

# Team Spice Island

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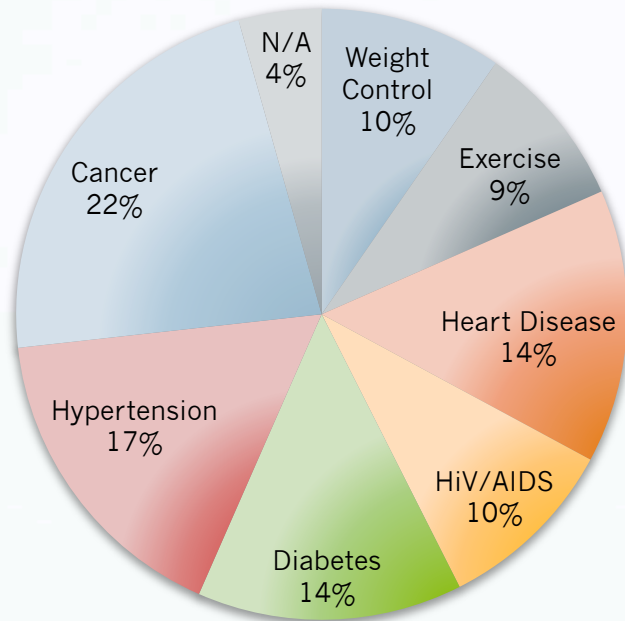
# Project Overview



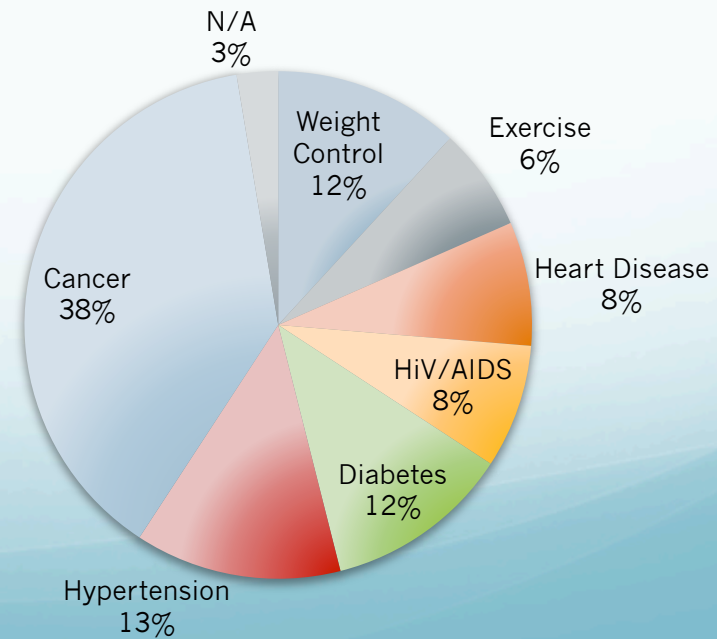
# Pop Quiz

- What do you think was ranked at the top health issue for Spice Island Resort employees?
  - a. Cancer
  - b. Hypertension
  - c. Diabetes
  - d. HIV/AIDS
  - e. Heart disease
  - f. Exercise
  - g. Weight control

## Overall Top Choices



## First Choice



n = 76

# Fast Findings

How would you like to receive information about health education topics? **Health fair – 36**

How often would you like to receive health education? **Once a month – 33**

When would be the most convenient time to receive health education? **After work – 39**

How willing would you be to participate in a walking group? **Most willing – 39**

If fresh fruit were made available at lunch, how willing would you be to eat it? **Most willing - 66**

# Challenges

- Survey environment
  - Loud (tv, music, side conversations)
  - Not confidential
- Many of the same people at canteen everyday
- Reluctance at first
  - Needed to build trust
- Survey question
  - Willingness scale

# Recommendations

- Partner with SGU students and/or UMSPH to begin implementing education and wellness program initiatives
- Fruit follow up – types of fruit
- Kick-off health fair event for wellness initiatives at Spice Island
- Social media (fb, email)
- Possibility of consistent exercise/health programs in the future

# Closing Points

- The answer is in the community.
  - Asking employees what works for them
- Employees of Spice Island Resort were very friendly and receptive to the survey. Many were eager to hear what would be done with the results and enjoyed engaging in conversation.
- Mutual learning experience



# Acknowledgments

- Spice Island Resort
  - Michelle McDonald
  - Spice Island Resort workers
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- University of Michigan
  - Dana Thomas, Phyllis Meadows, Rohan Jeremiah, Chinyere Neale, Leslie Stainton

# Questions?

