



INTERNATIONAL ASSOCIATION OF WORKSITE HEALTH PROMOTION INTEREST GROUPS

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What is an Interest Group?

IAWHP Interest Groups provide a forum for members to access subject matter experts who focus on specific worksite health issues and solutions. IAWHP's Interest Groups include:

- **Building a Culture of Health**
- **Mentoring Students and Career Development**
- **Workplace Wellness and Health Promotion Communication Strategies**
- **Principles of Implementing a Wellness Program**
- **Fitness Centers in Health Promotion**

Frequently Asked Questions (FAQs)

How can I connect to an IG meeting?

A standardized GoToMeeting is available for all IAWHP IGs. Interested members need only respond as directed to receive easy-to-do connection details. Connection is best done via computer, headphones and mic but can be done by telephone (there may be charges for long distance on your phone bill). Telephone numbers by country are provided.

May I participate in an IG if I'm not an IAWHP member?

Yes, the first event participation in any IG is free. This is intended to be an introduction to IG programs and IAWHP Membership Benefits.

What is the format for the IG meetings?

Most are informal meetings where, after a brief opening, an agenda may be worked down into a discussion. Some events use PowerPoint, attachments and links to stimulate the conversation and provide valuable resource materials as part of the IAWHP Mission. Often, published resources are provided even after the meeting.

Am I able to ask questions specific to challenges here in my program?

Yes. Most of the information IAWHP IG meetings allow time to "brain-storm" solutions to WHP challenges.

When are IAWHP IG events held?

Each of the five IAWHP IGs meet at least four times per year. More meetings can be held at the group's discretion. View individual group pages for descriptions, past meetings, and upcoming dates/topics. Find more information at www.IAWHP.org and click on the Interest Group tab.

What link will take me right to an online IAWHP membership application?

https://www.acsm-iawhp.org/i4a/ams/public/member_start.cfm?mbrAppID=2&pageID=3308

More Information Below

The Building a Culture of Health Interest Group



Interest Groups

The Culture of Health Interest Group gathers health professionals interested in creating, evaluating and fostering a climate or culture of health in worksite settings. The group has published a white paper on auditing a climate of health in organizations. The group meets quarterly and includes open discussions on contemporary issues and innovative solutions on the topic in the workplace today.

Upcoming 2019 Teleconference Dates (Conference Call Line 843-876-8002, Code 135 513#)

- **October 18, 2019 (12pm ET), Topic: Improving Employee Engagement Scores through a Climate of Health**

Interest Group Leader

Philip Smeltzer, PhD
Office: 843-792-6637
culture.iawhp@acsm.org



PHIL is responsible for health improvement activities and strategies for patient populations served by MUSC Health through both inpatient and ambulatory care. Dr. Smeltzer designed and brought to market MUSC Business Health, a comprehensive worksite health promotion product for regional employers in the Charleston, SC region. Previously, Philip was a Managing Consultant with Employer Solutions at Optum for five years. He evaluated worksite health promotion and health management programs for primarily Fortune 100 clients.

Philip was the Vice President, Health Care Quality Improvement for HealthNow NY. He worked in the managed care arena in a variety of roles including quality improvement, information, health promotion and disease management for 12 years. Philip was responsible for the design, development and implementation of the preventive care and wellness programs at Humana for four years and developed employee health promotion services for employers across the U.S. Dr. Smeltzer has also worked as an Associate Director with the Wellness Institute of Buffalo an advocacy agency. Dr. Smeltzer was a field product manager for Abbott Diagnostics after serving as a Marine Corps Officer on active duty for 5 years and the Reserves for 19 years.

Dr. Smeltzer holds a Master's of Science from Canisius College, Bachelor's of Arts from Oregon State University. Philip obtained his PhD at the University of Louisville, School of Public Health and Information Science in Health Promotion and Behavioral Science. His academic interests have focused on obesity management and the use of communication techniques to change behavior.

The Mentoring Students and Career Development Interest Group

- The Mentoring Students and Career Development Interest Group is an informal gathering intended to provide relevant topics while still flexible to allow for individual problem solving and goal setting. Come join a conversation with a small diverse group that may include IAWHP Board Members, industry providers, as well as Health Science students.

Upcoming 2019 Teleconference Dates (contact mentoring.iawhp@acsm.org to register)

- **September 4, 2019 (12pm PT), Topic: How to Get Leadership Positions**
- **December 4, 2019 (12pm PT), Topic: Roundtable - Listen to the Pros Best and Worst Experiences**

Interest Group Leader

Barry Roa, MA
Cell: 949-279-0691
mentoring.iawhp@acsm.org



- Born and raised in Southern California
- Coaching Experience 40 + volleyball, personal wellness, corporate fitness, WHP
- Business Owner Wholebody Health Management 1970s
- Author Physical Fitness Evaluation Software for Physical Educators 1979
- Beach Doubles Volleyball "A" Rating 1980
- College Volleyball Player, Team Captain, Athlete of the Year Pierce College 1978
- Adjunct Professor CSUN Physical Education Department 1980-1987
- Assistant Coach CSUN Women's Varsity Volleyball (1980 National Champions) -1980-7
- Head Coach CSUN Women's Volleyball JV Team 1981-1982
- Head Coach USA World Games for the Deaf Men's Volleyball Team 1982-1985
- Director of Patient Services Pacific Park Chiropractic 1991-2006
- President Aliso Viejo Chamber of Commerce 1994-1995
- BSA Woodbadge, Train-the-Trainer, Scoutmaster National Jamboree, Eagle Board Chairman
- Current Position Independent Worksite Health Promotion Consultant
- Long Time Professional Member IAWHP, ACSM
- IAWHP Board of Directors Membership Co-Chair USA, Interest Group Leader
- CEO Cancer Gold Standard Facilitator for Worksite Tobacco Cessation

The Principles of Implementing a Wellness Program Interest Group



Interest Groups

This Interest Group will facilitate discussions on topics ranging from strategic planning, resources, engagement, interest and needs, structure, evaluation, support, policies and more. Virtual meetings will share ideas, best practices, and solutions.

Upcoming 2019 Teleconference Dates* (contact SWWellness@hilbgroup.com to register)

- **September 2019: Building a Sustainable Wellness Program**
- **December 2019: Planning Ahead for 2020**

**Dates and times TBD*

Interest Group Leader

Mary Lynes, MA
Office: 617-715-0126
SWWellness@hilbgroup.com



MARY'S role as the interest group leader is to facilitate the discussions on this topic ranging from strategic planning; resources; engagement; interest and needs; structure; evaluation; support; policies and more. Throughout our virtual meetings, we will share ideas, best practices, and solutions.

In my profession, I assist a broad range of employers in the implementation and development of health and wellness programming.

- National Association of Underwriters: (NAHU) Certified Corporate Wellness Specialist
- WELCOA Faculty Member
- American Cancer Society (ACS) Tobacco Cessation Facilitator
- Worksite Wellness Council of Massachusetts (WWCMA): Award and Recognition - Employer Wellness Program Reviewer 2015 – current
- Senior Employee Benefits Account Executive
- Client Wellness Consultant: Sapers & Wallack/Hilb Group of New England

The Fitness Centers in Health Promotion Interest Group

Fitness Centers in Health Promotion Interest Group allows corporate fitness program leaders and wellness leaders to come together to share best practices and seek ideas on how to engage employees in physical activity. Virtual meetings allow sharing best practices, new ideas, and inspiration.

Upcoming 2019 Teleconference Dates (contact locker4@me.com to register)

- **9/18/19, 3 pm EST: Best Practices Share: Fitness/Wellness for the Remote Employee**
- **11/13/19, 3 pm EST: Discussion: Be The Solution – Exercise Solutions for Busy Employees**



Interest Group Leader

Laura Locker, MS
Office: 617-715-0126
locker4@me.com

- National Fitness Manager Progressive Insurance based in Ohio
- ACSM Certified Exercise Physiologist
- ACSM Certified Health Coach
- ACSM Certified Group Fitness Instructor
- Speaker at ACSM Summit 2015 (Phoenix)

The Workplace Wellness and Health Promotion Communications Interest Group allows for health professionals, program directors, wellness champions, executive leaders, students and anyone interested in the health of our workplaces to share and collaborate. Interested in garnering leadership support, implementing effective wellness strategies or communicating your plans effectively? This group meets quarterly to discuss best practices in prevention and promotion in our workplaces today.

Upcoming 2019 Teleconference Dates (contact communications.iawhp@acsm.org to register)

- September 25, 2019 (2pm ET), Topic: Quick Fix or Strategy? Best Ways to Communicate the Wellness Plan
- November 27, 2019 (2pm ET), Topic: Communicate Incentives? When, How, Where?

Interest Group Leader

Meaghan Jansen, MSc
Office / Cell: 519-860-6727
communications.iawhp@acsm.org



MEAGHAN is the owner of a Canadian employee and corporate wellness company called, Employee Wellness Solutions Network (www.ewsnetwork.com). Working together, she and her husband have been in business since 2003 and live in London, ON, Canada with their two children.

Meaghan completed her BSc (biology and psychology) and BA (sport and exercise psychology) at the University of New Brunswick before completing her MSc (exercise nutrition in kinesiology) at the University of Western Ontario.

Meaghan is passionate about sharing the message of healthy living at work. She is a Corporate Wellness Specialist and has presented all over the world with the message of optimizing health and wellness. She is an interest group leader with the International Association for Workplace Health Promotion, a presenter for American College of Sports Medicine, a presenter for TrainHR and an advisory board member of the Canadian Academy of Lifestyle Medicine. She is also known for presenting and facilitating events for several Human Resources, Employee Benefits, and Business Health events in Canada. Meaghan's expertise has been recognized in publications, media articles, magazine and journals. Her passion for healthy living is also expressed within her family as they all live the message of healthy balance!

Membership Committee Interest Group Co-Chair

Reed Engel, PhD
Office 312-394-3734
Reed.Engel@Exeloncorp.com



Why Join an Interest Group?



Interest Groups

Benefits to Interest Group participation include:

- Quarterly conference calls to share ideas and gain new insights
- Opportunities to connect with subject matter experts and practitioners with similar interests
- Ability to share challenges and problem solve with colleagues
- Access to in-person meetings with IAWHP Board Members at the ACSM Health & Fitness Summit

[Click Here to Join Now!](https://www.acsm-iawhp.org/i4a/ams/public/member_start.cfm?mbrAppID=2&pageID=3308)

Or Copy & Paste Link in Your Browser

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