



County Employee Health & Wellness Update

Caitlin Orth

Employee Health & Wellness Coordinator

STEPtember

30-DAY STEP CHALLENGE

Details

- Two divisions
 - Recreational – max 10,000
 - Competitive – no max
- Daily “bonus” wellness challenge
- Alternative Activities
 - Wheelchair, bicycling, swimming, weightlifting

Week One Results

- Recreational Total Steps (23 reporting teams) – 4,414,358
 - Team average: 191,929 Individual average: 7,997 steps/day (~4mi/day)
- Competitive Total Steps – 8,751,757
 - Team average: 282,315
 - Individual average: 11,763 steps/day (~5.9mi/day)

Participation

- 57 Teams
 - 26 Recreational
 - 31 Competitive
- 59 County Employees
- 106 City Employees





A Simple Screening Could Save Your Life

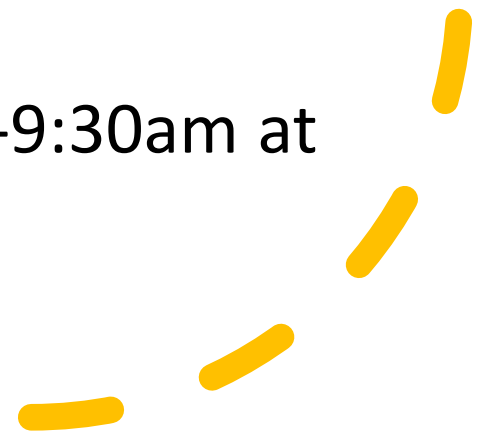
HeartAware

- July – 20 participants (20 City Employees)
 - Lincoln Water System
 - MSC
- August – 33 participants (16 City, 17 County Employees)
 - Ashland
 - City/County – Building & Safety (1 ½ days)
- September
 - LLCHD
 - County Extension



Employee Flu Shot Clinics

- Wednesday, October 19th from 7:30-9:30am at LLCHD (lower-level training rooms)
- Thursday, October 20th from 7:00-9:00am at County Extension (rooms B & C)
- Monday, October 24th from 7:30-10:00am at the City/County Building (City Council Chambers)
- Wednesday, October 26th from 11:00am-1:00pm at MSC (cafeteria)
- Monday, October 31st from 7:30-9:30am at LTU (wastewater training room)



Fad Diets

The Truth Behind Dieting

Make Every Bite Count

Healthy Eating for Adults

Lunch and Learns

- Provided by UNL Dietetic Intern Students
- Recorded and shared
- Topics
 - Fad Diets – 26 attendees
 - Make Every Bite Count – 18 attendees
 - Upcoming...Intuitive Eating





LINCOLN SALTDogs

Employee Saltdogs Celebration

- June 2023
- Saltdogs 2023 schedule release ~mid-November
 - Date options available
- Pricing available ~mid-January 2023

