

Promoting a healthier workforce and a healthier Georgia

June/July 2017

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DID YOU KNOW?

Encouraging healthy habits can increase employees' productivity, reduce healthcare costs and create a healthier work environment.



Worksite Polices and Programs to Promote Nutrition and Physical Activity

Did you know that 2 out of 3 Georgia adults are obese or overweight? Worksite health programs can contribute to chronic disease prevention by creating worksite environments where healthy choices are easy choices.

Eat and Drink Healthy.

- **Fruits and Vegetables Challenge.** This month-long activity from Work Well NC encourages employees to eat more fruits and vegetables every day. The program includes posters, newsletters and other implementation resources. See Resource list below.
- **Provide choices.** Offer a variety of fruits, vegetables and lean meats in the cafeteria, in meetings and during worksite celebrations.
- **Water at meetings.** Make water readily available at meetings and throughout the day.

Be Active.

- **Workplace Walking Program Kit.** This kit from the American Heart Association (AHA) provides a step-by-step guide and supporting materials to get employees away from their desks and moving. See the Resource list below.
- **Physical fitness information.** Place physical fitness bulletin boards in strategic areas of the worksite.
- **Incentives.** Offer incentives to employees who participate in worksite health activities. Consider incentives that help employees become more active, such as t-shirts, water bottles, hats, pedometers, and resistance bands.

Resources for Worksite Health

Use these resources as a guide to begin implementing worksite polices and programs:

- **Work Healthy Georgia toolkit.** Georgia Department of Public Health (DPH). https://dph.georgia.gov/sites/dph.georgia.gov/files/DPH_WorkHealthyGA_Toolkit_4Web_062917.pdf
- **Workplace Walking Program Kit.** AHA. http://www.heart.org/HEARTORG/HealthyLiving/WorkplaceWellness/WorkplaceWellnessResources/The-American-Heart-As-sociations-Worksite-Wellness-Kit_UCM_460433_Article.jsp#
- **Fruits and Vegetables Challenge.** Work Well NC. http://workwellnc.com/turnkey_FruitsAndVegetablesChallenge.php
- **Healthy Workplace Food and Beverage Toolkit.** AHA. http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_465693.pdf
- **StairWELL.** Centers for Disease Control and Prevention (CDC). <http://www.cdc.gov/physicalactivity/worksite-pa/toolkits/stairwell/>
- **Men's Health Resource Center.** Men's Health Network. <http://www.menshealthresourcecenter.com/>



Men's Health

Although Men's Health Month is celebrated in June, the importance of men's health should be emphasized throughout the year. The purpose of Men's Health Month is to raise awareness about preventable health problems and to encourage the treatment of disease among men and boys. Worksite health programs can contribute to this effort by promoting healthy lifestyle changes, encouraging preventative doctor exams and providing education on preventable health issues. Worksite health policies and programs can encourage healthy behaviors in all employees while at work.

Men's Health Statistics

- Women are 100% more likely than men to visit the doctor for annual exams and preventative services.
- 1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.
- Heart disease is the leading cause of death among men and women.
- On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

Men's Health Month. <http://www.menshealthmonth.org/wp-content/uploads/2016/04/mens-health-month-flyer-facts-1.pdf>

Leading cause of death in Males United States, 2014. <https://www.cdc.gov/men/lcod/2014/index.htm>



Organize a Wear BLUE day

Host a **Wear BLUE** day at your workplace to raise awareness about men's need for regular checkups and education about cardiovascular disease, prostate cancer, lung cancer, diabetes and many other health issues that affect men. You can do this in June or on any day of the year. **Show men that you care by wearing blue at work!**

Visit <http://www.menshealthnetwork.org/wearblue/> for more information.



SPOTLIGHT ON SUCCESS



CONCERTED SERVICES, INC. WAYCROSS, GA

WORKSITE HEALTH ACTIVITIES

Concerted Services, Inc. (CSI) is committed to promoting good health for its employees! Concerted Services offers many employee wellness programs through its self funded group health plan, which includes a health and wellness fund.

Weight Loss Challenge: For six weeks, employees pledge to make lifestyle changes that lead to weight loss and decreased body fat. The top four winners receive cash prizes. All participants receive a gift card.

Walking Challenge: Participants pledge to increase their daily physical activity and record the amount of time spent walking during a six-week challenge. They receive pedometers and water bottles. At the end of the challenge, three winners receive cash prizes.

Gym Membership: Employees receive a partial reimbursement on gym membership fees based on their attendance at the gym.

Monthly Wellness Tips: Each issue features a healthy recipe and information on a health topic.

Biometric Screenings: The employee receives a screening form to take to their healthcare provider. After the health screening is completed the employee receives a gift card as an incentive.

Safety Promotion: Prizes are given to employees who are observed using strong safety practices in the workplace. These incentives encourage employees to focus on safety.

Tobacco-Free: All Concerted Services worksites are tobacco-free!



Congratulations to the winners of the Weight Loss Challenge!

Wellness is important to CSI because it helps to identify employee health conditions, and encourages them to make healthy lifestyle choices and address chronic conditions.

— Sonja Eason, HR Director

ABC CHILD DEVELOPMENT CENTER ALMA, GA

WORKSITE HEALTH ACTIVITIES

Located on the campus of Bacon County Hospital, ABC Child Development Center is dedicated to employee health and collaborates with the hospital to sponsor multiple employee health programs.

Biggest Loser Contest: During this contest held from January until June, participants receive incentives for weight loss.



Congratulations to the top winner of the Biggest Loser Contest!

Tobacco-Free: ABC Child Development Center is a tobacco-free worksite!

Discounts on Health Insurance Premiums: Employees receive discounts on health insurance premiums for being tobacco-free, for decreased weight and for decreased cholesterol levels. Employees also receive discounts on tobacco cessation products through the health insurance plan.

Health Fair: Each April, employees receive health information and health screenings during the fair. The screenings results are linked to health insurance renewal discounts.

Newsletter : Each issue features information on healthy behaviors, such as improved nutrition and physical activity.

Worksite health promotion can be inexpensive and easy to plan

Do you think worksite health programs are costly and too time-consuming?

Have you ever abandoned an idea for a health promotion program that seemed too difficult to implement?

You're not alone. However, there are health-related policies and programs you can create that are inexpensive and simple to plan and implement.

Consider these ideas:

Give your employees "recess" (15 minutes, mid-morning and mid-afternoon) to go play. During recess, employees are encouraged to follow a "no-sitting" rule.

Include healthy recipes in your employee monthly newsletter.

Offer information on packing healthy brown bag lunches.

Stay tuned for more ideas in the next newsletter issue.

