

Garry M. Lindsay

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PROFESSIONAL EXPERIENCE

Senior health and wellness professional with over 20 years experience in creating, developing, and implementing nationally recognized programs resulting in positive behavioral change. Developed company-wide smoking policy and HIV/AIDS prevention aimed at foreign nationals for Mobil Corporation. Managed Headquarters' Fitness Center and doubled membership through innovations. Active in health education policy leadership through involvement in national associations. Currently convening prominent national companies with mature health and productivity initiatives in efforts to promote the adoption of national objectives for worksite health promotion and galvanize active senior leadership for workforce health management programs. Experience includes the following:

- International technical assistance
- Educational program design
- Fitness center design/operation
- Program marketing
- Personnel management
- Employee Assistance Programs (EAP)

PARTNERSHIP FOR PREVENTION

2000 – Present

*Managing Senior Fellow and Senior Program Officer
Washington, DC 20036*

Lead team that conceived and developed Partnership for Prevention's innovative *Leading by Example* CEO-to-CEO initiative designed to leverage the workplace to improve health by promoting greater business involvement in health promotion and disease prevention. The macro goal of *Leading by Example* is for CEOs to influence the American healthcare system to emphasize prevention rather than treatment. At the core of the initiative are enlightened CEOs who play a pivotal role in advancing worksite health promotion both through their influence on corporate culture and visible support for such programs.

- Manage Partnership for Prevention's *Leading by Example* initiative to drive CEO-to-CEO outreach on the benefits of looking at employee health care as an investment rather than a cost
- Write, publish, and distribute reports on timely workforce health issues.
- Sponsor and co-sponsor meetings designed to accelerate adoption of worksite promotion programs
- Present at national and regional meetings encouraging employers to design and implement worksite health promotion program
- Benchmark with senior managers in benefits, medical and health promotion positions within Fortune 500 companies regarding integrated health services
- Oversee budgeting and development related to workforce health initiatives

*Coordinator, Health Support Services (Manager, Health Promotion)
Fairfax, Virginia*

As Coordinator, Health Support Services, I provided leadership in a variety of areas including:

Smoking Policy Development

Authored Mobil Corporation's smoke-free policy approved for all domestic worksite affecting more than 29,000 employees. Planned and directed smoke-free policy rollout at hundreds of locations throughout the U.S. Evaluated and selected self-help and group stop-smoking programs offered to employee and dependents. Consulted with Mobil international locations to develop smoke-free policies. Corporate policy and risk reduction programs:

- Reduced smoking-related health risks in smokers and non-smokers
- Minimized tort liability exposure
- Achieved a 30% quit rate in cessation program participants
- Facilitated integration of smoking policy at Mobil location in Saudi Arabia, Mexico and Japan

Educational Program Design

Developed Trainer's Guide, modified video, and established "trainer qualification" examination used by Mobil Corporation to meet OSHA Bloodborne Pathogens regulation. Designed program rollout.

- Designed original program tailored to Mobil before commercial programs were available
- Demonstrated success of Trainers' Guide through OSHA acceptance of the program as part of inspection at a Mobil Chemical facility

International Consultation

Provided health promotion technical assistance to physicians, nurses, and medics in Great Britain. Improved health promotion efforts in five locations including offshore drilling platforms in the North Sea.

- Developed training program to compliment Crisis Plans in Qatar
- Coached development of educational modules addressing major health risks that were later marketed to other U.K. companies
- Implemented Family Support Program as part of crisis plan for Mobil Oil Qatar, Inc.

Fitness Center Design/Operations

Managed contractor operation of Headquarters Fitness Center.

- Directed redesign of 15,000 square foot facility
- Developed Request For Proposal for facility management and negotiated the contract
- Facilitated multi-site task force that produced uniform pre-participation screening and fitness testing guidelines for fitness centers at five Mobil locations in the U.S.
- Doubled fitness center membership through creative fee structure design and promotion

HIV/AIDS Education

Coordinated delivery of HIV/AIDS consultation and prevention programs to foreign nationals and their extended families in seven African countries for Mobil Africa.

- Designed educational approach and strategies with USAID AIDSCAP
- Facilitated in country Medical Director reporting on efforts back to Global Medical Services

Awareness Communications

- Co-developed *Health Connections*, a newsletter designed for employee and their family members
- Increased employee awareness of health care issues impacting Mobil
- Used as one means to market smoking risk reduction programs to employees and dependents

KENT COUNTY HEALTH DEPARTMENT (MICHIGAN)

1981 – 1990

Supervisor – Chronic Disease Prevention Section

Health Promotion/Disease Prevention Division

Developed and marketed an award-winning worksite health promotion program to both public and private sector employers in Kent County, Michigan. Managed a multi-disciplinary team of health educators, nurses and nutritionists. Provided private and public sector employees with health risk screening, interpretation and physician referral if indicated. Risk reduction/behavior change program provided as needed. Program won the U.S. DHHS **Secretary's Community Health Promotion Award** recognizing "significant health promotion efforts"

EDUCATION

THE UNIVERSITY OF MICHIGAN – School of Public Health

M.P.H. Health Behavior/Health Education

Fellow – Lattman Foundation for Early Childhood Health Education

CENTRAL MICHIGAN UNIVERSITY

B.S. in Ed., School Health Education

SELECTED AWARDS & CERTIFICATION

- Mobil Corporation Medical Director's Award for "Outstanding Dedication and Service" 1994
- American Heart Association, NJ Affiliate Worksite Health Promotion Award, 1993-94
- Certified Health Education Specialist (CHES)

RECENT PUBLICATIONS

- Linnan, L, Bowling, M; Childress, J., Lindsay, G; Blakey, C, Pronk; S, Wieker; S, and Royall, PT. Results of the 2004 National Worksite Health Promotion Survey. *American Journal of Public Health* (in press).
- Childress, J and Lindsay, G. National Indications of Increasing Investment in Workplace Health Promotion Programs by Large-and Medium-Size Companies. *North Carolina Medical Journal*. Vol. 67, No. 6, November/December 2007
- Childress, JM, and Lindsay, GM. The Business Case for Work-Site Health Promotion: The Challenge of Translating Research to Practice. *Health Promotion Practice* 2002;3(1):5-7.
- Partnership for Prevention. *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*. Washington, DC: Partnership for Prevention; 2001.
- Lindsay, GM. Healthy People 2010: Health Promotion Objectives for the Worksite. *The Art of Health Promotion* Vol. 4, No. 5, November/December 2000.
- Lindsay, GM. Audit in Occupational Medicine: Auditing Health Promotion. *Occupational Medicine* (UK) Vol. 50, No. 2, pp-137-140, 2000.
- Derr, WD. and Lindsay, GM. "EAP and Wellness Collaboration" *The Employee Assistance Handbook*, Oher, J.M. Editor, John Wiley & Sons, Inc., New York, NY 1999.