

Service Learning Project: Reflection Paper

Health and Wellness Administration (EXSC 431W; CRN 23551)

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On February 16th, I had the opportunity to act as a medical professional in a health screening for Busch LLC in Virginia Beach. This was my first time being involved with a community event so my initial expectations involved a lot of nervousness from my end due to the nature of the topics we were going to be discussing with the employees. Although I had these feelings, I was excited to gain the experience while also being able to help others learn about different aspects of their health.

In steep contrast to how I initially felt about the health screening, I ended up genuinely enjoying my time and gained a lot of valuable experience that boosted my confidence in myself. A lot of my fears stemmed from two things; I was afraid speaking about body composition would become awkward and also I was worried about if I'd be able to properly explain myself using verbiage understandable by the average person. To my surprise, all of the employees I performed a screening on were well informed on the ins and outs of what blood pressure and body composition are and their importance to individuals' health. One of the employees I screened was present at the screenings the day before but was just really excited to get his numbers checked and even asked to listen to his heartbeat through the stethoscope! It was really nice seeing him genuinely interested in not just receiving his numbers but just conversing with me about his health. While there I learned that pretty much all of the employees were educated on the importance of healthy body composition and blood pressure but some just lacked the guidance after gaining knowledge to start and maintain healthier habits.

The most difficult but rewarding part about participating in the health screening was being personable to the employees while also being honest and informative with their results. The first employee I performed a screening on was an African American woman who is from the south, like me, and was overweight with high blood pressure. After I told her what risk

categories she fell under we spent a while talking about her upbringing and how she knows she needs to lose weight. Having this conversation with her made me grateful that I could relate to her and connect with her in a way that made her feel comfortable. The best part of this experience was being able to connect with people I don't come in contact with within my daily life and be able to be a guide to promote healthier lifestyles for people in sedentary workplaces.

From my personal experience with the population I screened, the main wellness issue was not having enough time to work out regularly. A specific program that I believe would work is for Busch LLC to continuously promote and carry out physical activities within the workplace. This could be accomplished by having daily sitewide exercise programs or through the establishment of a gym within the workplace for employees to utilize when convenient.

This program would be beneficial because the main concern with the employees not being active daily was due to lack of time. For a lot of people, work takes up a majority of the day and especially for those who commute and have family responsibilities to attend to outside of work, it can be hard to set aside time to achieve the recommended 30 minutes of physical activity a day. With the establishment of a gym and formulated exercise programs, it will make it more convenient for the employees to have access to a gym and also give them the opportunity to take a break from work to engage in physical activity. This would especially be helpful in a workplace setting because allowing employees time to be physically active between working may improve the work ethic and work culture throughout the business.

A program similar to the one I previously described has been put into practice and successfully completed. The Kentucky Employees' Health Plan (KEHP) established worksite physical activity plans that promoted workplace wellness in school districts. The plan was compromised with education programs, the establishment of 30 minutes of physical activity a

day (or 90 minutes a week), and also an incentive program for taking part in health screenings and engaging in exercise.

The establishment of a program of this nature would be of great help within Busch LLC because of the convenience factor involved. Another important aspect that would heed greater success would be to have support from employers and consistency. With the support of employers pushing to engage in physical activity and incentive programs to increase participation the program would likely have a high probability of success. Also, a digital media support team to remind employees to engage in daily programs could possibly be of support to maintain engagement and ensure program longevity.

Sources

Worksite physical activity success story: Kentucky. National Network of Public Health Institutes; 2001. https://nnphi.org/wp-content/uploads/2015/12/Kentucky-Success-Story_Final.pdf. Accessed March 16, 2022.