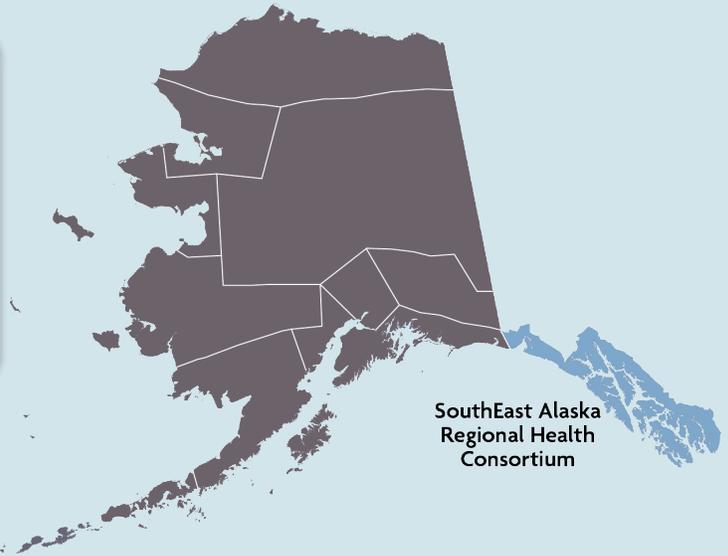




Activity Spotlight: Physical Activity Improvements

In 2014, SouthEast Alaska Regional Health Consortium (SEARHC) completed a community health assessment, which revealed its communities were concerned about high rates of obesity. To address this, SEARHC worked with community stakeholders to develop strategies to increase the number of SEARHC Mt. Edgecumbe employees and patients maintaining a healthy weight.



SouthEast Alaska Regional Health Consortium



Success: SEARHC increased opportunities for physical activity on its campus

SEARHC's Wellness Strategies for Health (WSH) team began its worksite environmental change strategies with the implementation of a stair climbing campaign. Modeled after the Centers for Disease Control and Prevention's (CDC) StairWELL project, the WSH team posted motivational signs around campus encouraging stair use. Next, building off its fitness center expansion, the WSH team changed the fitness center's user policy to allow employees' family members use of the facility.

To encourage bicycle usage, SEARHC became a League of American Bicyclists' Bicycle Friendly Business and installed a bike repair station on campus. Lastly, to encourage more movement throughout campus, the WSH team advocated for a new forest walking trail through campus.

Through these efforts, SEARHC continues its commitment to community health and its vision "to promote a healthy balance of mind, body, and spirit."



SEARHC Physical Activity Environmental Changes Timeline



- Background -

SEARHC is a sub-awardee of the Alaska Native Tribal Health Consortium Epidemiology Center's WSH Program*, which is part of CDC's Good Health and Wellness in Indian Country (GHWIC). The program promotes community-chosen and culturally-responsive policy, system, and environmental improvements to support healthy living and chronic disease prevention among Alaska Native and American Indian people.

