

Senate Benefits and Welfare Committee  
University of Pittsburgh  
Minutes of February 4, 2010

A219A Langley (Executive Conference Room)

Topic	Discussion	Action to be Taken
Call to order	P. Weiss called the meeting to order at 10:10 AM	
Committee Business (P. Weiss)	<p>1. Review of minutes from January 7, 2010 meeting. E. Strotmeyer will submit corrections to her report.</p> <p>2. Comments: Breast pumping locations; P. Weiss will follow up with Jay Frerotte, Environmental Health &amp; Safety, about a possible mailing list of campus building managers who could be asked about space availability.</p> <p>3. Change in membership:</p> <ul style="list-style-type: none"> <li>• Taekkia Blackman is the new student representative; historically student participation has been limited.</li> <li>• The staff representative, Gloria Limetti, has resigned her position. We expect the SAC President to appoint a replacement. As it happens, Pat has for a while now been sending Benefits &amp; Welfare meeting agendas to Steve Zupcic, SAC Benefits &amp; Welfare chair, at his request.</li> </ul> <p>4. Request for volunteers to take meeting minutes</p> <p>5. Guest meeting locations:</p> <ul style="list-style-type: none"> <li>• March 6<sup>th</sup> meeting will be held at the Dean's Conference Room, Fourth Floor, 430 Salk Hall, School of Dental Medicine.</li> </ul>	

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Benefits Office Report (J. Kozar)	<p>1. Report on H1N1 vaccinations: 440 faculty and staff were vaccinated. Announcements in the <i>University Times</i> and letter from Ron Frisch credited for the high participation rates.</p> <p>L. Rinaman stated that children under 18 years of age were not eligible to participate in the H1N1 vaccination program. She recommends that in the future advertisements be more specific relative to eligibility.</p> <p>2. The open enrollment process for 2011 has begun, and Mr. Jerome Cochran has commissioned this year's medical advisory board. Information packets will be sent out early in April.</p> <p>3. Health fair is being scheduled. The Weight Race has started and to date there has been good participation. The results will determine the success. Committee members are encouraged to access the Fitness for Life web site. The Weight Race participants will be surveyed to determine methods of improvement. The Benefits Office is working with J. Jakicic to improve the Weight Race program. Pharmacy, nursing, and J. Jakicic's department are key players in this year's Weight Race program. Five hundred participants are enrolled in the program; this year's goal is to engage participants. The first year that the Weight Race was offered there were 1,200 enrollees, but only 600 finished. Last year the number decreased. This year the numbers stabilized; no longer a novel program; therefore, it is attracting the more serious participants.</p> <p>4. J. Baker asked if there would be a health cost increase. J. Kozar responded that there will be a moderate increase but doesn't anticipate a large increase. The expected increase trend is 10%, but J. Kozar states that the university will perform better than average and that the increase will be fair. Discussion on Medicare coverage ensued.</p>	

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<p>Today's Topic: John Jakicic, Professor and Chair, Department of Health and Physical Activity, School of Education</p> <p><b>Fitness for Life-Physical exercise and weight control</b></p>	<p>1. J. Jakicic discussed ongoing programs, future plans, the academic and education mission, and the history through R. Robertson's wellness program. The Wellness Program involves individuals participating in exercise, using a facility, undergoing physiological testing and paying a fee for the service. A big budget does not exist for this program and it only can accommodate 120 people.</p> <p>2. University Club Fitness Center- Approximately 330 members participate in the fitness center and the numbers are increasing. Eighty to one hundred members visit the center weekly. The center is equipped with state of the art equipment and offers numerous classes such as yoga, aerobics, etc. Graduate students, interns and fitness center staff operate the center. The operation of the Fitness Center began with an orientation to use of equipment; in January personal training opportunities were offered at no cost. These initiatives were well received and may be a contributing factor with the increase in participation and enrollment. A weight management program was offered in concert with the Weight Race with the goal of losing weight and keeping it off. The program is available to University Club Fitness Center members only with no additional fee for service. Future direction and more support are needed in order to offer it to the University community as a whole. Currently the program is filled; limited space and no off site space availability prevent adding another section of it. The weight management program is offered at no cost, involves a 12 week commitment, and has resulted in an average of 4 lbs weight loss per week. People who are committed to lose weight can; evidence-based programs demonstrate this success. Because staffing and resources are limited, not sure of what will happen in the future. E. Strotmeyer asked, if one is charged a fee, could the program be expanded? J. Jakicic stated that a fee would offset supply cost but the major issue is space.</p> <p>To facilitate the weight management program, the University Club chef met with J. Jakicic to discuss low calorie meal options. The chef is excited to work with J. Jakicic and the weight management program.</p> <p>3. These programs offer multiple research opportunities in comparison of</p>	

	<p>initiatives, timing, and determining effectiveness. They are seamless systems because Pitt owns the data systems. Results of Weight Race will improve because Pitt is in control. Need to develop a constant phase of initiatives in order to ensure greater success; be forward thinking and plan in advance.</p> <p>4. Dr. Jakicic stated that during the first week of the Weight Race, 400 to 500 lbs of weight loss was reported. His department is maxed out, but he welcomes the opportunity to do more if more resources become available. Thus, the next generation of these programs needs to be investigated.</p> <p>5. J. Holland inquired to the eligibility statuses of emeriti faculty. University community members can join if they pay a fee. Emeriti faculty are eligible to join the University Club. Robertson states the Wellness Program has always included and will continue to include emeriti faculty. Fitness for Life initiative focuses on faculty and staff; health care programs through PPO and HMO offer “silver” programs at various private fitness centers. It was noted that Pitt is largest center to conduct research in the over 65 population.</p> <p>6. J. Kozar discussed the health initiatives that were offered such as Giant Eagle gift cards, etc. He believes camaraderie reinforces commitment not necessarily the gift offers. Robertson discussed taking the facility to faculty and staff. The concept is strong, but the commitment of resources needs to be addressed in a master larger plan. Dr. Jakicic states that the majority of people would not use structured activity areas. Need to change the culture and get people to move more. Budget presents a major issue; can’t compete with private entities. Need to investigate ways to change the culture. Possible options include: campus wide emails, campus life and lifestyle newsletter, signage across center to direct people, and creating a culture for healthy activity. We need to take small steps, evaluate results of current initiatives, survey faculty and staff, and collaborate with other health disciplines. Also need departmental advocates to support initiatives.</p>	
<b>Adjournment</b>	P. Weiss adjourned the meeting at 11:30 AM	

Members attending:

Baker JJ, Flynn RR, Founds S, Frisch R, Gilkes N. Holland JG, Kane I, Kozar J, Putman L, Riccelli A, Rinaman L, Robertson RJ, Scott MC, Strotmeyer ES, Weiss PM,

Guest presenter: John Jakicic, Professor and Chair, Department of Health and Physical Activity, School of Education, University of Pittsburgh