

2008 HEALTH AND WELLNESS PROGRAMS

Education Classes and Programs

Vanderbilt Dayani Center's education classes cover a variety of health and wellness topics. The one-hour classes are tailored to the needs of the employees and the health risks present in the particular population. Health professionals from Vanderbilt University Medical Center conduct on-site classes for groups of participants. A discussion format is encouraged to ensure that the concerns and issues raised by participants are addressed.

Weight Management Workshop

Educational Topics Include:

- Eating Healthy on the Run
- Fitting Physical Activity Into a Busy Day
- Making Exercise More Enjoyable
- Increasing Your Motivation for Healthy Changes
- Balancing Fats, Carbohydrates, & Protein

Stress, Worry, & Frustration Management Workshop

The Vanderbilt Dayani Center for Health and Wellness of Vanderbilt University Medical Center offers these multi-week workshops for adults. The duration and format of these workshops can be tailored to meet the employer's specific needs. Typically, these workshops range from six to ten hours in duration, usually taught in 1.5 hour segments over several weeks.

Blood Pressure Education and Screening

A Registered Nurse or Master's Level Health Educator will come to the worksite to measure participants' blood pressure. Program includes a card to track readings and literature to promote heart health and blood pressure reduction. Screenings will be structured to provide at least two to four hours to accommodate all interested employees.

CPR and First Aid

It is important for all individuals to understand how to deliver effective CPR and first aid in the event of emergency. These programs are offered by the American Heart Association and by the Vanderbilt Dayani Center. The company may want to purchase an automated external defibrillator (AED) if they do not already have one. All CPR programs contain training on the use of AED. It could be the only thing that saves a life.

Jump Start Exercise Motivation and Adherence Workshop

Jump Start's purpose is to introduce exercise and keep exercisers on the track to long-term success. Participation in a regular aerobic exercise program yields numerous health benefits. Despite the fact that many people are told they should exercise, many do not get enough to make significant health improvements.

Educational Topics Include:

- Increasing Motivation For Exercise
- Getting Started With Safe & Appropriate Exercise
- Low-Cost and Home-Based Exercise
- Making Exercise More Enjoyable
- Fitting Exercise Into A Busy Schedule

Smoking Cessation - You Can Quit Smoking Now!

Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives. Claims data in the insurance industry clearly show that people who smoke have both substantially higher frequencies and dollar amounts of health care claims than people who don't smoke. (For example, smokers have 25% more hospital days and 29% more claims in excess of \$5,000.) Accordingly, this intervention program is the single most requested intervention program we provide to corporate clients. Our certified gerontological nurse practitioner staffs this workshop.

Workshop includes:

- Provider comes to off-site location
- Medications prescribed as appropriate
- 8 weeks for 60 minute sessions
- Positive, multidisciplinary approach
- Smoker's carbon monoxide levels measured
- Follow-up session for maintenance
- Alternative behaviors explored
- Assessments: nicotine dependency, readiness to quit, and reasons to smoke

Medical Self Care Training (take home reference book included)

This course will help people make better health care decisions by applying self care techniques and knowing when to seek medical help.

- Provide reliable guidance, from self care advice to when to see a physician
- Reduce unnecessary primary care and emergency room visits by promoting appropriate use of the health care system
- Prevent illness
- Identify health problems before they become serious, costly concerns
- Encourage a more active role in working with physicians
- Books available in 8 languages

Individual Health Mentoring

The **INTER_xVENT** program is specifically designed to help individuals take an active part in their health management. The program includes two primary components 1) 8-12 phone counseling sessions with a health educator 2) a computer-based health education program specific to the needs and risk factors of each participant. The "one on one" sessions will help people modify their lifestyle by working with a specially trained health care professional on an individual basis. **INTER_xVENT** offers an evidence-based approach to reducing the likelihood of illness and unnecessary medically-related expenses by utilizing technology and still maintaining a human approach.

Corporate Topics for Lunch and Learn Sessions*

Weight Management

Manage Stress Right Now!

Diabetes, Are You at Risk?

Exercising for Health Benefits

Caring for Aging Parents

Cholesterol Education

Heart Disease, Reducing your Risk

Women and Heart Disease

Healthy Eating

Quitting Tobacco/Smoking

Osteoporosis Prevention

Worksite Health Promotion Economic Costs and Benefits

* Lunch and learn topics may be customized to meet your needs.

Exercise Education Seminar – Physical Activity the Easy Way!

Did you know that you could get the same heart health benefits from three short sessions of activity that you can from a full ½ hour of exercise? Did you know that walking is one of the best forms of physical activity that can lower body fat, regulate blood pressure and cholesterol while being easy? We will tell you all the basics of how you can get fit and healthy the easy way.

A Nutrition Seminar – Healthy eating; using the food guide pyramid

This seminar teaches you how to utilize the current dietary recommendations for general well-being. No fad diets here, just easy and basic ways to eat nutritiously.

Recipe Modification and Cooking Demonstration Class

A registered dietitian can work with a chef to modify participant's favorite recipes and demonstrate way to prepare food healthfully. Participants bring recipes two weeks prior, and several popular recipes will be chosen for demonstration. The dietitian will work as a consultant with the Chef and center staff to arrange a cooking demonstration and taste testing.

Questions?

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