

Oregon Department of Corrections Employee Safety and Wellness Strategic Initiative Team

Establish heart-wellness exercise options at every DOC worksite
All functional units provide annual flu shots and health screenings

Current Heart Healthy Exercise Options/Events per Facility

Brentwood

Has an established Wellness Committee

Heart Healthy Related Events/Options

- A group of people have started a walking program along 13th Street
- Jan 2009—starting a Weight Watchers group

Other Wellness Related Events/Options

- No exercise options, lockers or showers here

Central Distribution Center

Currently, no Wellness Committee

Heart Healthy Related Events/Options

- PEBB Sponsored events---i.e. Flu shots, HepB immunizations, Yearly TB clinics
- Warehouse walk indoors

Other Wellness Related Events/Options

- Yearly Staff BBQ

Coffee Creek Correctional Facility

Wellness Committee Formation Underway

Heart Healthy Related Events/Options

- Fitness Center
- Sponsored Events (Runs in Community)
- PEBB sponsored clinics
- Walking Teams meet at Lunch
- On-site BP machine

Other Wellness Related Events/Options

- Safety Boards
- Safety Competitions
- ESS for Stress
- Weekly Emails regarding Safety and Wellness
- Established Wellness committee by-laws recently

Columbia River Correctional Institution

Has an established Wellness Committee

Heart Healthy Related Events/Options

- Nature trail thru the wetlands
- Staff garden
- Weight committee—trying to raise funds to purchase weight equipment.

Deer Ridge Correctional Institution

Eastern Oregon Correctional Institution

Has an established Wellness Committee

Heart Healthy Related Events/Options

- Kick off Wellness/Health Fair
- Extensive salad bar w/vinaigrette dressing options
- Health Checks screening
- Healthy Portions for Lunch
- On site BP machine

Other Wellness Related Events/Options

- Established Wellness Committee/Bylaws
- Providing Filtered Water to Staff
- Wellness Info on Board in Break Room
- Walking Path
- Wellness Emails to all staff

Health Services Admin

Currently, no Wellness Committee

Heart Healthy Related Events/Options

- Walking during breaks

Other Wellness Related Events/Options

- Off –Site Activities
- At Work Weight Watchers meetings

Mill Creek Correctional Facility/Santiam Correctional Institution

Has an established Wellness Committee

Some of these bulleted items have already been established; some are in the planning stages

- Programs, Activities, educational opportunities for all staff
- Develop wellness resources center

- ❑ Post EAP flyers in the facilities
- ❑ Bulletin Boards
- ❑ Disseminate Oregon Savings and Growth Plan Information
- ❑ Fitness Work Outs/Center
- ❑ Walking Groups
- ❑ Nutrition/Weight Management Classes
- ❑ Charitable Community Events
- ❑ Coordination of 5K Fun Run/Walk
- ❑ Winter Wellness Fair

Oregon State Correctional Institution

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ Perimeter Walking (Safety Vests available)
- ❑ Pickle Ball during count
- ❑ Can use weights in gym during designated times

Other Wellness Related Events/Options

- ❑ Staff Newsletter has wellness related articles
- ❑ Wellness bulletin board
- ❑ At Work Weight Watchers Meetings
- ❑ Bi-Monthly emails with focus on physical fitness, financial wellness, nutrition, or stress management

Oregon State Penitentiary

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ 24/7 Fitness Center
- ❑ Perimeter walk around wall
- ❑ Worksite Health Screenings
- ❑ On Site blood pressure machine

Other Wellness Related Events/Options

- ❑ Wellness Information Center
- ❑ Wellness and Safety Bulletins posted
- ❑ At Work Weight Watchers meetings
- ❑ Monthly emails about Employee Assistance Program

Powder River Correctional Facility

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ Promotion of walking groups during count

Other Wellness Related Events/Options

- ❑ Weekly wellness newsletter via email
- ❑ Wellness bulletin board

Shutter Creek Correctional Institution

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ Walking Trail
- ❑ Staff Wellness Center with weight and cardio equipment
- ❑ Off site-activities

Other Wellness Related Events/Options

- ❑ Annual Health Screening and Flu Shot clinic
- ❑ Wellness Bulletin Board
- ❑ Off site-activities

Snake River Correctional Institution

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ Group Walks, Institution Wide and Community Events
- ❑ Walking around the facility (inside the corridors, on access road, etc.)
- ❑ Work Out Center with both cardio and strength training equipment
- ❑ PEBB screenings
- ❑ BP Monitor
- ❑ Staff salad bar and lower-fat entrée choices

Other Wellness Related Events/Options

- ❑ Monthly Newsletter
- ❑ Monthly Meetings
- ❑ Library for Staff
- ❑ Monthly Postings of Events in Community
- ❑ Development of By-Laws
- ❑ Development of Walking Track
- ❑ Wellness/Fitness Fair
- ❑ Mobile Mammography Unit/Life Flight Memberships
- ❑ Annual Golf Tournament

South Fork Forest Camp

Currently, no Wellness Committee

Heart Healthy Related Events/Options

- ❑ Fitness Center for staff

Two Rivers Correctional Institution

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ Wellness Fair
- ❑ 24 hr Fitness Center
- ❑ Walking Track
- ❑ Currently doing a “biggest loser” contest

Other Wellness Related Events/Options

- ❑ Dissemination of information, email links, recipes, healthy choice options
- ❑ Food Services has a large supply of heart healthy meals available
- ❑ Seminars on wellness topics
- ❑ Identify Theft and Protection Information
- ❑ Functional Unit Manager is very supportive of all wellness-related events

Warner Creek Correctional Facility

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ A Wellness Trail with exercise stations complete with picnic tables and several places to sit and view the Goose Lake Valley.
- ❑ Rubber mats ordered and several exercise machines have been donated to our Staff Wellness Center.

Other Wellness Related Events/Options

- ❑ PEBB screenings and flu shots have been scheduled for late October and early November.
- ❑ A display board is being built to display wellness ideas and healthy menus.
- ❑ Staff dining has a good selection of salads for those wishing to eat healthier.

Linn County Corrections

Has an established Wellness Committee

Heart Healthy Related Events/Options

- ❑ Snack Vending Machines to include healthy beverages such as juice, water and tea
- ❑ Exercise/Walking Trail outside of building
- ❑ Utilization of conference room for video exercise classes

Other Wellness Related Events/Options

- ❑ Wellness Bulletin Board

Douglas County Corrections

-  Staff walk and exercise on their breaks
-  Cafeteria

Office of Population Management