2017 Worksite Wellness Resources

I.   **Benefits of Worksite Wellness**

Making Wellness Worth Your While
http://www.health.state.mn.us/healthreform/ship/implementation/worksite/apprps4toolkit.pdf
For years public health initiatives have focused on individual behavioral change. But there is a better way and science proves it. Research is clear that to have the most profound impact on individual health behavior is to make the healthy choice the default or easy choice in all environments. The focus of the Minnesota Statewide Health Improvement Program (SHIP) is on policy, system or environmental (PSE) change. These strategies contain the real influence behind long-term sustainable behavioral change.

Community Healthy Living Index
http://www.ymca.net/sites/default/files/communityhealthylivingindex/chli-quick-overview.pdf
The Community Healthy Living Index (CHLI) can help worksites transform themselves into ones that provide the best opportunities for individuals and families to be active, eat right and live healthier. Created by experts from Y USA, Stanford University, Harvard University, and St. Louis University with funding from the Robert Woods Johnson Foundation, the CHLI for worksites is an assessment tool that measures opportunities for physical activity and healthy eating in areas that impact an individual's daily life.

Worksites that participate in the assessment will be able to plan for policy and environmental change strategies, identify and remove barriers, and expand healthy opportunities for their employees and create a healthier and more productive worksite. The ultimate aim of the assessment is not to measure where worksites are today, but to set them on a course for where they can go tomorrow and how they will build environments that support healthy living.

Workplace Health
https://www.c3health.org/workplace-health
C3 Collaborating for Health focuses on the importance of workplace health and the risk factors that can potentially arise. C3 Collaborating for Health helps organizations with their worksite wellness initiatives and offers networking resources and hosts events.

II.   **How to Implement a Worksite Wellness Program**

Kaiser Permanente Workforce Health
https://businessnet.kaiserpermanente.org/health/plans/ca/workforcehealth?kp_shortcut_referrer=kp.org/totalhealthandproductivity
Partner with us for a comprehensive approach to workforce health or do it yourself with activities that target the problems affecting your employees. In both cases, we've developed a simple, step-by-step guide to show you how to assess, plan, engage, and measure your program activities.

Workplace Health Promotion
http://www.cdc.gov/workplacehealthpromotion/
This site is a toolkit for workplace health promotion and protection professionals. Use this site to learn about how to design, implement, and evaluate effective workplace health programs.

Worksite Wellness Resource Kit
https://www.dhs.wisconsin.gov/physical-activity/worksite/kit.htm
Developed by the Wisconsin Department of Health and family Services, the Worksite Wellness Resource Kit is a tool to assist worksites with implementing strategies that have been proven to be effective. This kit provides information to implement a broad range of strategies or programming.

III. **Health Promotion**

The Illinois Alliance to Prevent Obesity (IAPO)
www.iphionline.org
The Rethink Your Drink campaign can be implemented in schools, workplaces, businesses, etc. The goal is to reduce the consumption of sugary beverages which is a major contributing factor to the obesity epidemic.

Northern California Center for Well-Being Workforce Wellness Toolkit
http://www.norcalwellbeing.org/wellness-toolkit.php
You, the employer, can create a workplace that encourages a healthy lifestyle and helps employees acquire and maintain healthy habits. This toolkit provides the steps you need to reach these goals.

IV. Healthy Eating

Eat Smart Move More
http://www.eatsmartmovemorenc.com/NCHealthSmartTlkt/EatSmartWrkBk.html
The Eat Smart Workbook provides suggestions, guidelines and supporting materials for worksite activities and programs that support healthy eating.

A Blueprint for Healthier Vending
http://www.cityofchicago.org/content/dam/city/depts/cdph/CDPH/BlueprintHealthierVending2013.pdf
This toolkit provides healthy vending guidelines and examples of how you can start making improvements at your workplace. The vending guidelines will help you provide alternatives to unhealthy food and beverages with added sugars, saturated and trans fat, refined grains, and sodium (e.g. candy, chips, cookies, fried foods, soda, and energy drinks).

Implement Healthy Vending
https://cspinet.org/sites/default/files/attachment/revenue_fact_sheet.pdf
As Americans make the transition to healthier foods, vendors are aware of the financial implications that coincide with this change. Sales of healthier snacks are outpacing traditional snack foods by 4 to 1 and contribute to increased sales growth and profits for food companies. For information and talking points to provide to a vendor on implementing healthy vending, see the Center for Science in the Public Interest (CSPI) fact sheet here:

Sodium Reduction
https://nnphi.org/relatedarticle/sodium-reduction/?utm_source=Master%20List&utm_campaign=9af69a9446-Collaborate_9_7_168_30_2016&utm_medium=email&utm_term=0_cca4b7d5ee-9af69a9446-148192625
Many Americans are consuming more than the recommended daily amount of sodium. The National Network of Public Health Institutes, in collaboration with the CDC released a new video series, "Training Videos for Food Service Professionals: Reducing Sodium with the World's Premier Culinary College", which displays strategies and techniques to reduce sodium in food service settings.

Healthy Food and Beverage
https://cspinet.org/sites/default/files/attachment/Successful%20Implementation.pdf
http://www.heart.org/foodwhereur.
Understanding the different methods of implementing healthy food options will allow variation and successful enactment of employees.

V. Physical Activity

Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace
http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/pa-toolkit.htm
The *Steps to Wellness* is a tool kit that helps employers create or expand wellness programs by increasing the physical activity of employees. The tool kit has seven steps and provides an overview of the Physical Activity Guidelines, suggestions on how to create a wellness culture, examples of what other companies have done, and resources to establish or strengthen a wellness program.

Weight Watchers
www.weightwatchers.com/HR
Partner with us and create a healthier workplace.

VI. Behavioral Health

Mental Health First Aid

http://www.mentalhealthfirstaid.org/cs/

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Workplace Wellness Mental Health America
http://wwwmentalhealthamerica.net

Workplace Wellness: why it matters is everybody's business-coming together to create a healthy work environment benefits everyone.

VII. Environmental Health

Sustainable Workplace
http://www.cdc.gov/sustainability/workplace/index.htm

This site provides information on how to implement a healthy and sustainable work environment to help promote productivity and create a culture of employees that value the health of their surroundings.

Guide to Safe & Healthy Workplaces
http://www.lung.org/stop-smoking/workplace-wellness/guide-to-safe-healthy-workplaces.html

This toolkit is designed to provide a foundation for worksites to create a lung-friendly workplace. It includes five strategies to guide employers and worksite wellness providers to create a healthy working environment. Each section includes information about the strategy, recommended components to meet the strategy and downloadable tools to support your efforts.

VIII. Safety

National Institute for Occupational Safety & Health (NIOSH)
http://www.cdc.gov/niosh/twh

Total Worker Health is a strategy integrating occupational safety and health protection with health promotion to prevent worker injury and illness to advance health and well-being. The NIOSH Essential Elements of Effective Workplace Programs and Policies for Improving Health and Wellbeing identifies twenty components of a comprehensive work-based health protection and health program and includes both guiding principles and practical direction for organizations seeking to develop effective workplace programs.

IX. Breastfeeding

Creating a space that works for nursing mothers at work
http://www.womenshealth.gov/breastfeeding/employer-solutions/industry.html

This online resource provides businesses with cost-effective tips and solutions for any industry setting. This website allows businesses to search by industry type to see how other businesses just like yours have made breastfeeding in the worksite work.

Breastfeeding Support: Time and Space Solutions
http://www.womenshealth.gov/breastfeeding/employer-solutions/common-solutions/solutions.html

Businesses use many solutions to give nursing mothers time and space to express milk at work. They have found that a variety of permanent, flexible, and even mobile space options enable them to provide support, even when space is limited. They also manage schedules in creative ways so that women can have the time they need to express milk. Supporting nursing mothers at work has been found to bring businesses a positive return on investment. Learn about common solutions that might work in your company.

X. Tobacco-Free Campus

Implementing a Tobacco-Free Campus Initiative in Your Workplace
http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/

This toolkit provides guidance for implementing a tobacco-free campus (TFC) initiative that includes a policy and comprehensive cessation services for employees. It is based on the Centers for Disease Control and Prevention's (CDC) experience with implementing the U.S. Department of Health and Human Services (HHS) Tobacco-Free HHS initiative.

Illinois Tobacco Quitline
http://quityes.org/
The Illinois Tobacco Quitline is a FREE resource for tobacco users who want to quit for good. Our registered nurses, respiratory therapists, and certified tobacco-treatment counselors are on call 7 days a week, 7AM-11PM to answer all your tobacco-related questions and provide the support you need to break the habit. Habla español? We serve a diverse client base, with Spanish-speaking counselors and live translation services for more than 200 languages.

The American Cancer Society Quit Tobacco and Smoking toolkit
https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/resources.html
This tool kit contains information, promotional messages, and activities that companies can use to promote smoking cessation in the workplace.

Freedom From Smoking
http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/
Choose Freedom From Smoking® for your employees for unmatched flexibility and results! Freedom From Smoking® has three delivery options: online, telephone counseling and in-person clinics.

XI.   **Primary Health Care**

Know Where To Go
http://willknowwheretogo.org/
This Will County Based initiative is designed to help residents find and utilize a Medical Home as an alternative to ER's and Quick Care Clinics for medical non-emergencies. By working with Health Care providers in Will County to help reduce non-emergency visits to the ER's, we can collectively help lower healthcare costs that benefit everyone. MAPP has developed a tool kit that contains print and website collateral for partners to use at their offices and on their own website.

XII.   **Worksite Wellness Award Programs**

Illinois Healthy Worksite Designation
http://www.idph.state.il.us/wechoosehealth/WCH_HW_DesignationInfoPack.pdf
The Healthy Worksite designation was created to engage employers throughout the state in worksite wellness best practices. Sponsors of the designation include the Governor's Council on Health and Physical Fitness, the Illinois Chamber of Commerce and the Illinois Department of Public Health. The University of Illinois at Chicago's Department of Kinesiology and Nutrition provides evaluation and research assistance.

Healthiest Employers Award
http://healthiestemployers.com/awards/about-wellness-award/
The **Healthiest Employer** awards program recognizes organizations that are committed to creating a healthy workplace. The award utilizes an online assessment to measure wellness programming in **six key categories**: Leadership commitment, foundational components, strategic planning, communication and marketing, programming and interventions, and reporting and analysis.