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Wellness program for EAMC personnel: Challenges to effect change in perception, behavior and attitude

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Abstract

The continuing rise in the prevalence of obesity calls for policies and strategies to address obesity and its resulting health-related problems.

Implementing intervention programs on healthy weight management in the healthcare setting is a bit challenging. Issues to consider are: management support to the program, physical and human resources to carry out the program, and the target group- the healthcare personnel- and their perception on and reception of the program.

It is very ironic that as healthcare personnel speak of and labor to prolong life and improve the quality of living between now and death, they themselves neglect to see how they live their lives daily. How can they not lose credibility of speaking about health when they themselves are unwell, or simply look unhealthy? The main concern here is the healthcare personnel's attitude and behavior, influenced by the organizational culture and individual beliefs, as one major challenge in the implementation of programs to address obesity.

Among the lessons that could be learned from successful programs in the healthcare setting are: clear plan of action, obtaining, full support from management, creating a core team, innovation and maximizing resources, strengthening networks and linkages, education and counseling, and a program of physical exercise.

Following the causation pathway of weight problems- from environmental, lifestyle, and individual causes- obesity can be prevented through dedicated concerted efforts to motivate behavioral change, and influence feelings and beliefs on a specific health concern, which is obesity.

Biography

Lorena T. Perdigon is a Registered Nurse, author of a book: Simple Nursing (Neurology) with ISBN 971-8523-35-9, 2005 Philippine Copyright. She finished Diploma in Industrial Relations (2002) and completed academic requirements for Master in Industrial Relations (2003) from the University of Philippines. She finished Master in Business Administration (2009) from International Academy of Management and Economics.

A career shift was one big step she took on 2005. From the bedside (caring for the sick) to the office (innovating strategies for the implementation of different health Programs), she realized that chance is worth a try.