

What is Healthy You?

Healthy You is the K-State Research and Extension (KSRE) Employee Wellness Program. The vision of Healthy You is that a culture of health will exist for KSRE employees to model healthy behaviors as they conduct their professional responsibilities.

KSRE employees were invited to participate in three surveys to determine personal health risks, needs and interests related to wellness, and a worksite audit. Healthy You goals and activities are based on survey results.

What are the goals of Healthy You?

Four focus areas identified by KSRE employees include: Physical activity, healthy eating, self-care (to address personal health risks); and work-life effectiveness. Desired outcomes are that employees will:

- lead a more active lifestyle,
- model healthy eating,
- know personal health status and address personal health risk factors,
- manage priorities in professional and personal life effectively.

More details about goals and a Logic Model for Healthy You can be found at www.healthyyou.ksre.ksu.edu.

What is required from KSRE staff?

While participation is strongly encouraged and supported by KSRE administration, it is voluntary.

How can KSRE board members support KSRE employees?

Board members can be supportive in a variety of ways. The Healthy You Leadership team encourages you to work with agents, assistants and support staff and to:

- Learn more about Healthy You
- Establish a local wellness team, or participate in a local effort
- Adopt the KSRE Healthy Foods Agreement
- Consider schedule flexibility for employees to support physical activity breaks
- Encourage employees to use benefits provided through health insurance
- Model healthy eating and physical activity at KSRE events, training, meetings, etc.

K-State Research and Extension Healthy Foods Agreement

K-State Research and Extension (KSRE) supports and promotes positive employee health behaviors. Since heart disease, cancer and stroke – the top three causes of premature death in Kansas – are greatly affected by lifestyle choices, people are more interested in eating healthy, being more physically active, and managing stress more effectively.

In January of 2012, KSRE administration agreed that all activities, staff and volunteer meetings, events, and training – sponsored or supported by this organization – will include opportunities for healthy foods and beverages by:

• Serving one or more of these healthful items in the right portions*:

Fruits and/or vegetables – fresh, frozen, or canned fruits and vegetables; dried fruits;100% fruit juices.

Fat-free and low fat dairy products – such as fat-free (skim) or low fat (1%) milk (also lactose-free); fat-free or low fat yogurt; low fat cheese; and calciumfortified soy beverages.

Whole grains -- such as low fat whole grain crackers, bread, tortillas, pasta, and rice; whole-grain ready-to-eat cereal and oatmeal; low-fat popcorn and baked tortilla chips.

Lean and low fat protein foods – such as lean and low fat meat, poultry, eggs, seafood, beans and peas, processed soy products, nuts, and seeds.

Water

Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Source: http://www.choosemyplate.gov/food-groups/

• Identifying healthy eating opportunities:

Including identification of restaurants, caterers and other vendors where healthy food choices are readily available.

• Providing encouragement from group leadership to enjoy healthy foods:

Including promotion of healthy lifestyles; and modeling of healthy food choices by employees and group leaders.

K-State Research and Extension (county/district):