



Mobile Wellness Boards

Target Risk Factors:

Healthy Eating
Physical Activity
Tobacco Reduction
Mental Well being

Target Population:

All age groups

Project Leads:

Community Wellness Team from Interlake RHA

RHA:

Interlake

Project Partners:

When we go into an organization or community we partner with the wellness professionals who are there, e.g. in a school we might partner with the physical education teacher. We also partner with organizations like Canadian Cancer Society.

Project Details:

Multiple event or ongoing project

Description:

We have a mobile wellness team that encourages people to go through our mobile wellness station. We made four coroplast boards 72" X 36" with 18" side panels that fold in. We take these to workshops, wellness fairs, schools – anywhere presentations are being made about reducing the risk factors for chronic disease. People who go through the stations can study the boards, get a health check, blood pressure and blood sugar check, take a lifestyle and risk factor quiz and get one-on-one counselling and a record of their key results.

Time:

3 months

Objectives:

To teach people about the risk factors for chronic disease and encourage them to make lifestyle changes that will reduce those risks.

Planning Supports:

We studied best practises and information from NGOs like Heart and Stroke, Diabetes, MB Lung and other health foundations.

Results:

For 2009 – 2010 fiscal year, we had 24 events scheduled with 19 events completed. A total of 370 participants attended these events.

For 2010 – 2011 fiscal year, we have completed 7 events so far with a total of 341 participants attending. We have 4 events scheduled for the near future (including Lunder).

What worked:

Community engagement. Example: We've gone into a workplace for three consecutive years; the employees there are primarily middle-aged people, more men than women. Their "corporate food culture" was not very healthy – they'd have barbecues with chips, pop, and burgers, and donut days on Friday. We did a Wellness Day, which was a paid day for staff with mandatory attendance. We did our display and had other health professionals come like physiotherapists and chiropractors. The corporate culture is changing – they now have options like salmon and chicken for their barbecues, fresh fruit instead of donuts, and a gym for employees. They said, "You really made us stop and think about some of our health practises."

We do follow-up. Every time we go to an event we do a follow-up from year to year. With our presentations – e.g. a senior's fall prevention presentation – we'll build in a 20-minute physical activity, and then they'll go through the mobile wellness station.

What didn't work and any changes made:

The boards work fine, but both pamphlets and boards need to be updated from time to time as trends and statistics change.

Unexpected Outcomes:

The popularity of the boards. We had never thought we'd be sending these all over the province.

Resources**Volunteers:**

Mostly staff are involved but we link with partners available at the sites we present at. (e.g. if a workplace has an occupational health and safety officer, they'd be involved.)

Equipment:

4 coroplast boards

Materials developed for your project:

- [Stress Poster](#)
- [Healthy Eating Poster](#)
- [Physical Activity Poster](#)
- [Smoking Poster](#)

Total Costs:

Hard to determine as much work was in-kind staff time at the RHA level. Boards sell for \$700 per set.

Healthy Together Now / CDPI

Contact Information:

Leana Smith

Interlake Regional Health Authority

lsmith@irha.mb.ca