

# MechSE WELLness

## C06 Health Promotion

### **Intent: Cultivate a culture that prioritizes the health and well-being of all individuals.**

If employees are unaware of the health promotion opportunities available to them, they are unlikely to participate. Communication campaigns can effectively increase awareness about workplace programs, opportunities, and services. Research shows that organizations can build an internal culture of health through health promotion programs and business strategy, promoted through consistent communications, championed by leadership, given dedicated resources, and supported by high employee engagement.

**Impact: Successful workplace health programs improve job satisfaction, sense of well-being, self-esteem, overall health status, and reduce stress and health risks.**

### **What are the requirements to earn this credit?**

1. Posters, signage, or digital communication that reinforces our culture of health.
2. Highlight occupants who exemplify our health culture.
3. WELLness committee meets at least quarterly to actively plan and implement wellness programs.

### **How is MechSE accomplishing these requirements?**

Our MechSE WELLness Committee meets monthly during the spring and fall semester to brainstorm effective promotion of a culture of health and well-being for the faculty, staff, and students in our department. This committee monitors campus and university wellness programs to enhance our awareness of their availability via the digital screens, email, and posters distributed throughout our spaces. Additionally, the committee is open to ideas from faculty, staff, and students regards novel ways we can contribute to our best health in collaboration with others.

