



April 19,2013

To: NWP non-physician admin team and DAs

From: Dave McKay  
NWP Workplace Wellness

Subject : Wellness Update!

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## It's Spring!

Well, sometimes it doesn't feel like it, like last weekend when our mountains received yet another dumping of snow (great for skiers and riders)! But, the weather is improving, and it's time to get out there and move (I've mowed my lawn twice already!) Here are some upcoming events that you might be interested in:

**April 27th: March of Dimes March for Babies**, with walks in Portland, Vancouver, Longview and Salem. Sign up for a Kaiser team at [www.marchforbabies.org](http://www.marchforbabies.org)

**April 28th: Monster Cookie Ride**, sponsored by the Salem Bicycle Club. This is a "metric century" ride (62 miles) of mostly flat back country roads that loop from the State Capital to Champoeg State Park and back. Lots of flower and agriculture fields to see. Come join me for this ride! Click here for more info: <http://www.salembicycleclub.org/>

**May 6th: Registration opens for "Mix It Up"** that promotes nutrition and healthy eating

**May 12th: Portland Sunday Parkways** promotes healthy active living through a series of free events opening the city's largest public space - its streets - to walk, bike, roll, and discover active transportation while fostering civic pride, stimulating economic development, and represents the community, business, and government investments in Portland's vitality, livability, and diversity. Click here for more info: <http://www.portlandoregon.gov/transportation/46103>

**May 18th: American Heart Association Heart Walk**, a 10K walk in Portland and Vancouver. Register for KP team at [www.pdxheartwalk.org](http://www.pdxheartwalk.org)

**May 18th: American Lung Association Reach The Beach**, a road bike ride from four different starting points, all ending up at Pacific City. Rides are 26, 55, 75 and 100 miles, so you pick one that seems comfortable. Come join me on this ride! Click here for more info: [http://action.lung.org/site/TR?fr\\_id=7170&pg=entry](http://action.lung.org/site/TR?fr_id=7170&pg=entry)

**May 19th: Rock-n-Roll Half Marathon**, a classic 13.1 miler through downtown Portland, with music on almost every street corner. It's a blast, with great entertainment. Click here for more info: <http://runrocknroll.competitor.com/portland/entertainment> ONLINE REGISTRATION CLOSES APRIL 21st!

**June 15th: Petal Pedal**, another wonderful ride from the Oregon Gardens, to Silver Falls State Park and then back through Silverton with distances of 30, 62 or 100 miles. I'll be doing this one, too! Click here for more info: <http://petalpedal.com/>

**For more info on running events** in Oregon, click here: <http://www.racecenter.com/>

**For more info on bicycling events** in Oregon, click here: <http://orbike.com/events/>

## **"Bob" Returns to Wellness Brown Bag on May 9th**

At our last Brown Bag on March 19th, Bob discussed how he lost 260 lbs 40 years ago, and about how he has been able to modify his eating habits to keep it off. About 75 people attended and learned Bob's secrets to weight management WITHOUT DIETS! On May 9th, join us for the second brown bag discussion on dispelling the myths about behavior change and how "diets" don't work! Part Two will dive into deeper discussion on Diet vs. Non Diet approaches and explore your "Danger Zones". Come join us at KP 3A/B from noon until 1:00 pm. Bring your healthy lunch!

June 13th	October 10th
July 11th	November 6th
August 8th	December 12th
September 12th	

*Mark your calendar for upcoming Wellness Brown Bags:*

## **Results from Wellness Rounding**

Over the last three months, I have rounded on approximately 215 NWP administrative staff, assessing where each person was in terms of having a primary care provider, being signed-on to KP.org, taking the Total Health Assessment, getting a flu shot, and knowing their prevention care gaps (such as screening for breast cancer, colorectal cancer, etc). Here are the results:

- 110 Anonymous Feedback forms were received resulting in a 51% return rate
- Primary Care Provider: 99% either already had one, or would get one resulting from my rounding with them
- KP.org: 98% were already signed up, or would resulting from my rounding
- THA: 98% said they had already taken it within the last year (54%) or had just taken it, or would soon (44%) resulting from my rounding
- Care Gaps: 100% said they knew their care gaps (85%) or would find out and resolve them (15%)

## **NWP Wellness Incentive Program**

You spoke, and we heard! Largely based on the feedback we received from the 1:1 Wellness Rounding meetings, we are developing the NWP's first Wellness Incentive Program. An ad hoc committee of consisting of Kathryn Brandeberry, Khalid Wahab, Carrie Davino, MD, Mandeep Bawa, Jeannie Birch, Shana Klemchuk, Patty Burton, Matt O'Connell, and Richard Odell, as well as Dr. Janet Leigh (OB/GYN) is developing the program, in hopes of a start date of July 1st! Stay tuned for future updates!

## **Let's Hear From You!**

I would like to hear YOUR story about wellness, and how an active, healthy lifestyle has been a benefit to you. Have you lost a little weight? Started a fitness routine? Do you have any wellness related goals this year? Send me your story and I will start sharing them as a part of this newsletter.

That's all for now.

Be Well and Thrive!

Dave McKay  
NWP Workplace Wellness  
Cell: 503-351-1309