



WILLIE J. GILCHRIST
CHANCELLOR


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MEMORANDUM

TO: University Employees

FROM: Willie J. Gilchrist, Chancellor 

RE: New Employee Worksite Wellness Policy

DATE: March 28, 2008

Effective February 1, 2008, the Office of State Personnel adopted a new Worksite Wellness Policy that provides a foundation for universities to create worksite wellness programs for their employees. The policy addresses many of the barriers that have previously limited wellness programs for state employees and outlines how these wellness programs may be organized to incorporate wellness into the workplace and to empower individuals to gain more control of their health. Wellness committees within the universities will be charged with:

- Providing increased support and opportunities in the workplace for physical activity, healthy eating, tobacco cessation, and stress management,
- Increasing employees' awareness of healthy lifestyle choices, and
- Promoting resources and benefits, like the State Health Plan's tobacco cessation Pharmacy program.

The policy is available on the OSP web site, <http://www.osp.state.nc.us/manuals/man8-9.html>. It will also be included in ECSU's Policy and Procedures Manual if approved at the Board of Trustees meeting in June. The NC State Health Plan has developed resources to assist universities in the development of effective worksites wellness programs for their employees. For more information, see www.shpnc.org/worksite-wellness.html.

The universities have been asked to designate a Wellness Leader to provide oversight and leadership for the wellness programs. I am very pleased that Mrs. Paula Bowe will assume the role of Wellness Leader for Elizabeth City State University. Mrs. Bowe brings strong leadership and management skills to this key role.

We are fortunate to have a Wellness Committee in place at Elizabeth City State University. I extend my appreciation to those who have served and continue to recommend wellness programs to me for implementation. The Worksite Wellness Policy will provide an opportunity to take our wellness programs to the next level.

I am committed to creating a strong and dynamic worksite wellness program for our employees and ask that you join with me in supporting this important effort to promote health and wellness in the workplace. You will be receiving more information about the Worksite Wellness Program in the coming months.