

# Wellness Works

Presented by Miriam Link-Mullison  
Healthy Southern Illinois Delta Network (HSIDN)  
HSIDN.org  
Plan4Health



**Healthy  
Southern Illinois  
Delta Network**

Mission: Transforming  
Southern Illinois into a region  
that supports and enhances  
healthy living.



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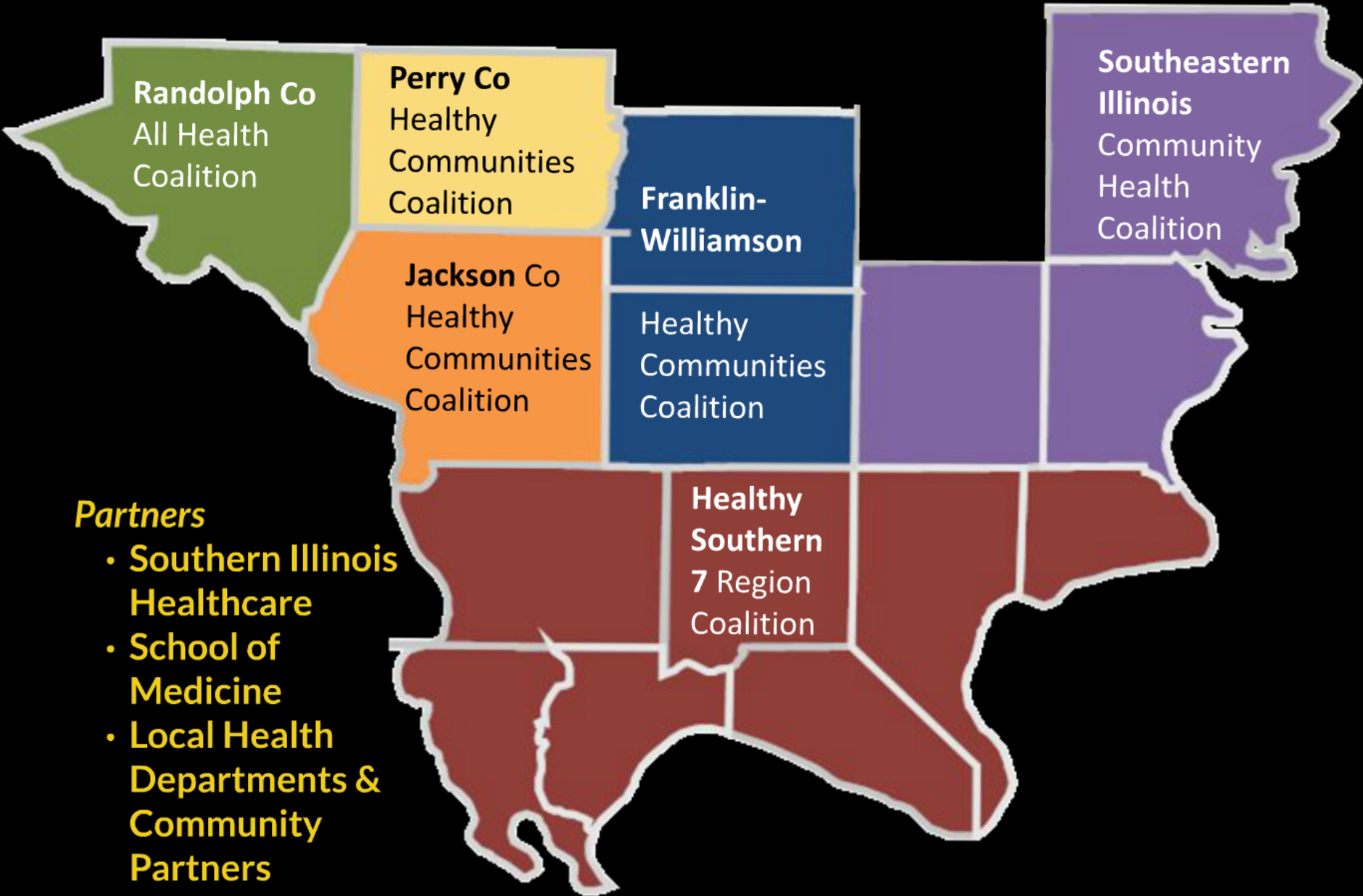
**Mission:** Transforming  
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We are part of a larger area called the Delta Region.

Our health outcomes are more similar to this area than the rest of Illinois, or even the Midwest.



# Healthy Southern Illinois Delta Network



## Partners

- Southern Illinois Healthcare
- School of Medicine
- Local Health Departments & Community Partners

# Focus of Programming

- Improved Nutrition
- Increased Physical Activity
- Smoke Free Public Places
- Chronic Disease Prevention and Management



# Breathing Easy at Home or Outdoors

## At Home:

- Two housing authorities units have passed Smoke-Free Policies

## Outdoors:

- 200 signs designed by our children have been posted
- Policies have been adopted





# Elementary School

Centralized School Health  
- Forming WHO team  
- Covering all  
- Planning & implementing  
- Involving CATD Leadership  
- Implementing



# Coordinated School Health

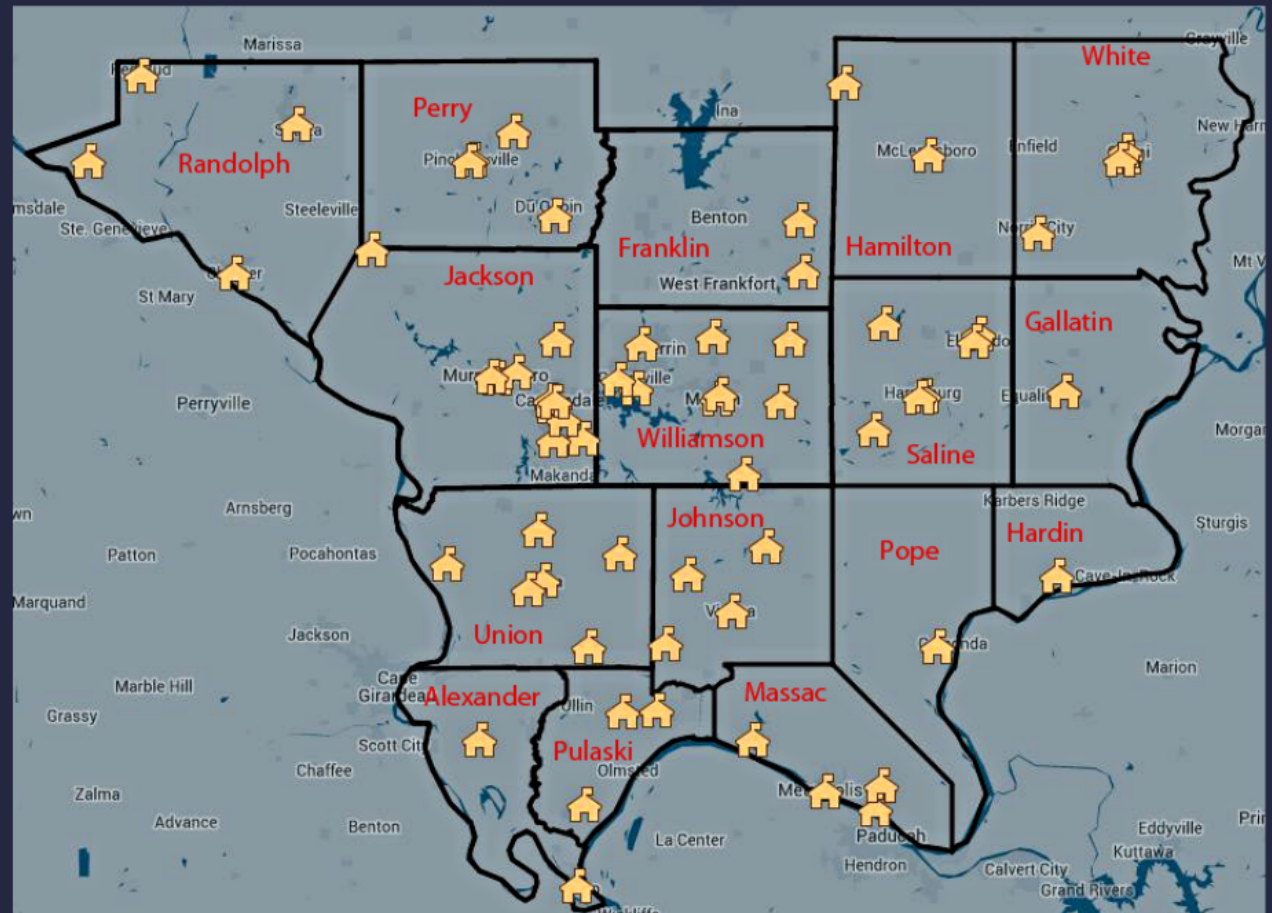
- Forming Wellness Committees
- Assessing School Environments
- Implement CATCH and other programming.



80 schools have implemented at least one component of CATCH through the:

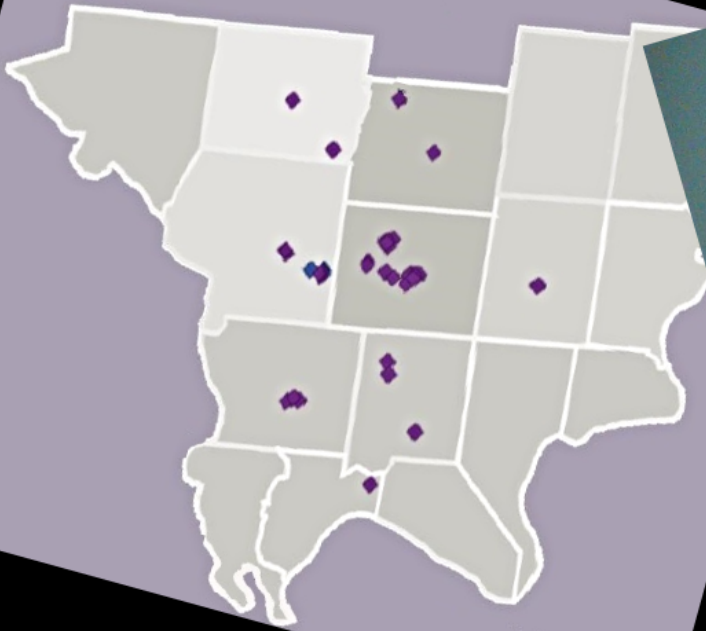
- classroom
- p.e. program
- lunchroom
- parents or community

*Supported by SIU SoM Center for Rural Health & Social Services Development through funding Delta Regional Authority*



# Faith Communities

- Southern Illinois Healthcare's Health Ministry is a resource to over 50 faith communities and faith-based community agencies in southern Illinois.





# Healthcare Systems

- Memorial Hospital of Carbondale - Baby Friendly Site Certification
- Chronic Disease Self-Management Classes
- Resource Guides found at: [hsidn.org](http://hsidn.org)

# Community Center





Convenience Store



## Community: Promote Access to Healthy Food

- Farmers' Market Promotion
- Community Gardens
- Healthy Convenience Store Toolkit



## Community: Promote Opportunities for Physical Activities

- 56 Start! Walking Paths
- Built Environment Action Team (BEAT)
- Bike Path Promotions
- Complete Street Resolution



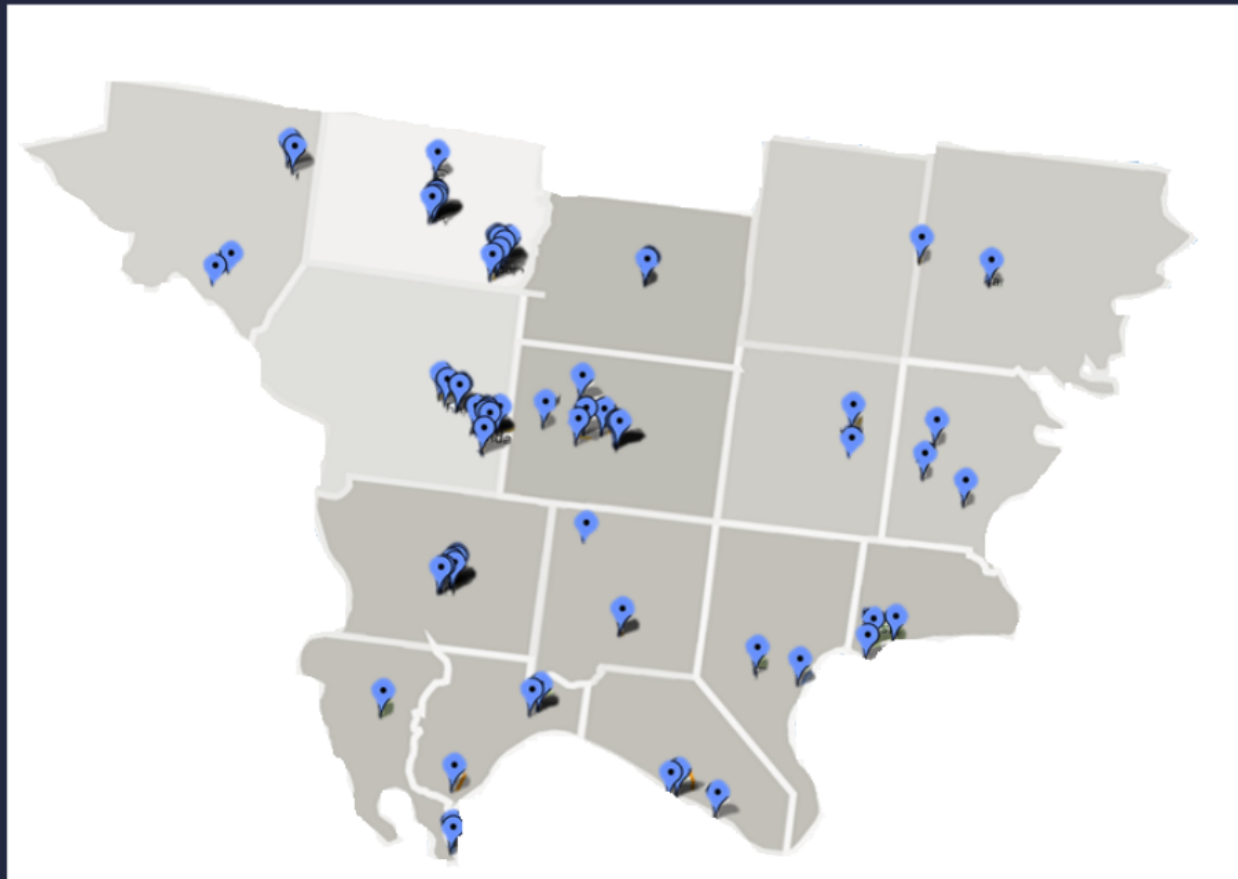
56 START! Walking Paths





# Worksite Wellness

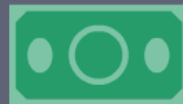
- 32 employers developed worksite wellness programs
- Resources and Toolkits are available



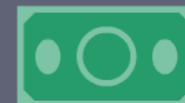
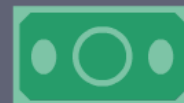
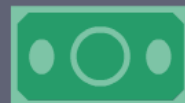
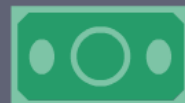
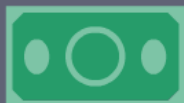
# Why Worksite Wellness?



Even small investments in health within the workplace can create big returns.



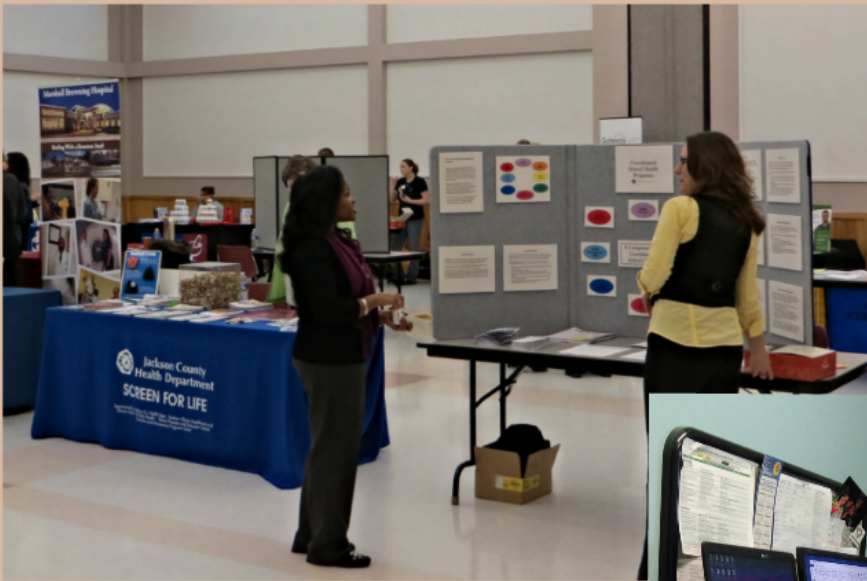
For every \$1 spent on workplace wellness programs, employers can save up to \$6!



# Building a Culture of Health



# Programs



# 3 P's of Stickiness

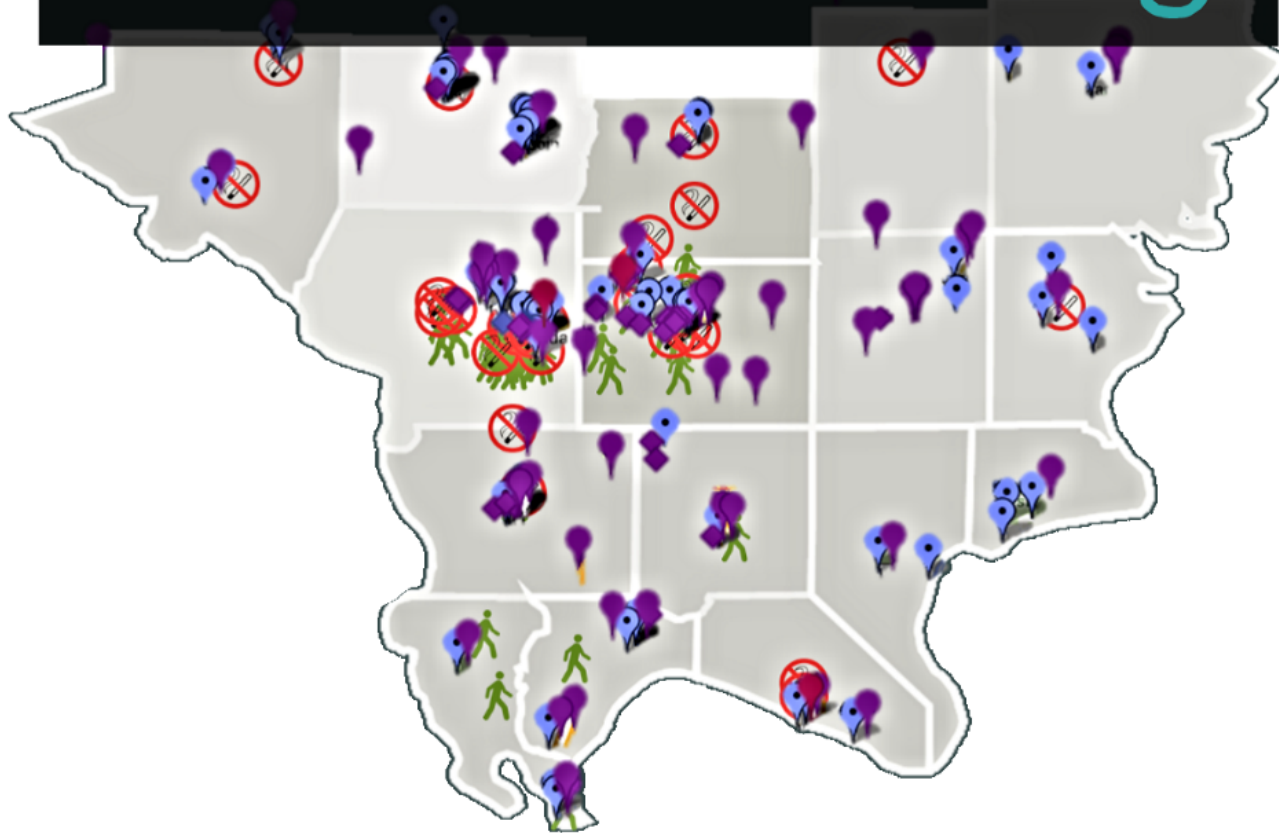


# Projects



# Policies

# Be Part of the Change



which is transforming Southern Illinois into a region that supports and enhances healthy living.

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