



Mayors Wellness Campaign  
Put your community in motion.

UNITED HEALTH FOUNDATION®

## Physical Health & Nutrition



# WORKPLACE WELLNESS PROGRAMS



## PUTTING YOUR HEALTH TO WORK

- Workplace Wellness Programs can boost employee productivity, reduce absenteeism, and lower overall health care premiums.
- A recent study by the **Small Business Majority** claims that although many businesses are interested in implementing a workplace health promotion program, many fear that their business is too small to support a comprehensive program, or that the program will cost too much.
- Implementing a community-based Workplace Wellness Program improves the health and productivity of employees by supporting, enhancing, and supplementing Workplace Wellness Programs in your community.



## ACTION STEPS

### Get Involved

- Contact local businesses to survey the needs of their employees and build partnerships.
- Attend local Chamber of Commerce meetings to rally the participation of local industry leaders, and push for the development of a local workplace wellness program.
- Provide local businesses with program ideas and introduce them to health educators like your local supermarket's dietician.
- Support local businesses' Workplace Wellness Programs by being the conduit between businesses and local health providers.

### Host a "Lunch and Learn"

- Contact your local dietitian to provide "Lunch and Learn" classes.
- Give your employees an opportunity to learn about the importance of healthy lunches and healthy products offered by your local grocery store.

## FOLLOW THEIR LEAD!

Live Healthy Cumberland County (LHCC) implemented a Workplace Wellness Program to improve the health and quality of life of local employees. Local businesses partnered with LHCC to establish their own volunteer employees wellness committees, who initially took a survey to assess what types of healthy programs would benefit them. LHCC collaborates with 36 worksites throughout Cumberland County.

### **Set up Employee Health Screenings**

- Connect with your local health care providers or public health nurses to provide blood pressure and cardiovascular screenings to businesses in your community.

### **Begin the Challenge**

- Provide weekly workouts and recipes for healthy homemade meals.
- Partner with local yoga instructors to offer yoga classes during lunch breaks.
- Encourage employee walking programs to measure how many steps each participant takes in a normal work day.
- Reward participants with the most steps taken or the healthiest number of homemade meals brought to work.
- Ensure your Workplace Wellness Program is sustainable by offering both low- and no-cost suggestions for programming.
- Work with wellness committees to initiate programming and ensure needed resources are available.

### **Evaluate Your Progress**

- Evaluation allows a workplace to assess the efficacy of a wellness program by determining program outcomes and accomplishments.
- Collect data on:
  - Employee participation and satisfaction through attendance and surveys of workplace wellness events.
  - Behavior changes through post-program participant surveys to assess program impact.
- To learn more on how to evaluate your Workplace Wellness Program [click here](#).



## **MORE RESOURCES**

**Live Healthy Cumberland County  
CDC Workplace Health Promotion  
Workplace Wellness that Works  
American Heart Association Workplace Health Solutions  
Small Business Attitudes on Wellness Programs**