

**WT Nursing Health & Wellness Clinic: A Mission for Workplace Wellness**

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**Issue of Concern:**

**Adult Obesity:**

- Identified by calculating Body Mass Index (BMI)
  - Overweight = BMI 25.0- <30.0
  - Obese = BMI >30.0
- Complex disease that can cause many health detriments
- Combination of poor health behaviors results in obesity
- Combination of healthy behaviors required to overcome obesity

**Presence of Obesity on Campus:**

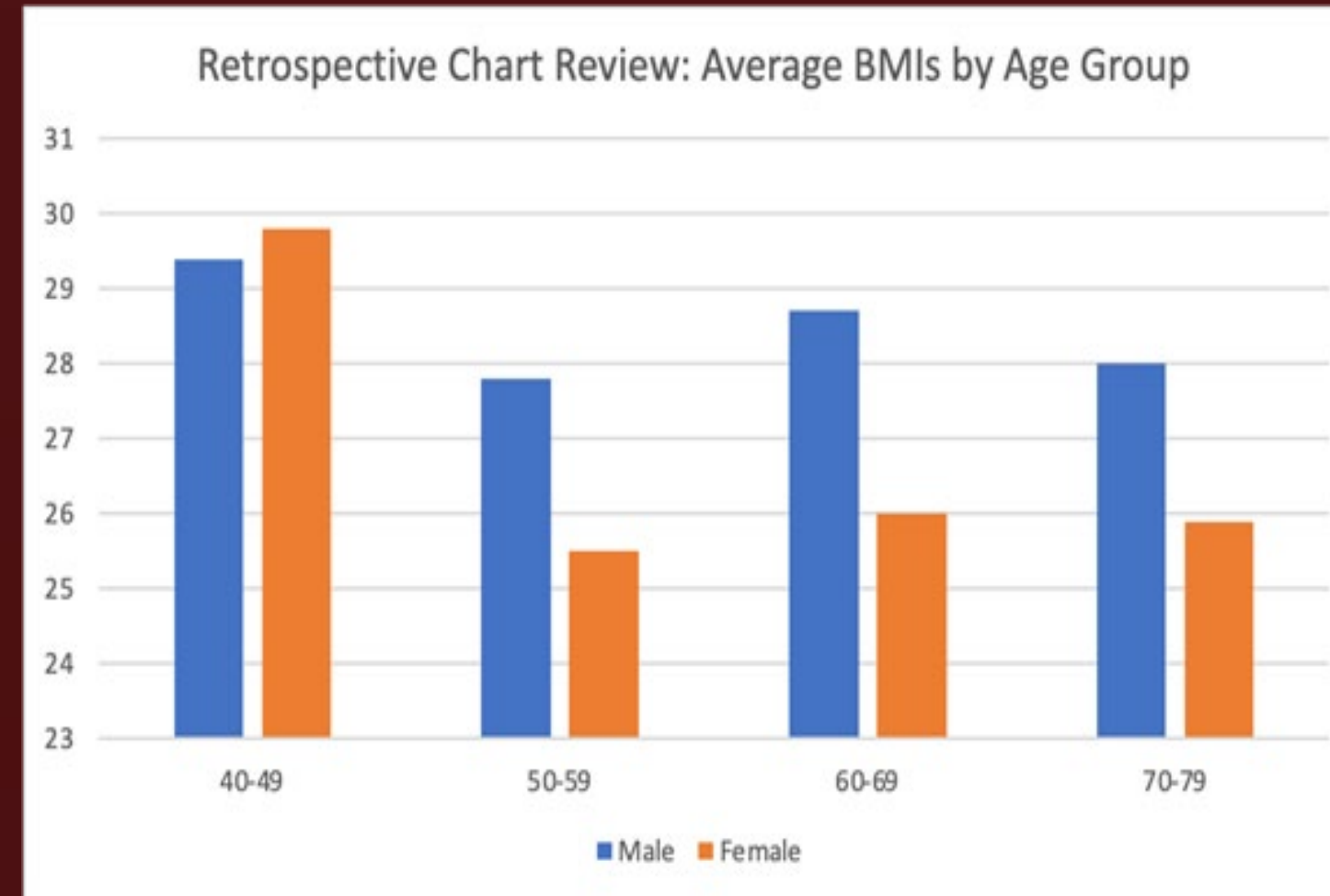
- Population Evaluated
  - WTAMU faculty and staff
- Retrospective chart review analyzed 141 adults ages 40-81
- Average BMI on these patients is 26.8

**Theoretical Framework:**

- Nola Pender's Health Promotion Model (HPM)
- Aimed at helping people achieve well-being at the highest level
  - Assists providers and patients in identifying poor health behaviors
  - Motivational model that reflects on cognitive-perceptual factors that influence lifestyle behaviors (Khodaveisi et al, 2017)

**Review of Literature:**

- Obesity continues to be a global health burden and is linked with many non-communicable acute and chronic illnesses (Inoue, Qin, Poti, Sokol, & Gordon-Larsen, 2018)
- National Health and Nutrition Examination survey reveals the highest prevalence of obesity falls in the adult age group of 40-59 (Inoue, Qin, Poti, Sokol, & Gordon-Larsen, 2018)
- Trends suggest that 22% of the workforce will be obese by 2045 (Medical Xpress, 2018)
- Research supports the need for efficiency of obesity intervention and treatment policies to further prevent obesity (Inoue, Qin, Poti, Sokol, & Gordon-Larsen, 2018)
- The Centers of Disease Control and Prevention supports strategies to promote physical activity including the use of paths and trails in work environments (CDC, 2020)



Weight-Related Conditions	Percent of Weight Loss to Benefit Health
Type 2 Diabetes or Pre-Diabetic	3 to 10 percent
High Blood Pressure	5 to 15 percent
High Cholesterol	3 to 15 percent
Acid Reflux or GERD	5 to 10 percent
Ovarian Cysts	5 to 15 percent
Sleep Apnea	5 to 10 percent

(Sahebzamani, Budd, & Gondran, 2017)

**Elements of Walk WT**

- Design based on American Heart Association (AHA) 6-Week Beginner Walking Program
- Open to all faculty and staff on campus
- Program set to meet 1/week in person and participate daily individually using the AHA walking plan
- Movement to promote accountability between Wellness Clinic faculty and participants
- Movement to promote utilization of Wellness Clinic
- Movement to restore clinic assessment techniques focused on health wellness

**Objectives of Walk WT for Campus Wellness:**

- Support active participants in daily walking program
- Empower faculty and staff to achieve health through exercise
- Minimize secondary health issues seen among patients
- Promote a healthy campus community

**Conclusions:**

- 6 participants showed up to first session and walked approximately 1.35 mi utilizing outdoor campus sidewalks
- Approval and interest shown among all participants
- The Covid-19 pandemic restrictions produced interruption of the program causing the movement to be cut short in terms of in-person meeting and utilization of campus resources

**Future Plans:**

- Restorations of the Walk WT movement plan to continue and restart once Covid-19 restrictions have been lifted
- Receive approval from IRB to implement data collection
- Analyzation of outcomes will be fulfilled to demonstrate evidence of benefits of walking and exercise on an individual's health
- Promote health screenings at employee wellness exams
- Incorporate nutrition and exercise education into wellness exams



References available upon request