



D. E. W. Ambassador Roles & Responsibilities

What is a D.E.W. Ambassador?

A DCPS Employee Wellness or D.E.W. Ambassador is a staff member with a commitment to health that serves as an ambassador for Employee Wellness. They volunteer to assist in the implementation and coordination of wellness initiatives at their location. They share information, engage friends and colleagues to participate in wellness programs and create excitement around leading a healthy lifestyle.

What will I do?

- Serve as a liaison between Employee Wellness and personnel at the work location to promote and communicate wellness & benefit programs.
- Have interest and commitment to wellness by promoting the program through leadership, enthusiasm and guidance.
- Attend mandatory wellness training workshops, designed to provide skills and support.
- Become knowledgeable of the District Wellness Policy.
- Survey the staff on interest and needs to plan and coordinate onsite programs.
- Set an achievable goal or goals for the year.
- Complete quarterly programs (fitness challenge, educational classes, health fairs, etc.) on various health topics.
- Promote monthly health topics and encourage participation in district sponsored wellness programs and screenings.
- Coordinate the implementation of wellness activities at the work location, including scheduling, promoting and evaluating the program.
- The D.E.W. Ambassador must provide Sign-in sheets, program description and outcome and evaluation form to highlight the worksite wellness program.
- Have Fun!

What will I get?

D.E.W. Ambassador will receive incentive prizes, recognition and professional development points for participation. Serving as a D.E.W. Ambassador will not take a lot of extra time during the day. This role is essential, however, to the success of the overall wellness program.

How can I apply?

If you are looking for a unique opportunity to help yourself and others to improve health and well-being, please become a DCPS Employee Wellness Ambassador. For more information, please contact Tonya Hill, Wellness Coordinator at 904-390-2916 or

hill-willt@duvalschools.org

Thanks for making a difference!

Employee Wellness Mission:

The mission of Duval County Public School (DCPS) Wellness Program is to increase health awareness, promote positive lifestyles, decrease the risk of disease and enhance the quality of life of employees and their families.

Overall Goals of Employee Wellness:

1. Create and maintain a "wellness culture"
2. Keep the "healthy" population "healthy"
3. Identify those at risk
4. Provide resources for those at risk
5. Provide disease management for those with chronic conditions
6. Measure outcomes

Wellness Program Targets:

- Cardiovascular Disease: Blood Pressure, Cholesterol
- Diabetes
- Exercise & Fitness
- Nutrition & Weight Loss
- Mental Health: Stress, Anxiety, Depression
- Addictive Behaviors: Smoking, Alcohol & Drugs
- Preventive Screenings

Key Components of Health Promotion for Staff:

Education & Awareness: Provision of workshops, classes, and information on common health issues for school staff members such as healthy lifestyle behaviors, eating, physical activity, and injury prevention. **Request Wellness Seminars from CCW 296-9436.**

Making Physical Activity Accessible: Create opportunities to integrate physical activity in the school day such as walking, jogging or yoga programs. **Request an Onsite Exercise Class from area fitness center (\$)**

Focus on Healthier Eating: Access to healthy options for staff to eat and drink throughout the school day. **Email Diane Pain, Food Service paind@duvalschools.org**

Weight Control Programs & Nutrition Programs: Support and resources provided such as assessment of current diet and goal setting to eat healthier. Resources provided can include meal planning, education on healthy foods, weight check-ins. **Request Weight Watchers at Work (\$)**

Immunization: Provision of immunization for common illnesses found in the school environment such as the flu. **On-Site Flu Shot Clinics Provided**

Biometric Health Screenings: Periodic screening at school for blood pressure, blood cholesterol, blood sugar, body mass index, bone density scans, mammography, and other health indicators with advice on appropriate follow-up medical treatment. **On-Site Health Screenings Provided**

Personal Health Assessments: to help staff members establish personal health improvement goals. **Online Health Risk Assessments located on Wellness website**

Stress Management Strategies: Provision of workshops, information and counseling on how to manage stresses specific to the school environment and how to balance work and family. **Request Wellness Seminar from CCW 296-9436**

Targeting the Entire Family: Encourage staff members and their families to set medical appointments for screenings for cancer, heart disease, diabetes, and other diseases. **Work with PTA to do family health themed activities.**

Care Management: Our care management programs offer condition-specific education and information to help employees understand their disease better and take a more active role in controlling it. These programs, along with the sound advice of physicians, provide employees with the support to take charge of their health. **Provided by BCBS at www.bcbsfl.com**

Tailor Activities to Needs: ongoing assessments and surveys of the staff wellness plan to update and improve its effectiveness. **Survey on Wellness Website at: <http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/index.asp>**

Monthly Wellness Themes:

August- National Immunization Month
www.cdc.gov/vaccines/events/niam/default.htm

September- National Cholesterol Education Month
hp2010.nhlbihin.net/cholmonth/

October- Health Risk Assessment Campaign/Know Your Numbers
<http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/index.asp>

November- American Diabetes Month
www.diabetes.org

December- Maintain, No Gain
<http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/challenges.asp>

January- Tobacco Cessation
<http://www.quitsmokingnowfirstcoast.com/>

February- American Heart Month
www.americanheart.org/presenter.jhtml?identifier=4441

March- National Nutrition Month
www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_home.htm

April- Weight Control
http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/why_weight.asp

May- American Stroke Month
www.americanheart.org/presenter.jhtml?identifier=3073279

June- Health & Fitness
http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/downloads/fitness_centers.pdf

July- UV Safety
www.aao.org/aaoesite/eyemd/uv.cfm