



OCO Wellness Works Representatives

Shannon Endsley of Community Services

Shannon works as a Health Educator in Crisis & Development Services



WW: Why is wellness important to you?

SE: As a health educator, I know that by teaching prevention, to keep people from reaching a point where they need treatment, is much more cost effective. This is true here at OCO as well. If OCO Wellness Works can operate from a stand point that we are working to prevent unhealthy behaviors (or stop the ones that employees are already engaging in), then employees here at OCO will spend less money (this is especially true when thinking about our Self-funded health insurance plan). Just take a moment to consider how much our agency must spend on treating heart disease for our employees. OCO Wellness Works can teach ways to prevent heart disease and encourage behavior change within our employees. And I bet we can do it for a whole lot less money as compared to what is spent on treatment later on down the line.

WW: Why did you join the Wellness Works committee?

SE: This question was difficult for me to answer. The easiest way to answer this question is I joined OCO Wellness Works because my educational background is health education. I really did not think much further about my motivation to join other than that. To go back to the time when I was choosing a major in college and the reasons for choosing health education, that becomes more difficult. I know I find health and wellness interesting and the subject matter is what keeps me motivated to promote health and wellness to others.

WW: What areas of wellness are easy for you to work on?

SE: Social Wellness - Well, since social wellness includes Healthy Sexual behaviors, I think this area is the easiest for me, being that this is a topic I have a lot of information about (being that I work as a CAPP Health Educator at OCO). That's not to say that I excel in the area of Social Wellness, but I do think it is easier for me because I am consistently researching the topic of sexual health, teaching appropriate behavior change and remaining on the up-n-up with what is current in the field.

Environmental Wellness - This area of wellness is also very fascinating to me. I am not sure why, but I notice that I am a bit of a "nut" about environmental wellness. Anyone who has worked with me, knows that I am big on recycling. This is a huge concern, especially given how easy it is to recycle and also considering how many people don't do this.

WW: What areas of wellness do you tend to neglect?

SE: Physical Wellness - I have a harder time with physical wellness, specifically fitness and eating healthy. I def do not exercise enough and as for nutrition, well I am one of those people that ranges from eating some very healthy to eating something very unhealthy (ie Lays chips with hummus).