

Bikeshare Program Promotes Good Health for Staff at the North Carolina Department of Public Instruction

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Raleigh, NC - The North Carolina Department of Public Instruction (DPI) has initiated a worksite wellness program that may be the first of its kind for a state facility. Bikeshare provides bikes for staff to cycle during breaks. Susanne Schmal, HIV Policies and Programs Consultant for NC Healthy Schools at DPI and spokesperson for the program, stated that Bikeshare was created after an internal survey showed that employees were interested in more physical activity opportunities as part of a worksite wellness program and because the area near their facility in downtown Raleigh has easy access to bikeways. According to Schmal, healthy workers are more productive workers and giving them opportunities for physical activity is a win-win for all. Bikeshare at DPI was kicked off in June 2016 with an event including members of City of Raleigh Office of Transportation Planning who unveiled a new app, BikeRaleigh, and demonstrated bicycle safety. The bikeshare program was funded by way of a worksite wellness initiative of [the Obesity, Diabetes, Heart Disease and Stroke Prevention grant project](#) through the Community and Clinical Connections for Prevention and Health Branch. [Click here](#) to view a video on DPI Bikeshare.