

School Employee Wellness

12/18/2018

Rickie Lee Marker-Hoffman, MS, MPH
Program Manager Kaiser Permanente Thriving Schools

Importance of Employee Wellness as part of Whole School, Whole Community, Whole Child (WSCC)

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD
A collaborative approach to learning and health



WSCC Model:

<https://www.cdc.gov/healthyschools/wscw/index.htm>

Page last updated: November 14, 2018

Content source:

[Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion](#)

Why School Employee Wellness?

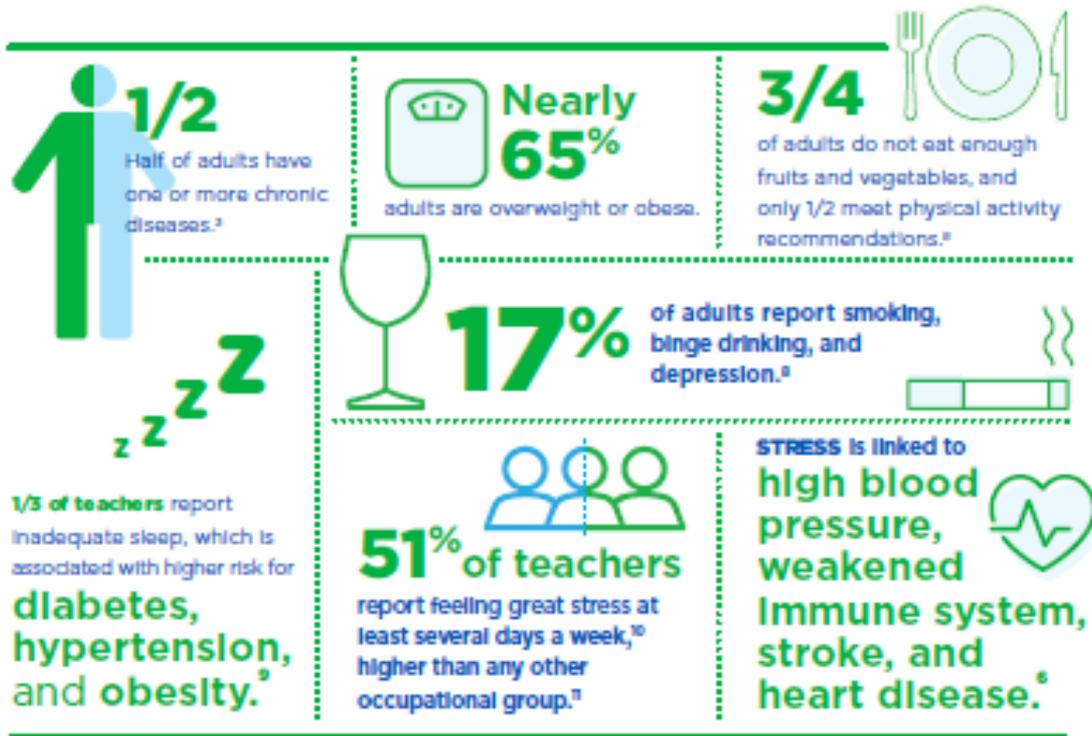
- Survey of nearly 5,000 educators
- Health and Well-Being
 - *Respondents slept an average of 6.6 hours per night*
 - *18% of respondents characterized their health as “fair” or “poor”*



2017 Educator Quality of Work Life Survey, American Federation of Teachers and Badass Teachers Association: <https://www.aft.org/2017-educator-quality-life-survey>

Why School Employee Well-being?

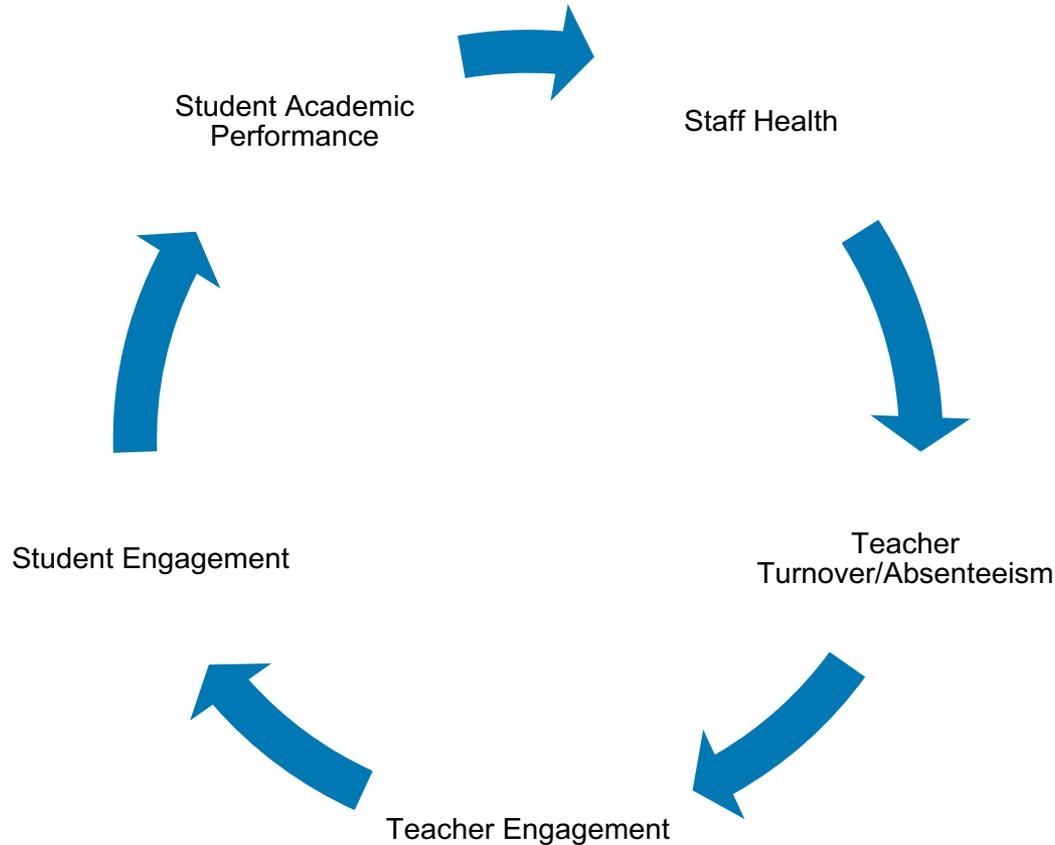
CHAPTER 1



This guide will primarily use the term "wellness," but "health" and "well-being" will also be used interchangeably. The term "staff" will be used interchangeably with "employee" and includes teachers, administrators, support staff, and others employed by the school or district. See the Glossary for definitions.

National Association of Chronic Disease Directors Guide to Improving School Employee Wellness, 2018
https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school_health/school_employee_wellness/nacdd_schoolemployeewellness.pdf

Benefits of Staff Well-being: Potential Relationship Between Staff Health and Student Performance



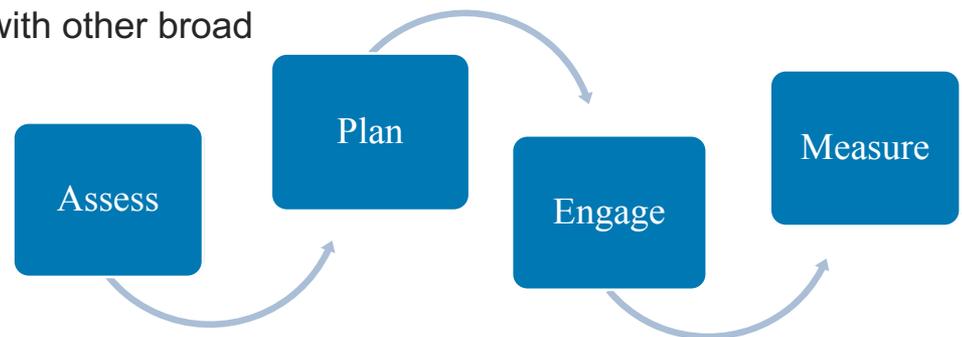
2017 Educator Quality of Work Life Survey, American Federation of Teachers and Badass Teachers Association: <https://www.aft.org/2017-educator-quality-life-survey>

National Association of Chronic Disease Directors Guide to Improving School Employee Wellness, 2018

https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school_health/school_employee_wellness/nacdd_schoolemployeewellness.pdf

Thoughts from the Field: Concepts & Strategies to Keep in Mind

- ✓ Use evidence based, best practices
 - Comprehensive, coordinated initiatives (from programs to policies) can make a difference in employee health
- ✓ Build a healthy school environment
 - Integrate with existing efforts
 - Connect student and staff wellness (ex. Healthy, Hunger-Free Kids Act student wellness committees)
- ✓ Customize your plan
 - Interest surveys
 - Start where you can, grow where you can
- ✓ Disciplined approach
 - Go beyond programs, integrate them with other broad reach, high impact strategies

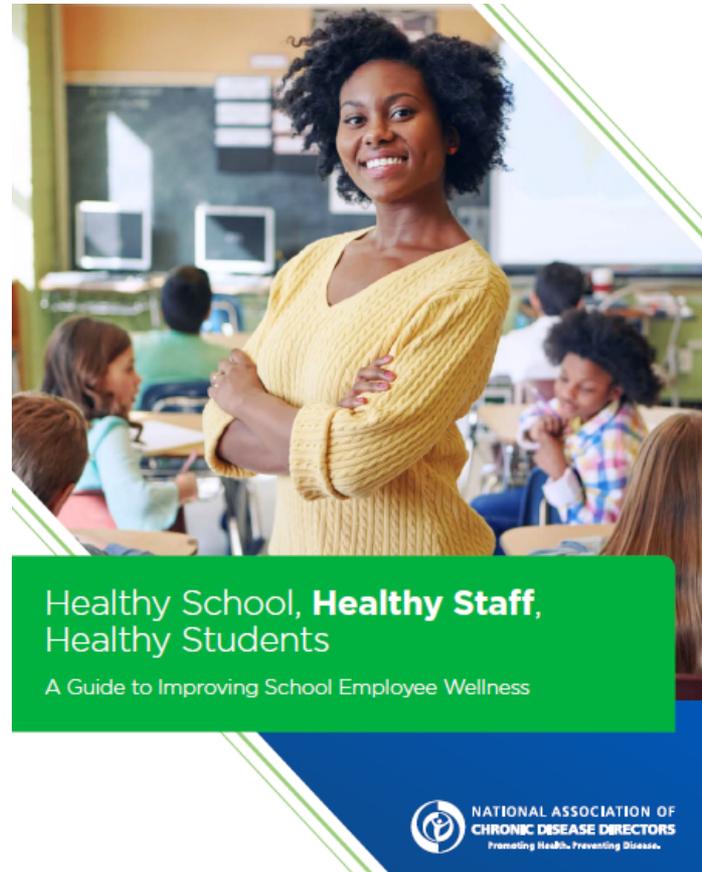


Four Simple Steps to Workforce Health

<https://business.kaiserpermanente.org/thrive/four-steps-to-workforce-health>

School Employee Wellness Resources

Overview of National Association of Chronic Disease Directors Guide to Improving School Employee Wellness

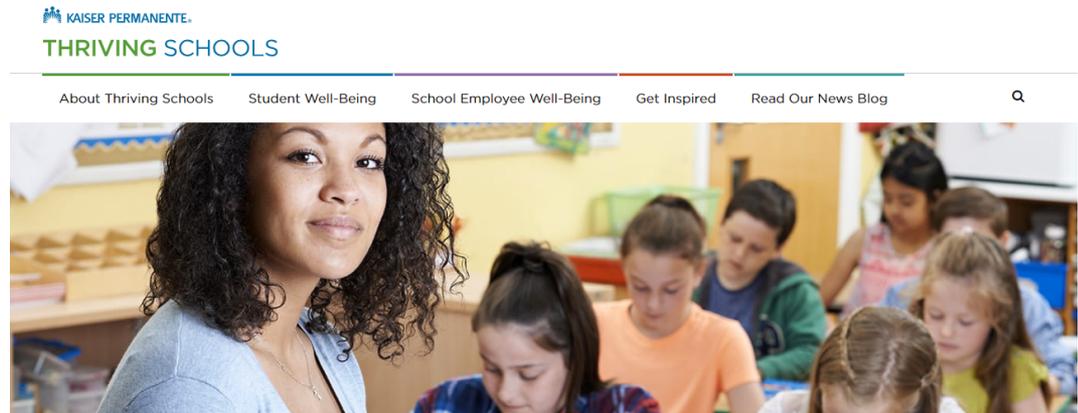


Access guide published 2018:

https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school_health/school_employee_wellness/nacdd_schoolemployeewellness.pdf

Kaiser Permanente Thriving Schools

- As a national effort with partnerships extending across the country, Kaiser Permanente Thriving Schools seeks to impact health in schools on a broad scale while addressing high priority health needs in the specific communities where we operate:
 - Collaborate closely with +300 schools within our 8 regions
 - Offer a range school health resources and information on our website
- Tools & Resources available on our website (<https://thrivingschools.kaiserpermanente.org>):
 - Wellness Champion Toolkit
 - Webinars
 - Labor Management Resources
 - Staff Break Rooms



When schools inspire and help students, staff, and teachers to be at their physical, mental, and

Contact Information

Rickie Lee Marker-Hoffman, MS, MPH

Program Manager, Thriving Schools Kaiser Permanente

Email: Rickie-Lee.Marker-Hoffman@kp.org

Amy Arnold, MS, CHES, HC

East Coast Director, Workforce Health Consulting Group Kaiser Permanente

Amy.e.Arnold@kp.org

Laura Howard

Community Health Manager, Kaiser Permanente

Laura.J.Howard@kp.org



THRIVING SCHOOLS
a partnership for healthy students, staff & teachers