

Wednesday, Nov. 23, 2011

USU Employee Wellness Program wins the Healthy Utah Worksite Wellness Award



Dayna Barrett, interim Wellness coordinator, with the Healthy Utah Worksite Award.

Utah State University's Employee Wellness Program has been honored with a Healthy Utah Worksite Wellness Award for the fourth consecutive year.

The Healthy Worksite Award program is the premier award in Utah recognizing the outstanding achievements of businesses and organizations in implementing employee health promotion and wellness programs. It acknowledges efforts to facilitate and encourage employee health, enhance productivity and ensure healthy work environments.

The USU Employee Wellness Program has received the award for the last three years and has again been awarded the Gold Award for 2011.

To be eligible for the Gold Award a program must be available to all employees; have a mission statement; include three of six required activities (general worksite, healthy behaviors, nutrition, safety, prevention services and physical activity); and must document a program that was initiated by the wellness program, including why it was done, who participated, who was eligible to participate, incentives, how the program worked and the outcomes.

USU's highlighted program was the Wellness Ambassador program.

Wellness Ambassadors are USU employee volunteers who help promote health and wellness throughout the USU community. Participants are encouraged to wear a pedometer, get a fitness assessment (and recommend one to a co-worker), challenge co-workers to wellness

challenges and update employees on current wellness happenings.

The program has been very successful in spreading the word about wellness and getting people involved, according to Dayna Barrett, USU's interim Wellness coordinator.

“The Healthy Utah Worksite Award is one more step toward our quest for creating a wellness culture that supports, enhances and rewards employees' health efforts,” Barrett said. “One of the most worthwhile aspects of the Be Well program is to help germinate an active community where we can enrich our lifestyle and reach our full potential together. Using each individual's energy and example of wellness, we create friendships as healthy as the goals that bond us together. Thank you, Aggies, for your vitality. Be Well.”

Related link

[USU Wellness Program](#)

Contact: Dayna Barrett, (435) 797-8519, dayna.barrett@usu.edu

