

# Mayo Clinic Employee Health and Wellness Workgroup

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Walking Wednesdays at Mayo Clinic

# Overview

## Problem

- Many Mayo Clinic employees are not getting their recommended daily 30 minutes of physical activity

## Solution

- Promote a simple weekly summer walking program for employees during the summer months; incent with free water and prize drawings

# Background

- Organized summer weekly walking sessions at a variety of locations at Mayo Clinic (5<sup>th</sup> year)
- Open to all Mayo Clinic employees of any fitness level
- Geared towards employees not getting in recommended 30 minutes of daily physical activity but open to any fitness level

# Background

- Participants get a Walking Wednesdays “Certificate” at onset of program
- Every Wednesday from 11:30 a.m. to 1 p.m., downtown participants walk to “Water Stop” to get card signed and free bottle of water or other prizes
- Prize drawing at end of program

# Strategies

- Small incentives (bottle of water, Crystal Light)
- Rochester Mayor or other “local celebrities” hand out water
- Weekly email reminders Wednesday mornings
- Partnering with similar walking campaigns (CardioVision 2020 “Walk & Win, 2008)

# Challenges/Barriers

- **Staffing (limited number of hours to staff Water Stop)**
- **Minnesota weather – do have indoor backup plan, but participation rates are lower when Water Stop is indoors**
- **Midday walks are not feasible to many in the patient care sector; noontime meetings**

# Findings (2008)

- Total registrants: **373**
- Avg. stops to downtown Water Stop per week: **153.5**
- Average weeks walked per participant total: **10.4 out of 15 weeks**
- Certificates returned at end of program: **57%**

# Self-Reported Data

- Post-Survey forms returned: **114 (31% of registrants)**
- **95.6%** were female
- Average age: **47.1 years old**
- “Would you participate in WW if it were offered next year?” **100%**

# Self-Reported Data

- “In your opinion, did WW increase your activity level during the work week?”
  - Yes: **87.7%**; No: **8.7%**; unable to assess or not sure: **3.5%**
- “What is your Dan Abraham Healthy Living Center status?”
  - Active member: **34.2%**; not a member: **65.8%**

# Self-Reported Data

- Many commented the program motivates them to walk at work when they typically wouldn't
- Many enjoy the camaraderie of walking with co-workers, seeing others out walking, etc.
- Many wished the Water Stop was open longer than 1.5 hours

# Action Items

- 1. Continue to offer physical activity programs to employees of every fitness level**
- 2. Promote the small “first steps” needed to become more physically active**
- 3. Small incentives (free water) help motivate people to become more physically active**