

## **Organizational Wellness Initiative – Update for MC**

### **1. How we got to where we are (brief history)**

Buckeye Wellness is part of the campus-wide health and wellness initiative striving to create a culture of wellness for all faculty, staff and students to make Ohio State the healthiest campus in the world. University Libraries is committed to supporting these efforts by sharing health and wellness information with our faculty and staff, and offering wellness programs at various library locations.

### **2. Where we are now**

Over the past 18 months, our Buckeye Wellness Innovators have implemented the following initiatives:

- Wellness Wednesday newsletters
- OSUL Cookbook Project (55 recipes were submitted)
- Wellness Workshops
- Yoga at the Tech Center (~ 8 people participated each week)
- Guided Meditation (~ 6 people participated each week)
- Biometric Health Screenings at Thompson Library
- Wellness Walks with Damon and the ADs (~ 7 people participated in each walk)
- Chair Massage Therapy
- Distributed Reusable Water Bottles to all Faculty and Staff
- Coloring to Reduce Stress (10 departments requested coloring books)
- REACH Training (scheduled for Feb. 11)

We will continue to share wellness information and events through the Wellness Wednesday newsletters, and will have more wellness workshops and health screenings this spring. Wellness walks with Damon and the ADs will start up again in March 2019.

The wellness room in the 18<sup>th</sup> Avenue Library finally opened in January, and we will schedule appropriate small group wellness activities in that space for the rest of the year. This might include yoga, meditation, stretching, and mindfulness activities.

### **3. Is the project/initiative succeeding in meeting its intended objectives? How is success being measured against strategic priorities (measures of success)?**

We did our initial survey in October 2017 and 88 library employees responded. They provided details about desired wellness programming and indicated reasons for participating (or not). Much of what we have done to date was in response to what we gathered from the survey. This summer, we will conduct another survey to measure our success and determine what to pursue in the future.

**4. Were the resources allocated for the project/initiative adequate? If not, why?**

Most of our programming is free (meditation, newsletter, wellness walks, health screenings) or relatively inexpensive. We spent \$500 during our yoga pilot and were recently awarded a \$500 grant from Buckeye Wellness to continue yoga classes in the library. We spent \$200 on coloring books and supplies that were distributed to departments upon request. We also spent \$100 on prizes for the cookbook project.

**5. Are there successes/highlights to share?**

One of our most successful programs was the healthy cookbook project. We received 55 recipes and had 20+ dishes to sample at our tasting event. The cookbooks were printed for everyone who submitted a recipe and are available online in the document registry.

We also started this initiative with three Wellness Innovators, and are currently up to six.

**6. Is the project/initiative encountering any barriers to success? If so, what?**

Participation in wellness activities has been lower than expected, but it is completely optional for our employees. We will continue to promote through the Wellness Wednesday newsletter and NewsNotes. We hope we will see increased participation with the opening of the wellness room also.

**7. Is the project/initiative on time? Have you had to alter timelines? If so, why?**

This initiative is ongoing, although we did experience some construction delays with opening the wellness room.

**8. Should the Libraries continue investments in this project/initiative? Why or why not?**

Yes! As much as possible, we should encourage our colleagues to live healthy lifestyles. We will continue to promote activities that are free and available on campus, as well as pursue low cost or no cost options that we can bring in house.