

# Worksite Wellness Resource Guide

The North Carolina State Health Plan has developed this guide of state and national initiatives to help organizations create an employee wellness program. The following free resources can help you to implement wellness policies, environmental changes, group and individual activities around nutrition, physical activity, tobacco cessation and stress management.

Visit the State Health Plan's Web site at [www.shpnc.org/worksite-wellness.html](http://www.shpnc.org/worksite-wellness.html) for more resources and tools, including the NC HealthSmart Worksite Wellness Toolkit.



**Worksites Eating Smart and Moving More**, from the NC Division of Public Health, is an all-in-one resource for establishing a worksite wellness program that promotes and supports healthy eating and increased physical activity for employees. It includes a Committee Guide, a Management Guide and a variety of suggestions and tools to help employees eat smart and move more at work.

[www.eatsmartmovemorenc.com/programs\\_tools/worksites/wesmm/index.html](http://www.eatsmartmovemorenc.com/programs_tools/worksites/wesmm/index.html).



**Workable Wellness** is a program of the NC Cooperative Extension Service that offers practical solutions through onsite group training sessions to help employees lead healthier, more fulfilling lives. Workable Wellness offers methods to help participants manage stress, become more physically active, eat healthier, balance work and family and get finances in order. Contact your local cooperative extension agent for more information. Find contact information:

[www.eatsmartmovemorenc.com/contactdir/index.html?cat=68&id=809](http://www.eatsmartmovemorenc.com/contactdir/index.html?cat=68&id=809).



**The Healthier Worksite Initiative** was designed by the Centers for Disease Control and Prevention as a resource for worksite health promotion program planners. Here you will find information, resources, and step-by-step toolkits to help you improve the health of your employees, including how to establish a stairwell program, set-up a garden market on-site, and cost-calculators for worksite wellness cost savings. [www.cdc.gov/hwi/](http://www.cdc.gov/hwi/).



**North Carolina Tobacco Prevention and Control Branch** offers information about evidence-based ways to reduce the toll of tobacco use on N.C. communities and to promote tobacco-free living. There is also information for anyone who is trying to quit using tobacco.

[www.tobaccopreventionandcontrol.ncdhhs.gov](http://www.tobaccopreventionandcontrol.ncdhhs.gov).



**The American Psychological Association's Psychologically Healthy Workplace Program** offers resources and tools to help create a psychologically healthy worksite. The Web site includes current research articles, an e-newsletter, and information on different types of psychologically healthy workplace practices. [www.phwa.org](http://www.phwa.org).

North Carolina  
**HEALTH**  
*Smart*

North Carolina  
State Health Plan  
for Teachers and State Employees  
[www.shpnc.org](http://www.shpnc.org)



# Web Tools & Resources

## **NUTRITION**

American Dietetic Association – [www.eatright.org](http://www.eatright.org)  
Eat Smart Move More NC –  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)  
NC Nutrition Network – [www.ncnutrition.org](http://www.ncnutrition.org)  
Nutrition.Gov – [www.nutrition.gov](http://www.nutrition.gov)

## **PHYSICAL ACTIVITY**

Be Active NC – [www.beactivenc.org](http://www.beactivenc.org)  
Eat Smart Move More NC –  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)  
YMCA of the USA – [www.ymca.net](http://www.ymca.net)

## **TOBACCO CESSATION**

American Lung Association – [www.lungusa.org](http://www.lungusa.org)  
Become an Ex – [www.becomeanex.org](http://www.becomeanex.org)  
NC Quitline – 1-800-QUIT NOW  
Quit.com – [www.quit.com](http://www.quit.com)  
Quit Now NC! – [www.quitnownc.org](http://www.quitnownc.org)  
Smoke Free NC – [www.smokefreenc.org](http://www.smokefreenc.org)  
State Health Plan Tobacco Cessation Benefits for Members  
[www.shpnc.org/pdf/SmokingCessation\\_flyer.pdf](http://www.shpnc.org/pdf/SmokingCessation_flyer.pdf)  
Tobacco Prevention & Control, Division of Public Health  
[www.communityhealth.dhhs.state.nc.us/tobacco.htm](http://www.communityhealth.dhhs.state.nc.us/tobacco.htm)

## **STRESS MANAGEMENT**

American Psychological Association –  
[www.apa.org/topics/topicstress.html](http://www.apa.org/topics/topicstress.html)  
Job Stress Network – [www.workhealth.org](http://www.workhealth.org)  
National Institute for Occupational Safety and Health -  
[www.cdc.gov/niosh/topics/stress](http://www.cdc.gov/niosh/topics/stress)  
The American Institute of Stress – [www.stress.org](http://www.stress.org)

## **OTHER HEALTH WEB SITES**

American Cancer Society – [www.cancer.org](http://www.cancer.org)  
American Diabetes Association – [www.diabetes.org](http://www.diabetes.org)  
American Heart Association – [www.americanheart.org](http://www.americanheart.org)

## **SCHOOL EMPLOYEE WELLNESS**

NC Healthy Schools – [www.nchealthyschools.org](http://www.nchealthyschools.org)  
School Employee Wellness Guide - [www.schoolempwell.org](http://www.schoolempwell.org)  
STAR Pilot Program - [www.shpnc.org/star.html](http://www.shpnc.org/star.html)

## **COST CALCULATORS & DATA SOURCES**

CDC Cost Calculators - [www.cdc.gov/nccdphp/dnpa/hwi/program\\_design/cost\\_calculators.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/program_design/cost_calculators.htm)  
Eat Smart Move More...NC Data -  
[www.eatsmartmovemorenc.com/data/index.html](http://www.eatsmartmovemorenc.com/data/index.html)  
NC Behavioral Risk Factor Surveillance System -  
[www.schs.state.nc.us/SCHS/data/brfss.cfm](http://www.schs.state.nc.us/SCHS/data/brfss.cfm)

## **GENERAL WELLNESS LINKS**

NC Prevention Partners – [www.ncpreventionpartners.org](http://www.ncpreventionpartners.org)  
Partnership for Prevention - [www.prevent.org](http://www.prevent.org)  
Shape Up America – [www.shapeup.org](http://www.shapeup.org)  
Take Action Worksite Wellness Program –  
[www.takeactionca.com](http://www.takeactionca.com)  
Wellness Councils of America – [www.welcoa.com](http://www.welcoa.com)

For more information on the NC HealthSmart Worksite Wellness Program, including success stories, newsletters, resources and tools, visit [www.shpnc.org/worksite-wellness.html](http://www.shpnc.org/worksite-wellness.html)