

GEORGIA WORKING ON HEALTH

Promoting a healthier workforce and a healthier Georgia

September/October 2017



Resources for Worksite Health

Each edition of the Georgia Working on Health newsletter provides resources for starting or improving worksite health programs. This edition highlights several resources, including the Workplace Health Resource Center, small business resources and a ten-week wellness challenge for employees.



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The CDC Workplace Health Resource Center (WHRC)

The Centers for Disease Control and Prevention (CDC) has launched a new one-stop online resource shop to help employers create a healthier work environment. The [Workplace Health Resource Center](https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html) website is easy to navigate, and it provides many resources for establishing and augmenting worksite health programs.

Features of the Workplace Health Resource Center

- More than 200 resources backed by science
- Small business workplace health strategies
- Real-world case studies on worksite health
- Step-by-step tutorials on how to start or improve a workplace health promotion program

<https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html>



October: Farm to School Month

October is National Farm to School Month! During this month, thousands of schools, early care and education sites, farms, organizations and communities celebrate food education, gardening and cooking with healthy, local ingredients.

While your worksite may not be a school, you can still participate. Everyone can celebrate National Farm to School



Month! By participating in farm to school activities this October, you can take action to promote healthy families in your community. Farm to school activities empower children and their families to make informed, healthy food choices.

For resources and information on ways to take action and promote Farm to School Month, visit the website for the **[National Farm to School Network](http://www.farmentoschool.org/our-work/farm-to-school-month)**.

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Farmers Market Resources



For resources to connect your employees to healthy, fresh produce:

Farmers Markets, Community Supported Agriculture, and Local Food Distribution

<https://www.cdc.gov/healthyplaces/healthtopics/healthyfood/markets.htm>

For a list of farmers markets that double federal nutrition assistance dollars to increase access to healthy, locally-grown foods:

Wholesome Wave Georgia

<http://www.wholesomewavegeorgia.org/>

For Information on starting a new farmers market:

Georgia Organics

<http://georgiaorganics.org/for-farmers/farmers-markets/>

Resources for Small Businesses

For resources that focus on small businesses, please visit the websites below.

[Leading By Example: The Value of Worksite Health Promotion to Small- and Medium-Sized Employers](http://www.prevent.org/Publications-and-Resources.aspx), Partnership for Prevention

<http://www.prevent.org/Publications-and-Resources.aspx>

[Small Business Worksite Wellness Strategies](https://www.dhs.wisconsin.gov/publications/p0/p00639.pdf), Wisconsin Department of Health Services

<https://www.dhs.wisconsin.gov/publications/p0/p00639.pdf>

[Worksite Health for Small Employers](https://nccd.cdc.gov/WHRC/?searchTerm=small%20business#), CDC

<https://nccd.cdc.gov/WHRC/?searchTerm=small%20business#>



Resource Spotlight





Smart Fuel Program

Smart Fuel is a ten-week worksite wellness challenge to help employees eat smart. The program focuses on **five strategies** for eating smart:

- **Enjoy More Fruits & Vegetables**
- **Re-Think Your Drink**
- **Enjoy More Whole Grains**
- **Prepare More Meals at Home**
- **Right-Size Your Portions**

Each two-week period of the challenge focuses on one of the Eat Smart strategies listed above. Participants earn points for practicing these strategies each day during the ten weeks of the challenge. This challenge can be implemented for individuals or for teams. The website includes all the materials that are needed for implementation: program description, posters, sign-in sheets, newsletters, evaluation forms and certificates for participants.

http://workwellnc.com/turnkey_SmartFuel.php

From: Work Well NC

Budget Friendly Worksite Health Tips

Many people think worksite health programs are costly, but they can be inexpensive. Here are some health-related policies and programs you can create that are inexpensive and simple to plan and implement.

- Institute morning and afternoon stretch breaks at your worksite.
- Invite a wellness speaker to your next staff meeting. Use your local clinic, hospital or gym as a source for free speakers.
- "Healthy Monday" tip - Send out a weekly healthy tip by email, posters or flyers.
- Ten-minute walk breaks - Map out a short walking course, indoors and/or outdoors, and encourage your employees to complete it during work breaks.
- Invite a local chef or restaurant to do a healthy food taste test at your worksite.



<http://dph.georgia.gov/chronic-disease-prevention>

