



# DEOMI

Defense Equal Opportunity Management Institute  
CENTER OF EXCELLENCE

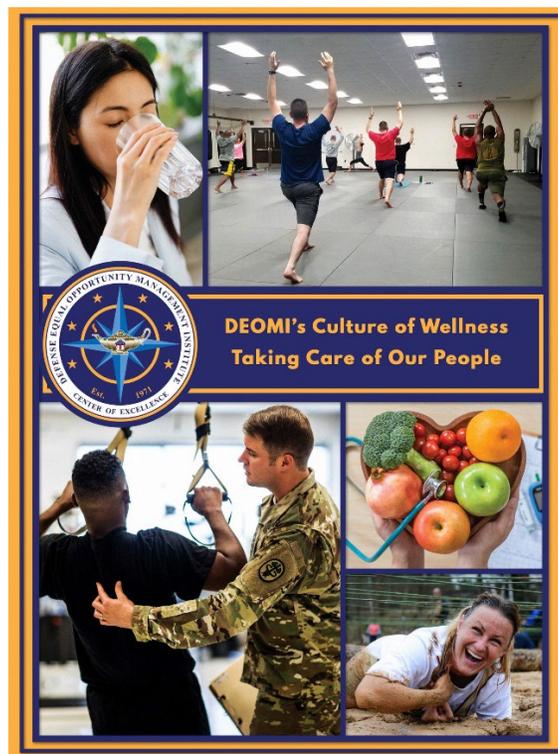


## DEOMI's Culture of Wellness Reinforces DoD Priority: "Taking Care of Our People"

Story by DEOMI

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**PATRICK SPACE FORCE BASE, Fla.** — A Culture of Wellness, one DNA pillar of the Defense Equal Opportunity Management Institute (DEOMI), is a dynamic characteristic of its daily operations, aligning with DoD priorities, its mission, values, and goals.



Recently, DEOMI created and introduced a comprehensive evidence-based Culture of Wellness program that offers resources and regularly scheduled wellness events to its personnel, helping them create and maintain healthy habits in both their personal and professional lives.

“DEOMI takes great care to prioritize the wellness and psychological safety of our personnel,” said Dr. Yolanda Serra-Martinez, DEOMI’s Culture of Wellness team lead. “We understand that healthy and happy people are essential to our success and DEOMI’s goal is to create a positive and supportive work environment that promotes well-being and enables our people to thrive.”

Meticulously crafted and executed in accordance with the Workplace Health Model developed by the Centers for Disease Control, DEOMI’s Culture of Wellness serves as a comprehensive guide to ensuring that workplace health is a top priority, covering everything from personnel safety to mental health and wellness. Its adherence to this model is a testament to its commitment to promoting a healthy and safe work environment for its personnel.



DEOMI's Wellness Program also encompasses a wide range of topics, including smoking cessation, cholesterol management, diet and nutrition, mindfulness and stress management, hypertension control, cancer prevention, exercise, back care, and weight control. This program is designed to provide personnel with the knowledge and tools they need to thrive both personally and professionally.

In addition to these topics, DEOMI goes above and beyond by offering engaging activities such as stretching classes, a walking club, and health education classes. These activities are aimed at creating a supportive community and enhancing the overall wellness experience for DEOMI's personnel.

As part of DEOMI's commitment to its personnel and its mission of reinforcing the Department of Defense's critical priority of "Taking Care of Our People," the Culture of Wellness program has been expanded to include workshops on financial wellness, suitable sleep, and work-life balance.

To support personnel on their journey towards holistic wellness, DEOMI also provides metabolic screenings and offers newsletters covering the five pillars of health: nutrition, movement, stress management, sleep, and environment. These resources further empower personnel to make informed choices and prioritize their well-being.

“We believe that investing in our personnel's wellness is not only the right thing to do, but it also leads to increased productivity, engagement, and overall satisfaction,” added Serra-Martinez. “We are committed to providing a safe and healthy workplace that supports the well-being of all our personnel.”

The entire DEOMI team, at all levels, takes this program and the responsibility of its success seriously. By prioritizing the Culture of Wellness and fostering an inclusive and supportive environment, DEOMI strengthens its capacity to help its personnel to feel valued as well as encourage healthy choices that will contribute to a positive mood, happier mentality, and overall productivity.

*The DEOMI team advances an agile and inclusive force that values and develops all individuals and thrives on their contributions. Since its inception in 1971, then known as the Defense Race Relations Institute, DEOMI has developed and delivered innovative education, training, research, and collaborative solutions to more than 54,000 DEOMI military and civilian graduates.*

Explore more about DEOMI on these platforms.

