

# Stoughton Hospital

**Corporate Office:** Stoughton | **Employees:** 330

**Employees Participating in Wellness Program:** 162

**Success Story:** The Wellness Train

## Program Highlights

Stoughton Hospital's wellness program offers a variety of options for employees. Monthly themes and quarterly challenges focus on a wellness topic and may include team or individual participation. Educational topics are offered to employees and the community as part of monthly Wellness Wednesdays.

Other program highlights include employee access to on-site exercise equipment, walking routes both on and off campus, and onsite Weight Watchers, zumba and yoga classes. Employees are also offered one-on-one exercise and nutrition consultations, as well as reduced-fee membership to local fitness clubs. Stoughton Hospital is a tobacco-free campus. The organization participates in the Community Wellness Coalition.

## Program Success

To promote employee participation and convenience, Stoughton Hospital took its annual wellness fair to various departments within the hospital, and referred to this as the Wellness Train. The Wellness Train was conducted in the fall so flu vaccination could be incorporated at the same time. The various compartments of the Wellness Train included: health risk appraisals, blood pressure screening, BMI/weight, flu vaccine, cholesterol screening, glucose testing, and educational materials. The Wellness Train was promoted through employee Town Hall meetings, on bulletin boards, and via employee email. The Wellness Train was offered at various times of day to capture the around-the-clock work schedules of employees. The Wellness Train was well received by employees and resulted in increased employee participation.

The success of the Stoughton Hospital Wellness Train has traveled to other companies within the community. With predicted changes in the workforce, promoting wellness within the workplace is viewed as a priority to the future success of many organizations.

## Overcoming Challenges

The most challenging component of employee wellness has been increasing employee participation and keeping individuals motivated to sustain ongoing lifestyle changes.

## Wellness Program Components

- The program integrates health promotion into five pillars of health and wellness: fitness, nutrition, mind/body, education, and community involvement.
- Employees receive points based on multiple dimensions of wellness including safety, flu vaccine, dental health, physical assessment, nutrition, fitness, education, tobacco/alcohol use, and mind/body/soul goals.
- A diverse wellness team coordinates the program with employee participation and input.
- The program receives support from leadership and is part of the hospital strategic plan.

**“To me, wellness is all about choices. You have to make the proper choices in regards to nutrition, exercise, and other lifestyle behaviors. In a fast-paced society, wellness takes energy and ongoing commitment by the individual in order to be successful.”**

*- Teresa Feidt, Director of Ambulatory Services*