

What is Worksite Wellness?

“ I have lost 23 pounds by walking each day on the office treadmill and joining a weight loss support group at work. I have no doubt that exercise has greatly contributed to my success. I’m a caregiver for my mom so I don’t always get time to walk. Doing it at work has been great.”

Susan H.
Office Assistant
NC Department of
Health & Human
Services



Did you know that on average, employees spend 50 hours a week at work and eat about 1/3 of their meals at work? And not surprising, about 40% of U.S. workers report that they feel very or extremely stressed at work.

Since we do spend a lot of time at work, it is important to work in an environment that is supportive of our health and well-being. Making healthy snack choices, for example, is difficult when vending machines only carry chips and chocolate bars. You can help create a well workplace, including initiatives to support individual behavior change, by participating in or starting a worksite wellness program.

Worksite Wellness 101

A worksite wellness program is an organized program for employees designed to enrich their physical, mental, emotional, and occupational well-being. A major goal of a worksite wellness program is to make the work environment more supportive of healthy behaviors like healthy eating, being physically active, managing stress and quitting tobacco. Worksite wellness programs can be organized through a team or committee of employees that meets to plan activities and environmental changes that promote good health, for example:

- *Eating Smart* at work – offer healthy food at staff events, in vending machines and cafeterias
- *Moving More* at work – have walking meetings when feasible, create walking maps, and encourage employees to take the stairs
- *Managing Stress* at work – hold workshops about stress management and organize social events for employees
- *Quitting Now* at work – create smoke free environments and offer tobacco cessation resources for those who want to quit

The State Health Plan and the NC Division of Public Health have created the NC HealthSmart Worksite Wellness Program to help state employees, teachers and their employers create and sustain health-friendly worksites.

North Carolina
**HEALTH
Smart**

North Carolina
State Health Plan

for Teachers and State Employees
www.shpnc.org

Worksite Wellness & You



What can you do?

Practice Wellness. Take care of yourself and be a role model for your coworkers too. Bring a nutritious lunch to work. Park in the space farthest away from your building. Drink water instead of soda. Take stretch breaks often.

Participate. Ask your human resources office if wellness activities are available to you. If so, use the programs. Get a flu shot. Attend health fairs. Answer surveys about your wellness interests. Join onsite classes. Help a coworker quit smoking.

Do More. Join a committee. Help design lifestyle programs, a health-friendly work environment and organization-wide wellness policies. Be an ambassador for wellness among your coworkers.

Start a Committee. If your worksite does not have a wellness initiative, ask your manager or your organization's Wellness Leader to support your efforts to create one.

Visit the Worksite Wellness Web site:
www.shpnc.org/worksite-wellness.html

E-mail the Worksite Wellness Team:
worksite.wellness@ncmail.net

Worksite Wellness Resources

The Worksite Wellness Team strives to bring you the most current information. Resources listed below are available online, www.shpnc.org/worksite-wellness.html.

NC HealthSmart Worksite Wellness Web site. This site provides presentations for committees, employees and management as well as brochures, data, success stories, cost-benefit calculators and more.

NC HealthSmart Worksite Wellness Toolkit. The Toolkit is divided into five easy-to-use sections. The Committee workbook gives step-by-step instructions for setting up and maintaining a wellness committee. Four resource books help committees write wellness policies; make environmental changes; offer group activities; and provide employees with information on the benefits of healthy eating, physical activity, stress management and tobacco cessation.

Technical Assistance Program. North Carolina state agencies, community colleges, public universities and public schools have access to this service. The Worksite Wellness Team offers committees guidance and support through:

- Site Visits
- Bi-monthly *Wellness Works* newsletters
- Telephone and e-mail consultation