

Vermont Nurses Participate in National Bike Challenge 2012

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Purpose of Project

- Support and encourage physical activity amongst nurses
- Provide venue for Nurses to be models of health in their communities

Rational and Significance

Suzu: please add something here about national statistics around health challenges

Methodology

Engage Vermont Organization of Nurse Leaders to endorse National Bike Challenge and 'make it local' by participating in the Vermont Bike Challenge and even further personalized by participation as a Nurse in the Vermont Nurses Bike Challenge.

- Partner with local bicycling nonprofit LOCAL Motion for logistical support
- Use the VONL website www.vonl.org as a portal for information to join the challenge
- Use VT Nurse as prefix nomenclature for Nurse led teams –examples
 - VT Nurse Curlygirls
 - VT Nurse wheelygigs
 - VT Nurse –Wreckless RN
 - VT Nurse- Baird 4

Methodology (continued)



WHAT IS THE VERMONT BIKE CHALLENGE, AND WHAT DOES IT HAVE TO DO WITH NURSING?

This year, the Vermont Organization of Nurse Leaders is launching a new initiative called the "Vermont Nurse Wellness Challenge" to help nurses become leaders in wellness statewide. In order to maximize our impact as wellness leaders, we have decided to use the Vermont Bike Challenge – a stand-alone statewide event running from May 1 through August 31 – as our vehicle for the Nurse Wellness Challenge. Our goal is to get thousands of Vermonters on bikes this summer: nurses, spouses, friends, neighbors, and more!

HOW DOES THE CHALLENGE WORK?

The Vermont Bike Challenge uses a great online interface called Endomondo that lets people track their miles biked, form teams and recruit others to join, and win great prizes. **Registering is easy: go to www.nationalbikechallenge.org, fill out the registration form, and off you go!** There's even a smartphone app that logs your miles for you. Every kind of bicycling counts, from commuting to work to heading out on the weekends with your family to doing a singletrack ride your mountain bike. Best of all, you get one point for each mile PLUS twenty points for each day you ride, so even short rides add up if you get on your bike regularly. And the more you ride, the better your chances of winning great prizes!

HOW CAN I BE A LEADER IN WELLNESS?

It's easy! Once you register for the Challenge (see above), look for the link on the right-hand side of the page that says, "Looks like you're riding solo. Click here to start or join a team." Click the link, select "start a team," and then give your team a name. **IMPORTANT: In order to help us track the impact of the Vermont Nurse Wellness Challenge, please put the phrase VTNURSES at the start of your team name.** You can then send a personal email and a customized registration link from right within the system to colleagues, family, friends, and neighbors inviting them to join your team – up to 10 people overall. Build your team, inspire them to get riding, and lead the way to wellness!

WHERE DO I GO TO FIND OUT MORE?

There is a link on the VONL homepage (www.vonl.org) to a page with lots more information about how the Challenge works. If you have any additional questions or need help, contact Hollie Shaner-McRae at Hollie.Shaner-McRae@vtmednet.org.

- April 2012 VONL Nursing summit presentation and program promotion
- Nurse wellness presentation at VONL April Nursing summit inviting participants to sign up for the challenge
- Local Motion has vendor table with information and sign up assistance

Implementation

National Bike Challenge Kick –off Burlington Vermont May 1, 2012
Nurses Participate! –
Mayor Weinburger, Burlington VT on Right



Promote program in Vermont Nurse Connection Newsletter, Fletcher Allen Employee Newsletter



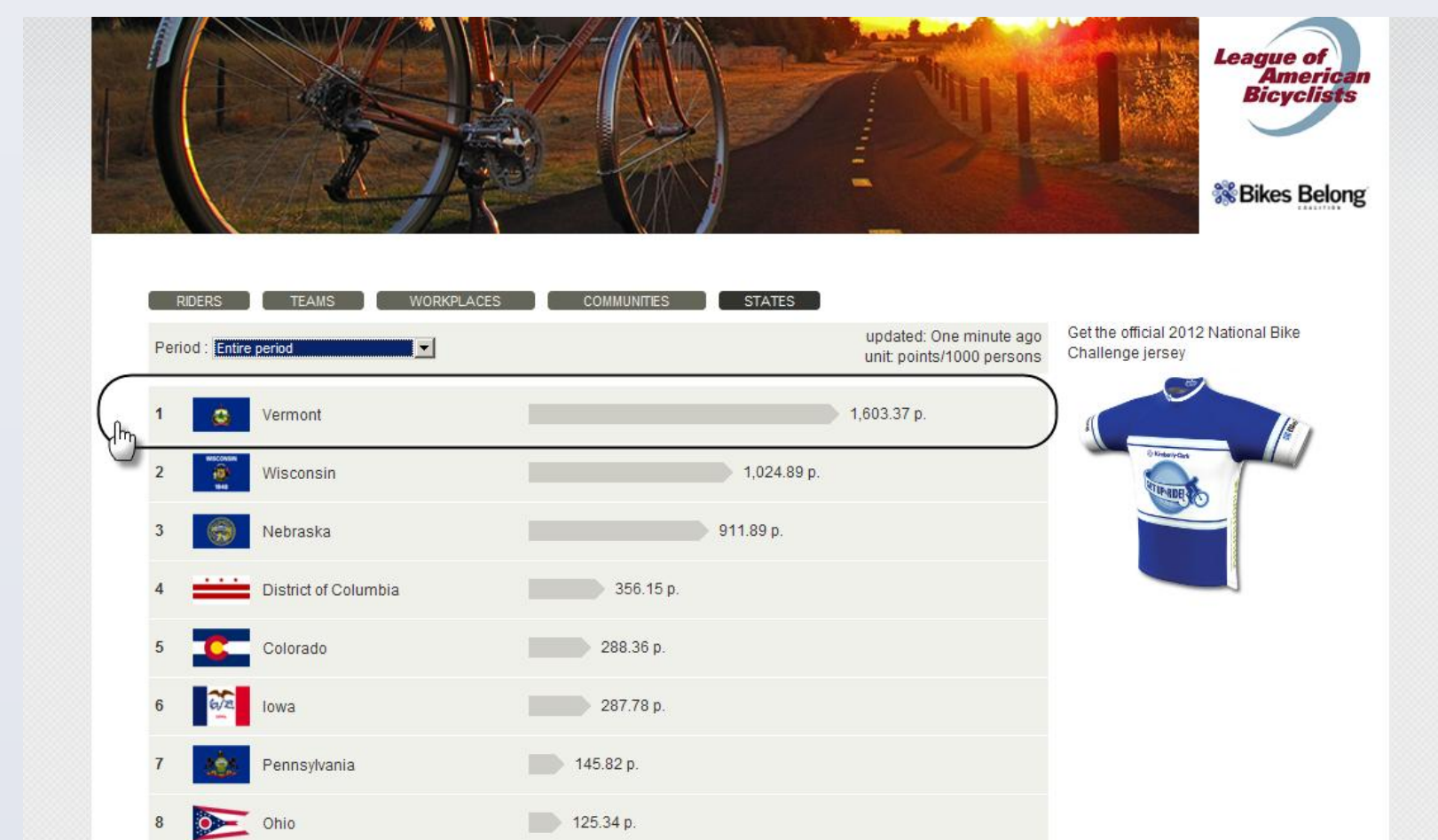
http://www.nursingald.com/Uploaded/NewsletterFiles/VT7_12.pdf

Findings

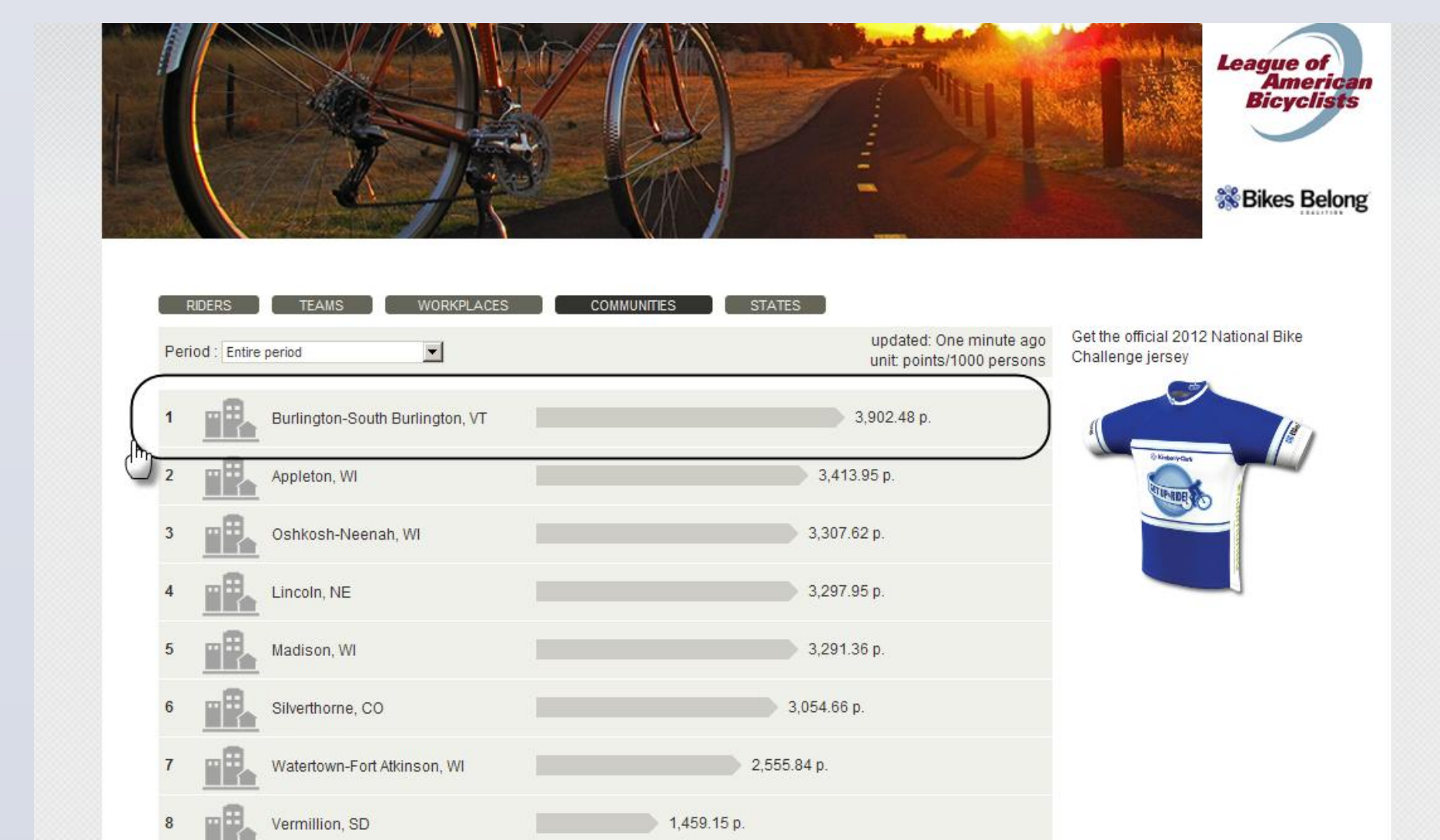
- 6 Nurse led teams, up to 10 members ea.
- 13,423 miles
- 233,749 Calories burned
- 1862 separate trips
- 12,287 lbs CO2 not generated
- \$1923 saved on gas
- Additional nurses participated, however data not captured unless on VT Nurse named team

Results

Name	miles	Duration	Calories	Trips	CO2 saved	Dollars saved	Active days	Gender	Team	Workplace
1	183.1	36.0	8,079	121	123	324.5	107	F	VTNURSE Heartbeats	Fletcher Allen Health Care
2	52.4	12.660	1,627	2	72	27.8	0	F	VTNURSE Heartbeats	Fletcher Allen Health Care
3	0	0	0	0	0	0	0	F	VTNURSE Heartbeats	Fletcher Allen Health Care
4	0	0	0	0	0	0	0	F	VTNURSE Heartbeats	Fletcher Allen Health Care
5	1,682.60	0	0	1,627	1,539.70	0	0	F	VTNURSE Heartbeats	Fletcher Allen Health Care
6	423.7	163.176	19,659	79	1,766	293.2	18	F	VTNURSE Wheelie Oigs	Fletcher Allen Health Care
7	285.1	47.588	10,020	14	1,303	291	52	F	VTNURSE Wheelie Oigs	Fletcher Allen Health Care
8	220	64.200	0	17	899	201.4	14	M	VTNURSE Wheelie Oigs	Fletcher Allen Health Care
9	152.2	0	0	16	775	489.1	80	F	VTNURSE Wheelie Oigs	Fletcher Allen Health Care
10	98	0	0	16	328	172.1	40	F	VTNURSE Wheelie Oigs	CHCR
11	291	0	0	16	493	282.2	2	F	VTNURSE Wheelie Oigs	
12	42.3	19.632	3,016	18	327	44.2	16	F	VTNURSE Wheelie Oigs	Fletcher Allen Health Care
13	7.8	2.892	492	2	42	2.2	0	F	VTNURSE Wheelie Oigs	Shropshire Enterprise
14	2.3	0	0	42	2	0	0	F	VTNURSE Wheelie Oigs	
15	654.9	0	0	139	2,363	626.9	291	M	VTNURSE CurlyGirls	UMV - University of Vermont
16	463	60.202	4,295	225	1,465	116.4	249	M	VTNURSE CurlyGirls	Fresh Start, LLC
17	246.6	177.636	18,629	117	1,823	225.7	26	M	VTNURSE CurlyGirls	Fletcher Allen Health Care
18	379	0	0	150	1,617	354.4	62	M	VTNURSE CurlyGirls	UMV - University of Vermont
19	734.4	213.598	18,401	139	1,412	674	35	M	VTNURSE CurlyGirls	Fletcher Allen Health Care
20	35.9	107.505	3,493	143	1,264	81.4	40	M	VTNURSE CurlyGirls	Fletcher Allen Health Care
21	200.1	0	0	49	879	182.2	90	M	VTNURSE CurlyGirls	UMV - University of Vermont
22	228.9	64.860	16	526	207.7	0	13	F	VTNURSE CurlyGirls	Fletcher Allen Health Care
23	141.4	39.138	5,549	18	324	133.1	66	M	VTNURSE CurlyGirls	Fletcher Allen Health Care
24	0	0	0	49	73	4	4	F	VTNURSE CurlyGirls	
25	1,739.26	451.966	75,271	148	2,896	1,832.40	43.00	M	VTNURSE Wheelies Rls	UMV - University of Vermont
26	126	0	0	148	1,716	201.5	115	M	VTNURSE Wheelies Rls	Fletcher Allen Health Care
27	652.1	0	0	176	1,747	347.1	39	F	VTNURSE Wheelies Rls	UMV - University of Vermont
28	480	121.112	18,906	13	879	439.4	3	M	VTNURSE Wheelies Rls	Croft's Hospital
29	202	8.716	16	421	382.2	0	28	F	VTNURSE Wheelies Rls	Fletcher Allen Health Care
30	416.7	161.658	18,805	15	714	381.4	0	F	VTNURSE Wheelies Rls	Fletcher Allen Health Care
31	384.6	16.870	13,446	16	626	389.7	0	M	VTNURSE Wheelies Rls	Fletcher Allen Health Care
32	196	0	0	25	335	178.5	14	F	VTNURSE Wheelies Rls	Fletcher Allen Health Care



Vermont won 1st place for States;
Burlington won 1st place for Metro Areas



Conclusions

Fun, Exciting, great way to piggy back on National Program to support physical activity amongst nurses.

References