**RCE - Family & Community Health Sciences**

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**2020 Impact Statement**

**Get Moving Get Healthy NJ - Workforce /Self Care**

**Rationale for Program:**

The Family and Community Health Sciences (FCHS) department helps people improve their overall well-being, stresses the importance of healthier living, encourages more active lifestyles, and helps reduce health care costs. Many of today's health problems (obesity, heart disease, diabetes, and cancer) are often exhibited during the long workdays of many professionals. However, several of these ailments can be reduced through good nutrition and a healthy life style. Research shows that heart disease and obesity are often preventable if efforts are made early on, and the FCHS Workforce program attempts to meet that need. This initiative focuses on making health and wellness in the workplace a top priority.

The goal of the Get Moving Get Healthy NJ Workforce program is for employees to live longer, be healthier and more productive while reducing their risk of chronic diseases and obesity. The weekly topics provide concise evidence-based information related to the following health messages:

Eating certain foods can contribute to healthy lifestyle

Lowering stress levels

Increase wellbeing, self-image and self-esteem

Strategies for better eating and exercise habits, along with boosting brain health

Tips for adapting lifestyle & managing personal finances

Management strategies on time, stress and balancing work with family

***Note: During the COVID Pandemic, a Self-Care Working from Home Newsletter was developed and began distribution during the week of April 11, 2020. This report if focused on that collaborative work.***

**What Has Been Done?**

This online program aims to encourage healthy lifestyles, healthy eating, reducing stress, improving finances and physical activity. The weekly sessions offer an education on nutritious foods and ways to change eating and exercise habits, along with practical suggestions for adapting lifestyles. It also brings attention to an increase in physical activity while working from home. Our goal is to help employers identify areas of need to create a healthy worksite environment and encourage wellness among their employees who are under the stress of working from home.

**Targeted Audience:**

Adults in the NJ workforce, Rutgers University School of Environmental and Behavioral Sciences (SEBS), and Atlantic County Employees were targeted to participate in this web-based program. Participating employers and their employees are recruited through the FCHS website, direct email messages, and through the partner organizations.

**Impacts:**

A mid-point Quick Check survey using Qualtrics was taken by 102 employees. Result of data in October 2020 as follows:

Participant behavior snapshot:

25% exercise 5+ times per week

22% reported getting the recommended 8+ hours of sleep per night

20% engage in 4,000 or less steps per day

10% eat the recommended servings of vegetables per day

3% eat the recommended servings of fruit per day

Participants indicated they made progress in the following areas:

43% increased their number of steps per day

10% increased consumption of vegetables

9% improved physical condition

7% increased consumption of fruit

7% decreased consumption of sugar

7% lost some body weight

7% identify healthier foods/recipes

6% improved level of energy

6% improved sleep

6% managed money more effectively

5% fit better in clothing

5% improved physical appearance

4% used strategies to prevent disease

4% reduced consumption of sodium

4% lost some inches around the body

4% decreased consumption of fats

1 person (out of 5 smokers) quit smoking

Population demographics

70% female

31% male

Age Range: 4% between 20-30, 16% between 31-40, 21% between 41-50, 36% between 51-60, 22% 0ver 60

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**FCHS Partners in 2020:**

Rutgers School of Biological and Environmental Sciences (SEBS)

Atlantic County Human Resources Department