

# OneCare Vermont Network Success Story

## RiseVT: Engagement with Businesses



RiseVT is a community-wide effort to integrate healthy activities into the daily life of individuals, families, and the community as a whole. RiseVT partners with businesses, schools, and municipalities to promote wellness and reduce the cost of healthcare. RiseVT was formed in 2015 by leaders in Franklin and Grand Isle Counties to address the growing problem of obesity. Due to the success of this initiative, it is expanding to additional communities in Vermont. Below is information on RiseVT's partnership with local businesses and organizations. Future issues will highlight innovative collaboration with schools and with municipalities.

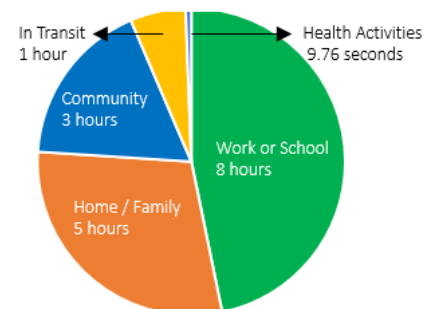
## Spotlight on Franklin and Grand Isle Counties

### *Where we live, work, learn, and play shapes our ability to be healthy*

Working adults spend the majority of their time in sedentary work environments, often with limited food choices. The culture and policies of organizations have a profound impact on the health behaviors of employees. RiseVT staff works closely with interested local employers to foster employer-based wellness initiatives that integrate the following:

- Support of physical activity, stress management, and healthy eating choices.
- Support for nursing mothers and promotion of tobacco cessation.
- Encouraging community involvement and offering wellness incentives.

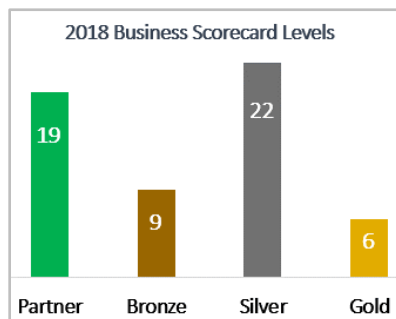
Breakdown of an Adult's Average Day



## Highlights and Outcomes

### RiseVT Business Scorecard:

Businesses are assessed based on their wellness activities. The four levels of achievement are: Partnership, Bronze, Silver, or Gold. RiseVT staff work closely to guide movement to the next level.



Since 2015, 56 businesses have been assessed.

The RiseVT scorecards are aligned with CDC best practices.

### *RiseVT is actively working with 56 businesses, which includes 3700+ Employees*

- Engaged businesses have developed a variety of innovative activities. RE/MAX Destinations created a healthy lunch club. The City of St. Albans developed a wellness committee which holds health challenges, offers incentives, and encourages use of the municipal gymnasium during inclement weather.
- A RiseVT Health Coach is available to provide small businesses individual health coaching to employees. For the 17 organizations that have utilized this resource, data supports a significant decrease in aggregate BMI and blood pressure readings over time.
- Small businesses often do not have resources for wellness programs. In 2016, RiseVT helped create the St. Albans Small Business Umbrella (SBU) for organizations with fewer than 50 employees. The SBU creates the equivalent of a wellness committee and provides guidance on employee wellness activities. The SBU is being replicated in Enosburg and Swanton.

## Lessons Learned

- Businesses embracing healthy lifestyles generate participation, momentum, and enthusiasm for community-wide wellness initiatives.
- There are opportunities to connect Vermont's smallest employers to free wellness programming.
- Businesses are ready and willing to promote employee wellness to recruit and retain talented Vermonters!
- For further information contact: Franklin-Grand Isle Program Manager Denise Smith ([dsmith@nmcinc.org](mailto:dsmith@nmcinc.org)) or Statewide Program Manager Emmy Wollenburg ([Emelia.wollenburg@onecarevt.org](mailto:Emelia.wollenburg@onecarevt.org))

*Great work Franklin and Grand Isle Communities – you are a strong leader in wellness and prevention in the State of Vermont!*