learn more about the self weigh in process. It only takes a few minutes and all you receive $$ just for weighing in!

Economic Consequences of Obesity

Today, medical expenditures cost employers approximately $90 billion per year—half of which is paid by the private sector and half of which is paid by the employers. The state of North Carolina alone spends approximately $2 billion per year.

To learn more about the economic consequences of obesity, please visit: [http://www.cdc.gov/obesity/causes/economics.html](http://www.cdc.gov/obesity/causes/economics.html)

A Note from the Principal Investigator

Hello! I would like to ‘thank you’ for your continued participation in the WAY to Health research study! As a participant in this important study, you are contributing to better understanding of how to help employees lead healthier lifestyles in the workplace. To date, 952 employees are enrolled in the WAY to Health research study. Every participant’s data is important in this study. Please remember that no matter if you have lost or gained weight, it is crucial that you return for the 12 month follow up assessment. You will receive $20 just for returning to weigh-in!! In addition, you will be entered into a drawing for a chance to win an additional gift!! From all of us on the WAY to Health research team, well wishes for a happy and healthy summer!