

Community Success Story:

Worksites Join Together to Conduct 5k Walk in their Community

District Health Department #10

Summary

Four businesses and organizations in Kalkaska County (Kalkaska Memorial Hospital, Kalkaska County, Coding Products, and Dewey Insurance) participated in the Worksite Wellness program conducted by District Health Department #10. Each assessed their own worksite, surveyed employees, planned programs and events, and developed environmental and policy changes to improve the health of their workforce. Quarterly meetings of the four worksite representatives provided the opportunity to discuss any successes, challenges, and ideas.

At the last quarterly meeting of the grant year, representatives from the four sites discussed encouraging their employees to participate in the annual Pumpkin Run on October 19, 2013 in Kalkaska. During that discussion, the worksite representatives decided that they really wanted to target those who were less active. That led to the decision to hold a non-competitive, free 5k event for their employees, especially those who had never participated in a race. A decision was made to plan and conduct the “Blazing Worksite Wellness 5k Walk” on October 12, 2013.



Participants from the first Blazing Worksite Wellness 5k Walk

Challenges

The organizations had about a month to plan the event. The four worksites needed to work together and pool resources in the community to make this event happen. Also, the businesses ranged greatly in the population size of employees, from 13 to 300 and determining how to engage all the employees needed to be worked through.

Contact Information:
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Solutions

Representatives from the worksites, with the help of the health department, identified the trail, made arrangements for healthy food and water to be donated, developed a flyer and publicized the event. *Live Well* shirts from the health department were given to all who participated.

A trophy was made and each worksite had the chance to have it for a few days to show employees. It was determined that the winner would be the worksite with the highest percentage of participants. Family and friends were invited to participate, but the 5k event was not timed or open to the public. Everyone who finished the 5K would receive a shirt. Since it was a new event, with another 5k a week later, the number of people attending was a guess. It was hoped that the event would draw over 20 participants.

Results

On race day, the response was overwhelming! Over 100 people participated! Many had never walked in a 5k event. Everyone finished. The worksites were delighted with the participation and with the comments they heard. Dewey Insurance was the winner of the trophy. They had 15 participants in the 5k, including 13 staff.

The worksites in this community understood and adopted the concepts of working together for a healthier community. This event is just one example of coordination, assessing need and interest, sharing resources, sustainability, fun, and gearing the program to the targeted group. The success of this event can also encourage participation in future events. As a result, plans for the second annual Blazing Worksite Wellness 5k Walk are under way.



Participants in the **2013 Blazing Worksite Wellness 5k Walk**
and the 2013 Trophy

Over **100** participants and everyone finished!