

### **Worksite Wellness Information**

Leading by Example: CEOs on the Business Case for Worksite Health Promotion

[http://www.prevent.org/images/stories/Files/docs/LBE\\_ExecSumm.pdf](http://www.prevent.org/images/stories/Files/docs/LBE_ExecSumm.pdf)

Leading by Example: Leading practices for employee health management

[http://www.prevent.org/LBE/LBE\\_USCC\\_FullBook.pdf](http://www.prevent.org/LBE/LBE_USCC_FullBook.pdf)

Obstacles to Worksite Wellness Programs

[http://www.wellnessproposals.com/wellness\\_articles/obstacles\\_to\\_worksite\\_wellness\\_programs.htm](http://www.wellnessproposals.com/wellness_articles/obstacles_to_worksite_wellness_programs.htm)

### **Return on Investment**

Environmental and Ecological Worksite-based Health Promotion Interventions: What works and what is cost-effective?

<http://www.niehs.nih.gov/news/events/pastmtg/2004/built/docs/goetzel.pdf>

Facts about employee wellness

<http://www.doh.state.fl.us/Family/Heart/PDF/FactsEmployeeWellness.pdf>

Partnership for Prevention

Facts and Resources

<http://www.prevent.org/content/view/29/40/>

Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities

<http://healthyamericans.org/reports/prevention08/Prevention08.pdf>

Preventive services: Helping employers expand coverage

[http://www.prevent.org/images/stories/Files/publications/Preventive\\_Services\\_Helping\\_Employers\\_Expand\\_Coverage.pdf](http://www.prevent.org/images/stories/Files/publications/Preventive_Services_Helping_Employers_Expand_Coverage.pdf)

Study Suggests Employer-Sponsored Wellness Programs Produce Modest Weight Loss

[http://www.healthymiamidade.org/files/Study\\_suggests\\_employer-sponsored\\_wellness\\_programs\\_produce\\_modest\\_weight\\_loss.pdf](http://www.healthymiamidade.org/files/Study_suggests_employer-sponsored_wellness_programs_produce_modest_weight_loss.pdf)

Talking Points Regarding Policy and Environmental Change Strategies for Worksites

<http://www.doh.state.fl.us/Family/Heart/PDF/WorksiteOutline.pdf>

The Health and Economic Implications of Worksite Wellness Programs

<http://www.healthylife.com/template.asp?pageID=75>

Why Invest? Recommendations for Improving Your Prevention Investment

[http://www.prevent.org/images/stories/PDF/whyinvest\\_web\\_small.pdf](http://www.prevent.org/images/stories/PDF/whyinvest_web_small.pdf)

## Healthy People 2010

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small

[http://www.prevent.org/images/stories/Files/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/images/stories/Files/publications/Healthy_Workforce_2010.pdf)

Healthy People 2010 Objectives:

- 6-10. (Developmental) Increase the proportion of health and wellness and treatment programs and facilities that provide full access for people with disabilities.
- 7-5. Increase the proportion of worksites that offer a comprehensive employee health promotion program to their employees.
- 7-6. Increase the proportion of employees who participate in employer-sponsored health promotion activities.
- 19-16. Increase the proportion of worksites that offer nutrition or weight management classes or counseling.
- 20-9. Increase the proportion of worksites employing 50 or more persons that provide programs to prevent or reduce employee stress.
- 22-13. Increase the proportion of worksites offering employer-sponsored physical activity and fitness programs.
- 27-12. Increase the proportion of worksites with formal smoking policies that prohibit smoking or limit it to separately ventilated areas.
- 27-13. Establish laws on smoke-free indoor air that prohibit smoking or limit it to separately ventilated areas in public places and worksites.

## Toolkits

A guide to developing your worksite wellness program (by WELCOA)

[http://welcoa.org/pdf/well\\_workplace\\_wkbook1.pdf](http://welcoa.org/pdf/well_workplace_wkbook1.pdf)

CDC General Workforce Health Promotion Toolkits

[http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/other\\_general.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/other_general.htm)

Maine Good Work! Resource Kit

[http://www.healthymainepartnerships.org/MCVHP/resource\\_good\\_work\\_manual.aspx](http://www.healthymainepartnerships.org/MCVHP/resource_good_work_manual.aspx)

Reducing the Risk of Heart Disease and Stroke A Six-Step Guide for Employers

[http://www.cdc.gov/dhdsp/library/toolkit/pdfs/six\\_step\\_guide.pdf](http://www.cdc.gov/dhdsp/library/toolkit/pdfs/six_step_guide.pdf)

Successful Business Strategies to Prevent Heart Disease and Stroke

[http://www.cdc.gov/DHDSP/library/toolkit/pdfs/toolkit\\_guide.pdf](http://www.cdc.gov/DHDSP/library/toolkit/pdfs/toolkit_guide.pdf)

Wisconsin Dept of Health & Family Services

Worksite Wellness Resource Kit

<http://dhfs.wisconsin.gov/health/physicalactivity/Sites/Worksite%20pdfs/Toolkit2ndeditionAugust2007final.pdf>

What works in worksites

<http://dhfs.wisconsin.gov/health/physicalactivity/Sites/Worksite%20pdfs/WhatWorksBusinessfinal.pdf>

## How-To

A guide to developing your worksite wellness program (by WELCOA)  
[http://welcoa.org/pdf/well\\_workplace\\_wkbook1.pdf](http://welcoa.org/pdf/well_workplace_wkbook1.pdf)

CDC Worksite Wellness Program Implementation Guidelines  
Program Planning 101 by the CDC  
[http://www.cdc.gov/nccdphp/dnpha/hwi/program\\_design/planning\\_101.htm](http://www.cdc.gov/nccdphp/dnpha/hwi/program_design/planning_101.htm)

Health Improvement: A Comprehensive Guide to Designing, Implementing, and  
Evaluating Worksite Programs  
[http://www.businessgrouphealth.org/pdfs/issuebrief\\_nov2004.pdf](http://www.businessgrouphealth.org/pdfs/issuebrief_nov2004.pdf)

Planning resources  
[http://www.cdc.gov/nccdphp/dnpha/hwi/program\\_design/planning.htm](http://www.cdc.gov/nccdphp/dnpha/hwi/program_design/planning.htm)

Needs assessment  
[http://www.cdc.gov/nccdphp/dnpha/hwi/program\\_design/needs\\_assessment.htm](http://www.cdc.gov/nccdphp/dnpha/hwi/program_design/needs_assessment.htm)

Policies  
<http://www.cdc.gov/nccdphp/dnpha/hwi/policies/index.htm>

Environmental audits  
[http://www.cdc.gov/nccdphp/dnpha/hwi/program\\_design/environmental\\_audits.htm](http://www.cdc.gov/nccdphp/dnpha/hwi/program_design/environmental_audits.htm)

Texas Dept of State Health Services Worksite Wellness Index  
[http://www.wellnessproposals.com/pdfs/tool\\_kits/worksite\\_wellness\\_assessment\\_and\\_planning\\_guide.pdf](http://www.wellnessproposals.com/pdfs/tool_kits/worksite_wellness_assessment_and_planning_guide.pdf)

Welcome to the Online Home of the Designing Healthy Environments at Work (DHEW)  
Assessment Tool  
<http://mihealthtools.org/work/>

### **Programs in Existence**

American Diabetes Association  
Diabetes in the Workplace  
[http://www.diabetes.org/communityprograms-and-localevents/diabetes-in-the-workplace.jsp?WTLPromo=Home\\_010808](http://www.diabetes.org/communityprograms-and-localevents/diabetes-in-the-workplace.jsp?WTLPromo=Home_010808)

Winning at Work  
<http://www.diabetes.org/communityprograms-and-localevents/waw-default.jsp>

Arkansas Worksite Wellness  
Tool kit  
[http://www.arkansas.gov/ha/pdf/worksite\\_wellness.pdf](http://www.arkansas.gov/ha/pdf/worksite_wellness.pdf)

CDC's StairWELL to Better Health  
Introduction  
<http://www.cdc.gov/nccdphp/dnpha/stairwell/>  
Program Tracking  
[http://www.cdc.gov/nccdphp/dnpha/stairwell/tracking\\_stair\\_usage.htm](http://www.cdc.gov/nccdphp/dnpha/stairwell/tracking_stair_usage.htm)  
Ideas to Consider  
[http://www.cdc.gov/nccdphp/dnpha/stairwell/other\\_ideas.htm](http://www.cdc.gov/nccdphp/dnpha/stairwell/other_ideas.htm)

Project checklist

[http://www.cdc.gov/nccdphp/dnpa/stairwell/project\\_checklist.htm](http://www.cdc.gov/nccdphp/dnpa/stairwell/project_checklist.htm)

CDC Worksite Walkability

Introduction

<http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/walkability/index.htm>

Audit Tool

[http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/walkability/audit\\_tool.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/walkability/audit_tool.htm)

Sample Audit

<http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/walkability/sample.htm>

Colorado Physical Activity and Nutrition (COPAN) Program

[http://www.cdc.gov/nccdphp/dnpa/obesity/state\\_programs/state\\_stories/co\\_worksite\\_2006.pdf](http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/state_stories/co_worksite_2006.pdf)

Diabetes at Work

<http://www.diabetesatwork.org/>

Diabetes at Work website press release

<http://www.cdc.gov/od/oc/media/pressrel/r021111.htm>

Hawaii Work, Weight, and Wellness Program: The 3W Program

<http://clinicaltrials.gov/ct2/show/NCT00123019>

King County, Washington

<http://www.apha.org/publications/tnh/archives/2007/Sept07/Nation/Workplace+healthNAT.htm>

Maine Move and Improve -- Community Case Study

[http://www.cdc.gov/pcd/issues/2006/jul/05\\_0123.htm](http://www.cdc.gov/pcd/issues/2006/jul/05_0123.htm)

Mexico Pausa para tu Salud (Pause for Your Health)

Original research

[http://www.cdc.gov/pcd/issues/2008/jan/06\\_0122.htm](http://www.cdc.gov/pcd/issues/2008/jan/06_0122.htm)

Moving into Action: Promoting Heart-Healthy and Stroke-Free Communities

[http://www.cdc.gov/dhdsp/library/moving\\_into\\_action/pdfs/Employers.pdf](http://www.cdc.gov/dhdsp/library/moving_into_action/pdfs/Employers.pdf)

New Orleans Wellness Program for Elementary School Personnel

<http://clinicaltrials.gov/ct2/show/NCT00123500>

Rhode Island Partnerships for Worksite Weight Management

<http://clinicaltrials.gov/ct2/show/NCT00288145>

Start! Fit-Friendly Companies Program by the American Heart Association

<http://www.americanheart.org/presenter.jhtml?identifier=3040830>

Application form

<http://www.americanheart.org/presenter.jhtml?identifier=3040830>

For employers

<http://www.americanheart.org/presenter.jhtml?identifier=3041373>

Food guidelines for companies

Consortium for a Healthier Miami-Dade – Worksite Wellness Online Resource Directory 2008

<http://www.americanheart.org/presenter.jhtml?identifier=3046997>

Tips to help employees start

<http://www.americanheart.org/presenter.jhtml?identifier=3046016>

Frequently asked questions

<http://www.americanheart.org/presenter.jhtml?identifier=3045493>

Fit Friendly companies

<http://www.americanheart.org/presenter.jhtml?identifier=3044646>

Workplace presentation

<http://www.americanheart.org/presenter.jhtml?identifier=3044899>

Strides to a healthier worksite

[http://www.wellnessproposals.com/pdfs/tool\\_kits/strides\\_to\\_a\\_healthier\\_workforce.pdf](http://www.wellnessproposals.com/pdfs/tool_kits/strides_to_a_healthier_workforce.pdf)

Worksite and Community Health Promotion/ Risk Reduction Project -- Virginia, 1987-1991

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00015994.htm>