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## StairWELL to Better Health, 2013

This program builds on a CDC recommended workplace wellness strategy to promote physical activity. The Community Preventive Services Task Force recommends placing point-of-decision prompts (signs/visual cues) at highly visible locations to increase the percentage of people choosing to take the stairs rather than an elevator or escalator.

Our **Healthy Portsmouth** initiative implemented a stairwell promotion program at Bon Secours Maryview Medical Center in 2011, which supports an action identified in Healthy Portsmouth's Community Action Plan. You can learn more about their program by viewing this presentation: [StepUP! Stairwell to Health](#)

In 2013, this program was conducted in several places in Hampton Roads including Portsmouth City Hall, Norfolk City Hall, Portsmouth Health Department, and Norfolk Health Department.

This implementation will require significant signage for the landings of each stairwell and point of decision prompts at stairwell entrances and elevator landings. This program will potentially impact over 1,000 employees, notwithstanding the large volume of daily visitors to these locations. Click [here](#) to see the StairWELL to Better Health Toolkit developed by the CDC.



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