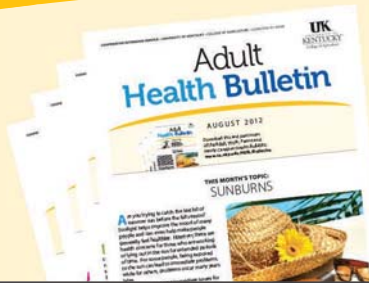


Adult Health Bulletin



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THIS MONTH'S TOPIC: WORKPLACE WELLNESS

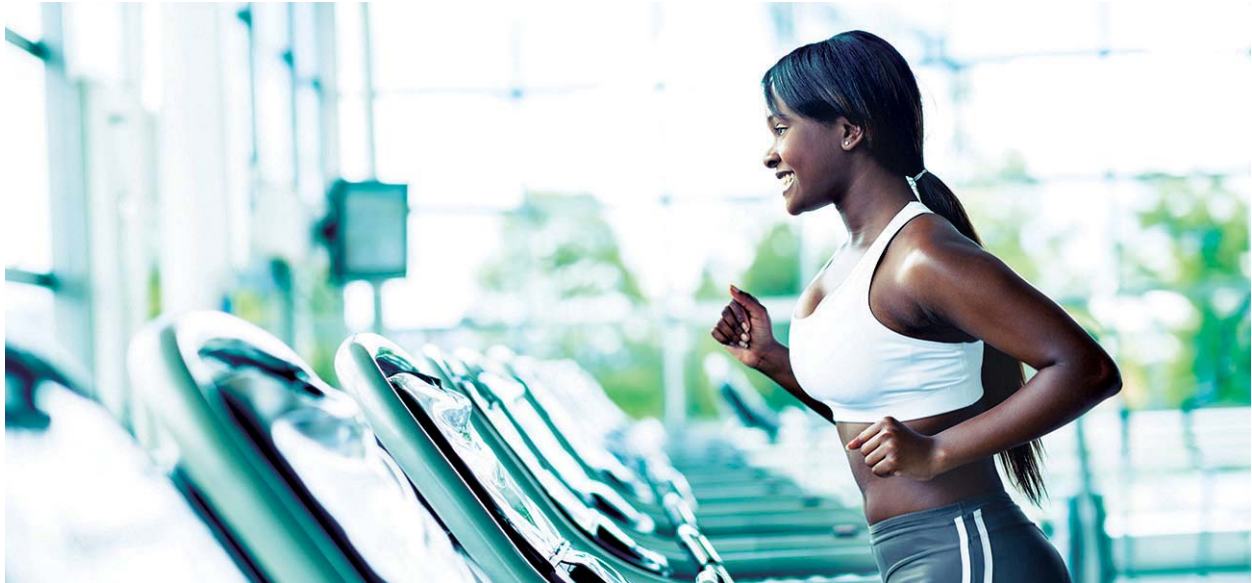
What is workplace wellness? Workplace wellness; have you heard this term recently? Over 77 percent of large manufacturing companies in the United States offer some sort of wellness programming. Workplace wellness is a program, at a place of employment, where the employees take part in healthy behaviors. Being healthy is important for you, but it is also important for your employer. Workplace wellness programs were created when employers began to see the benefits of helping employees become healthy.

Workplaces may not be able to offer fitness classes onsite, so they may allow extra time for exercise. Another common way to promote employee health is to offer on-site kitchens and eating areas.



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Some companies have worked to provide healthy foods in vending machines, instead of more sugar- and fat-filled options. There are also worksites that offer money to employees who participate in wellness programming. This often motivates people for the short term, but we do not know if it works to motivate people to stay with the healthy behaviors, weeks, months or years after the programming itself ends.

Workplace wellness programming may look different from one place to another. Some of the common benefits workplace wellness programs provide are:

- Health education about diet and activity
- Weight management programs
- Health fairs
- Medical screenings such as cholesterol screening or blood sugar checks
- On-site fitness programming
- Tobacco-free policies and assistance to quit smoking

Being healthy is important for you, but it is also important for your employer.

- Stress management
- Depression screenings
- Flu shot clinics

Having healthy employees benefits the employers too:

- Fewer missed days of work
- Fewer days spent at work when the employee does not feel well
- Lower health care costs for the employer

Worksite wellness is a win-win for everyone — the worker, the company and the community. If your place of work is considering a worksite wellness program, try to support it by participating. You may even start to feel better.

SOURCES:

- Centers for Disease Control and Prevention. (2013.) Comprehensive Workplace Health Programs to Address Physical Activity, Nutrition, and Tobacco Use in the Workplace. <http://www.cdc.gov/workplacehealthpromotion/nhwp/>
- Centers for Disease Control and Prevention. (2013.) Health Topics Addressed. <http://www.cdc.gov/workplacehealthpromotion/healthtopics/index.html>

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