

Creating Effective Wellness Challenges to Promote Behavior Change



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Introduction

Chronic diseases are responsible for 70% of deaths in the U.S. and account for 86% of our health care spending. At UF Health Jacksonville, we have designed and implemented strategies that address therapeutic lifestyle factors, which can influence chronic diseases.

- **Get Lean in 2016** was a 12-week challenge that encouraged employees to achieve and maintain a healthier lifestyle.
- **Gator Gulp** was a 4-week challenge that addressed hydration habits of employees, encouraging them to drink at least 8 glasses of water.
- **Sugar Busters Reloaded** was a campus-wide campaign designed to focus on decreasing sugar intake, increasing fruits and vegetable consumption, and drinking more water.

Aim

To equip and encourage employees to make healthier decisions through therapeutic lifestyle changes.

Methods

Get Lean in 2016 (Sample Size =376, 45 Teams)

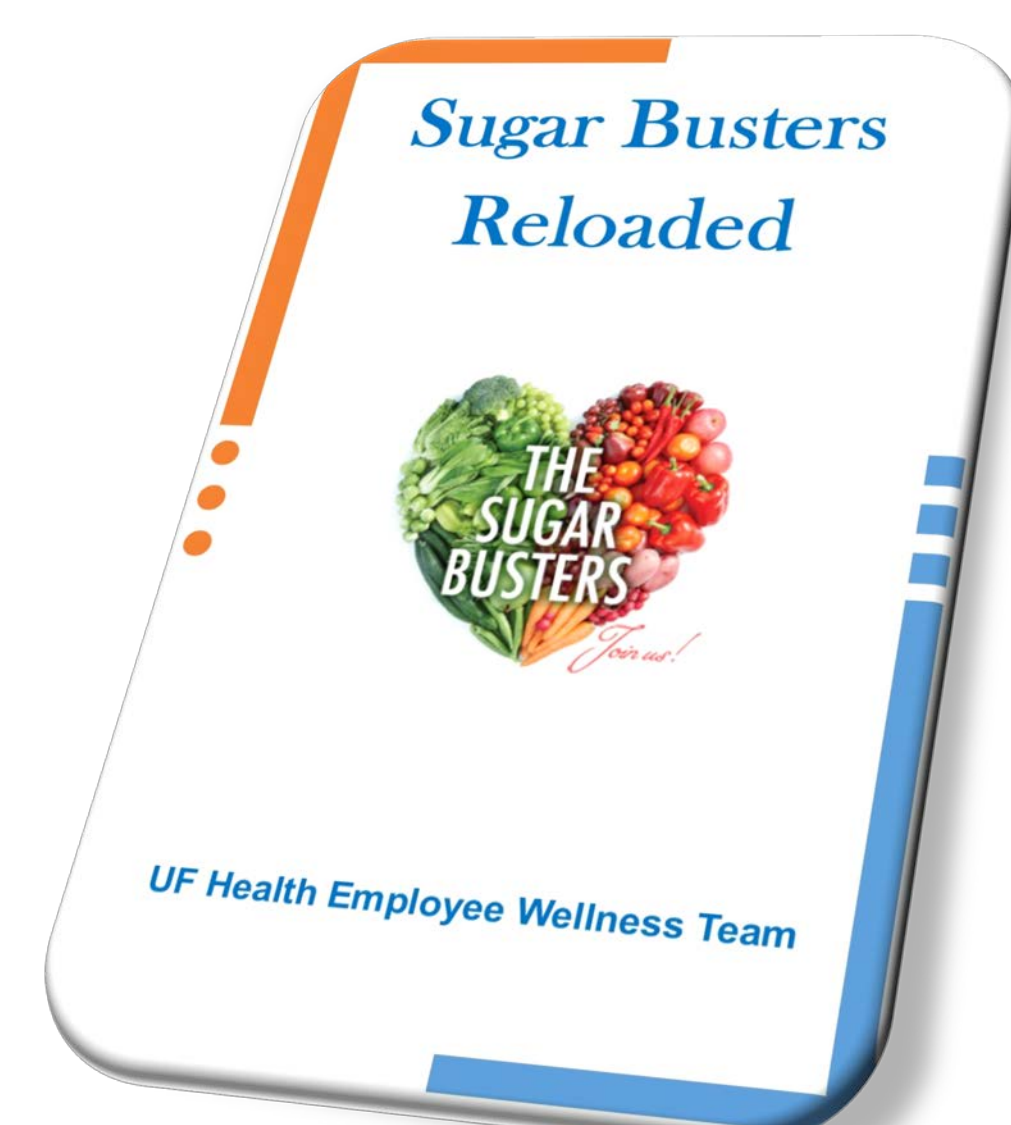
- Pre/Post Survey
- Monthly Weight Assessments
- Interactive Learning Sessions
- Group Fitness Classes

Gator Gulp (Sample Size =640, 62 Teams)

- Pre/Post Survey
- Weekly Tracker
- Interactive Blog Posts

Sugar Busters Reloaded (Sample Size =217)

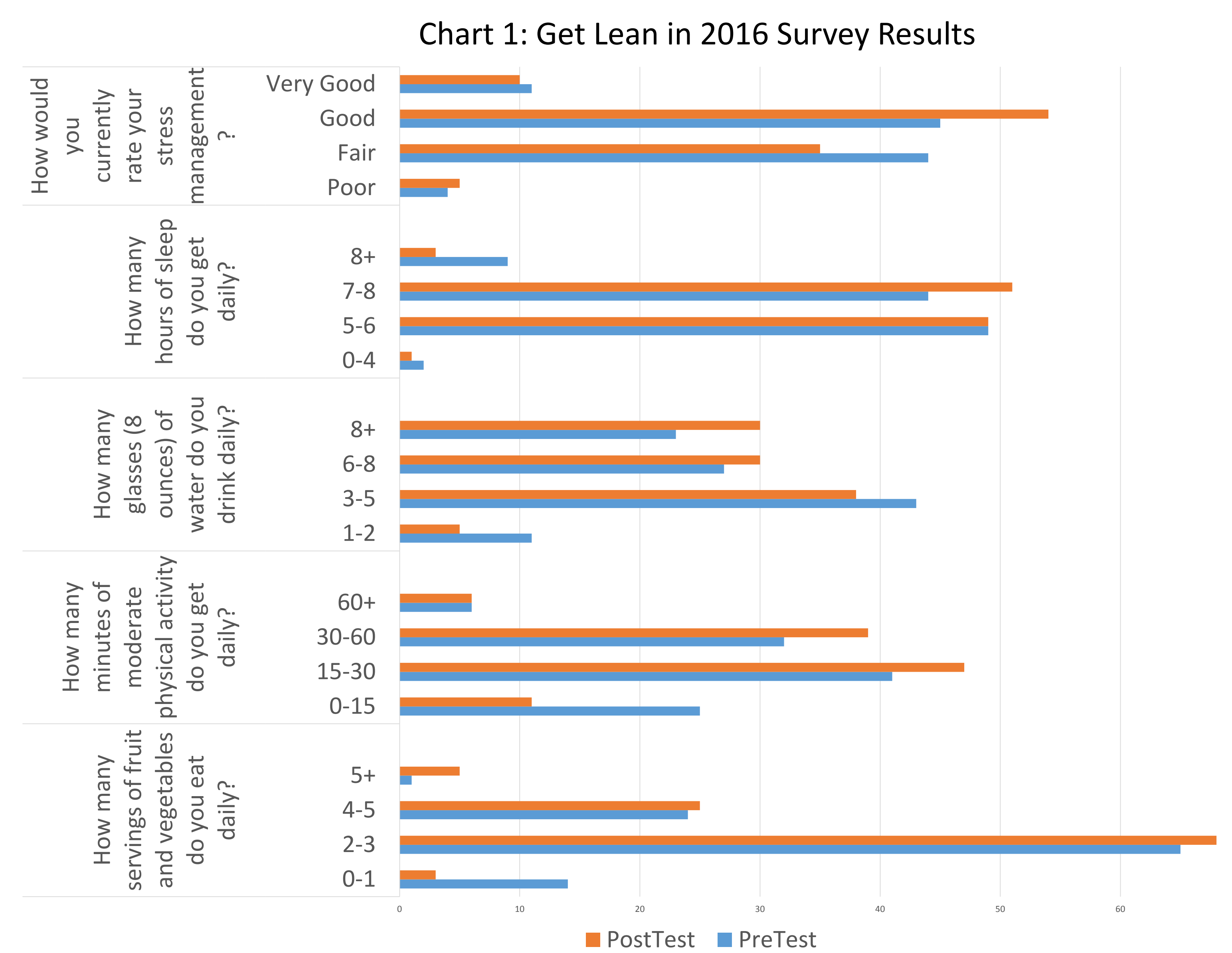
- Resource Guide
- Online Module
- Culinary Medicine Activity



Findings

Get Lean in 2016

Participants lost a total 878 lbs. The average weight lost was 5.74 lbs, and the average percent body weight loss was 2.96%. The highest amount of weight lost was 24 lbs.



Sugar Buster

Over 1650 Sugar Buster Resource guides were distributed around campus through email and print.

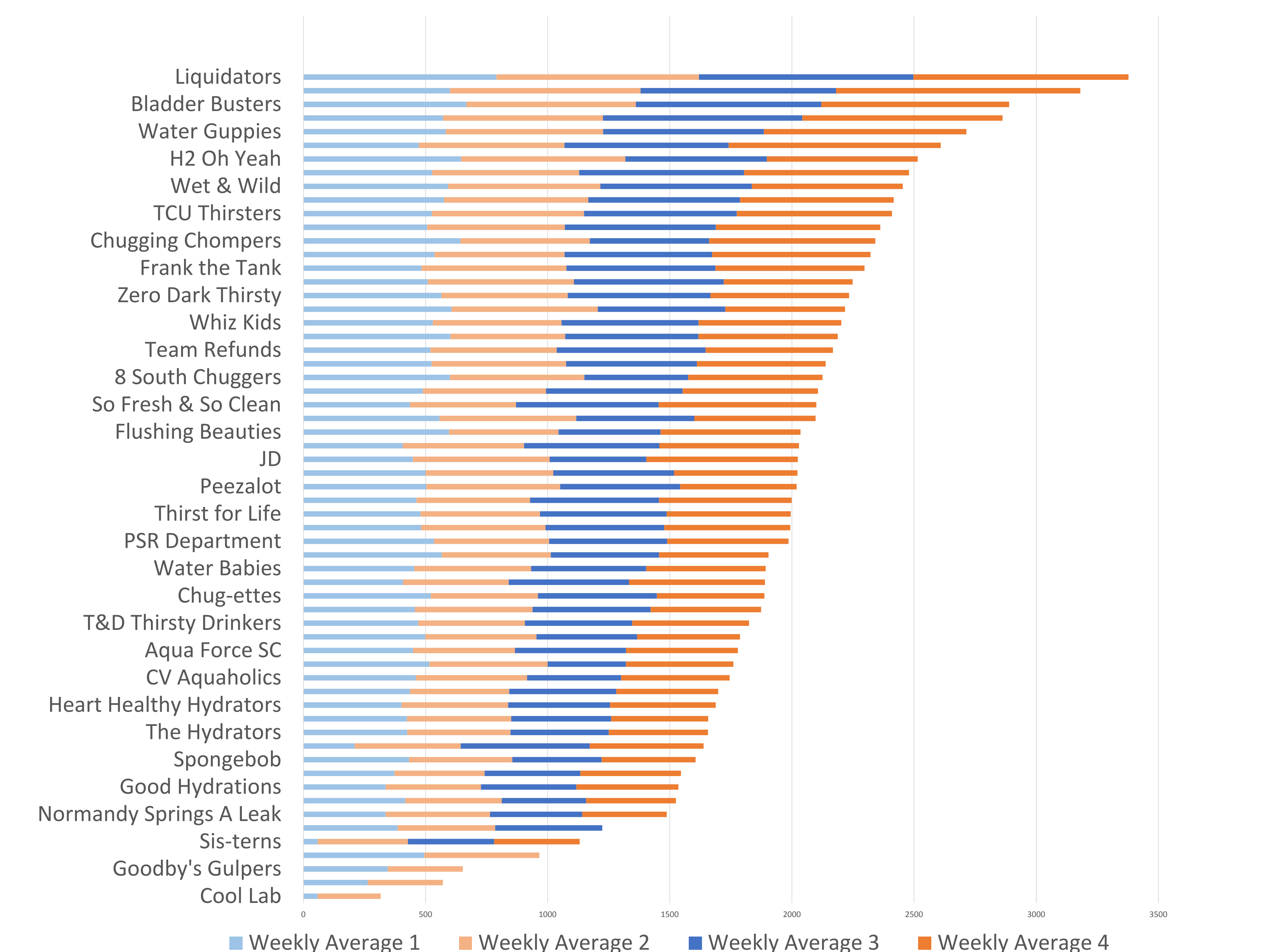
Chart 3: Sugar Busters Reloaded Survey Results



Gator Gulp

Participants consumed over 566,030 ounces of water during the challenge. Post survey data showed an increase by 33% of employees that drink or exceed the recommended amount of water.

Chart 2: Gator Gulp Results



Implications

Employee Wellness programs may encourage adaptation of better nutrition habits and physical activity habits by creating a sustainable culture of health. These programs:

- Created a greater sense of health awareness
- Improved team morale
- Enhanced Personal Accountability