

# Eskenazi Health

August 25<sup>th</sup> 2020



#### Eskenazi Health

The mission of Eskenazi Health is to Advocate, Care, Teach, Serve with special emphasis on the vulnerable populations of Marion County.



#### Our employees

- 3,400 Employees
  - 1700 Clinical Care (Nurses, PA, MA, etc.)
  - 400 Primary Care
  - 400 IEMS
  - 400 Sandra Eskenazi Mental Health Centers
  - 500 Administrative



#### Building Wellness

#### Research

Books, mentors, organizations, other health care systems, CDC

#### Attempting

Succeeding

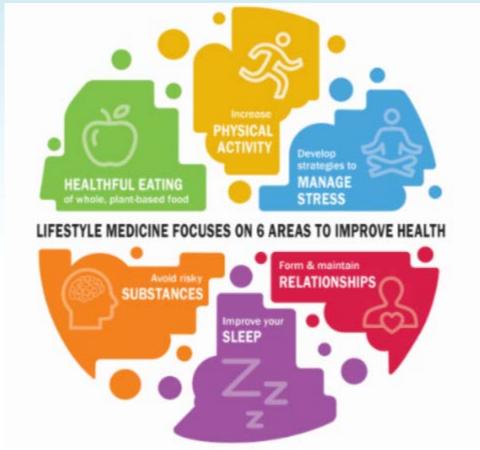
Failing

Being Innovative

Partnerships



## Lifestyle Medicine



American College of Lifestyle Medicine, www.lifestylemedicine.com, 2019



#### Increase Physical Activity

- Fitness Center
- Streaming services
- Running Club
- IN Corporate Challenge
- Challenges
- Walking Trails
- Healthy Me



HealthyMe





## Healthful Eating

- Cafeteria
- Café Soleil
- Fresh for you Market
- Lifestyle Health and Wellness Center
  - Weight Loss
  - Functional Nutrition
  - Weight Loss
  - Cooking Classes
- Fresh Veggie Friday
- Farmer's Market
- Food as Medicine for Everyone







#### Manage Stress

- Center of Mind-Body Medicine
  - Trainings
  - Adoptions of Modalities
- Skyfarm
- Marianne Tobias Music
  Program at Eskenazi Health
- Commonground
- Pet Therapy
- Ergonomics







# Form & Maintain Relationships

- Commonground
- Employee Appreciation Week
- IN Corporate Challenge
- Fun Committee
- Farmer's Market





#### Improve Sleep

- Supporting lifestyle
  - Physical Activity
  - Healthful Eating
  - Stress
  - Relationships
  - Risky Substances



#### Avoid Risky Substances

- Smoke Free Campus
- Tobacco Free Employee
  Premiums
- EAP
- Substance Abuse Centers



#### Covid-19 Response

- Respite Rooms
- Streaming fitness to all employees
- Live virtual exercise classes

- Programs became virtual
- Calm App
- Video casting/Podcasting



#### Measuring Success

- Participation
- Lifestyle Health and Wellness Center
  - Budget
  - Participation numbers
  - Programming
- Partnership Development



#### Learning for the Future

- Nurture Relationships
- Lifestyle programming accessibility and sustainability
- Unified Long Term Strategy
- Employee Based Wellness Committee

