



Healthy Worksite Newsletter

Healthy Worksite • Healthy Workforce • Healthy Communities

June Webinar

Making the Case for Worksite Health, Leadership and Culture

Monday, June 18, 2012

1:00–2:30 p.m. EDT

**Webinar
Register Now!**

William B. Baun

EPD, CWP, FAWHP
Wellness Officer,

M.D. Anderson Center,
President, National Wellness Institute

This first in the series of five trainings provided by the CDC will cover the key components of a worksite health program; the relationship between individual employee health and organizational performance; and how to create leadership support, and build a strong infrastructure and culture for worksite health.

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Message from the NHWP Program Director

Welcome to the inaugural issue of the *Healthy Worksite Newsletter*, dedicated to providing participating employers, public health professionals, government officials and the general public with the latest news from the Centers for Disease Control and Prevention (CDC) and its partner National Healthy Worksite Program (NHWP).

The goal of the NHWP, as well as this quarterly newsletter, is to provide information and tools to help initiate and evaluate comprehensive worksite health programs to improve workers' health, as well as to encourage employers and employees to be health role models. This program will help employees in seven communities across the United States change their behavior and health risks, and assist employers to change their workplace health, safety culture and environment. We will not only focus on what to do to improve employees' health, but also on how to do it.

We encourage you to join the June 18 webinar, "Making the Case for Worksite Health, Leadership and Culture." William B. Baun, wellness officer at the M.D. Anderson Center and president of the National Wellness Institute, will make his case for worksite health programs and share his insight into the many benefits that employers can achieve by investing in them.

In this newsletter on page three, we are pleased to share information on the National Institute for Occupational Safety and Health's (NIOSH) new publication, *The Research Compendium: The NIOSH Total Worker Health™ Program: Seminal Research Papers 2012*. As part of the CDC, NIOSH continues its mission of generating knowledge in occupational safety and health for the betterment of workers. We are also excited to have NIOSH as a partner in the NHWP.

In addition to NIOSH, we're proud to highlight the work of the NHWP's other key partners on page four: Viridian Health Management, Research Triangle Institute and the University of Connecticut/CPH-NEW. Each is committed to worksite health improvement and embraces health protection and promotion programs in the workplace.

In future issues, we look forward to sharing best practices and strategies for implementing workplace health programs by highlighting the work of the NHWP communities and employers.

Jason E. Lang MPH, MS

Team Lead for Worksite Health Programs,
Division of Population Health

National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention

The National Healthy Worksite Program

Faced with high health care costs, many employers are turning to workplace health programs to help employees adopt healthier lifestyles and lower their risk of developing costly chronic diseases, while improving worker productivity. In October 2011, the Centers for Disease Control and Prevention (CDC) launched the National Healthy Worksite Program. The NHWP is designed to assist employers in implementing prevention and wellness strategies that will lead to specific, measureable health outcomes to reduce chronic disease rates.

Employers can create healthy work environments that make it easier for employees to make healthy choices. Maintaining a healthier workforce can help lower direct costs, such as insurance premiums and worker's compensation claims, and positively affect many indirect costs, such as absenteeism and worker productivity.

The NHWP will assist up to 100 small, mid-sized and large employers in establishing comprehensive workplace health programs. Each program participant will receive intensive support and expertise, putting in place a combination of program, policy and environmental interventions to support physical activity, good nutrition and tobacco cessation. In addition, employers and interested community-based organizations from the seven NHWP program sites that are not selected for full program participation—called community participants—will receive training and technical assistance as well as mentoring through peer relationships.

On-going evaluation of the worksite health promotion programs will track changes in employee knowledge, behavior and productivity, as well as in employer health and safety culture. Evaluation efforts also will capture best practices for implementing core workplace health programs, and document unique challenges experienced by employers and strategies to overcome them.

Through technical assistance, case studies, success stories and information forums, the information gathered throughout the program will be shared broadly with participating employers, as well as other employers and organizations nationwide interested in creating or expanding their own healthy worksite programs.



The Cost Burden of Chronic Disease

Each year in the United States, chronic diseases such as heart disease, stroke, cancer, arthritis and diabetes cause seven of 10 deaths and account for about 75 percent of the \$2.6 trillion spent on medical care. Obesity alone is a significant health-care cost driver. The Gallup-Healthways Well-Being Index data for 2011 show full-time workers in the U.S. who are overweight or obese and have other chronic health problems miss about 450 million more days of work each year than healthy workers, resulting in an estimated cost of more than \$153 million in lost productivity annually.

Participating Employers

Participating employers will be selected from seven communities across the country. The selected counties are:

- Somerset County, ME (Skowhegan)
- Shelby County, TN (Memphis)
- Marion County, IN (Indianapolis)
- Harris County, TX (Houston)
- Buchanan County, MO (St. Joseph)
- Kern County, CA (Bakersfield)
- Pierce County, WA (Tacoma)



Ask an Expert

What type of technical assistance will be provided to community and national participants?

National- and community-based training and technical assistance will be provided to meet the following goals:

- In person workshops for community participants; supporting materials and access to tools used in the NHWP.
- Information forums and idea exchanges with peers in the community.
- Webinars for national participants including progress on NHWP participants.
- NHWP information clearinghouse Web site.

NIOSH Total Worker Health Program

As part of CDC, NIOSH is responsible for conducting research and making recommendations for the preventing work-related illnesses and injuries.

Continuing with its mission of generating new knowledge in the field of occupational safety and health for the betterment of workers, NIOSH has released a new comprehensive publication, *The Research Compendium: The NIOSH Total Worker Health™ Program: Seminal Research Papers 2012*.

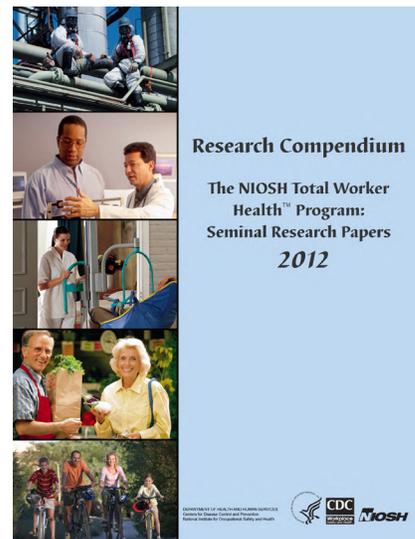
The publication is a compilation of three commissioned papers from a 2004 NIOSH-sponsored conference, Steps to a Healthier Workforce Symposium.

In the eight years that have elapsed since the 2004 symposium, it's no surprise that interest in integrated approaches to worker health and safety continues to increase exponentially. And still today, these commissioned papers are widely cited and are considered ground-breaking on the science and practice of integrating health protection and health promotion.

Learn more about the research, services and recommendations that NIOSH provides to improve safety and health in the workplace at www.cdc.gov/niosh.

the [TWH™ in Action!](#) quarterly eNewsletter."

To download the PDF version or read the research publication in its entirety, visit online at www.cdc.gov/niosh/docs/2012-146.



Program Partners

The NHWP partners with high-profile organizations and institutions that are committed to worksite health and embrace health promotion programs in the workplace. This comprehensive partner program focuses on providing proven strategies to help employers improve the health of their employees and control health-care spending.



Viridian Health Management

is recognized as a leader committed to changing employee health behaviors through targeted, interactive, health improvement programs and services. Viridian designs, implements and evaluates health protection and health promotion programs in partnership with employers, communities and public health agencies.

As the National Healthy Worksite Program's national implementation contractor, Viridian will provide operational management of the health promotion program and coordinate activities among the NHW Program participants. Viridian's responsibilities include conducting individual and organizational assessments, program planning and assisting NHWP participants with selecting priority interventions, providing implementation support and collecting data. Viridian also will provide guidance in establishing the program management infrastructure; report progress to CDC; prepare reports and publication materials; and provide training to NHWP program participants and community participants.

Learn more about Viridian at www.viridianhealth.com.

Research Triangle International (RTI)

RTI International is an independent, nonprofit institute that provides research, development and technical services to government and commercial clients worldwide.



As the National Healthy Worksite Program national evaluator, RTI will conduct a process and outcome evaluation across all of the participating worksites. The overall evaluation objective is to gather quantitative and qualitative data to assess the effectiveness of NHWP activities, as well as the processes (such as building site-level infrastructure or engaging leadership) involved in establishing the workplace health programs. RTI will use the RE-AIM (reach, effectiveness, adoption, implementation and maintenance) framework to guide the evaluation.

RTI will also collect and disseminate best workplace health practices in the form of stories, case studies and lessons learned that can be used to train and guide other organizations in establishing programs with other employers.

Learn more about RTI at www.rti.org.

University of Connecticut /CPH-NEW

The Center for the Promotion of Health in the New England Workplace (CPH-NEW) is a Center for Excellence created originally with funding from NIOSH in 2006. It is a collaborative research-to-practice initiative led by investigators from the University of Massachusetts Lowell (UML) and the University of Connecticut (UConn). Under a subcontract with Viridian Health Management, the UConn/CPH-NEW will provide expertise in health protection and safety, specifically training and general use tools for ergonomics, and consultation on worksite organization decisions that affect health protection and promotion. CPH-NEW also will assist with development and analysis of organizational climate and culture surveys and health assessment data to provide aggregate employer reporting and intervention recommendations for employers.



Learn more about CPH-NEW at www.uml.edu.Research/centers/CPH-NEW.

Moving Forward, Reversing the Trend



Obesity is common, serious and costly for Americans. More than one-third of adults (35.7 percent) in the United States and approximately 17 percent of children and adolescents are obese. Behavior and

environment play a large role in causing people to be overweight and obese. These are the most opportune areas for prevention and treatment actions.

In 2030, 42 percent of American adults will be obese, and about one-third of that group will be severely obese, as projected in a new study published in the *American Journal of Preventive Medicine*. This trend foretells a huge drag on the health and economic welfare of the United States. Obesity-related ailments—diabetes, heart disease and kidney failure—consume at least 9 percent of health-care spending in the United States. Total health spending is about \$2.6 trillion a year.

This ominous study was featured during the recent Weight of the Nation conference hosted by the Centers for Disease Control and Prevention Division of Nutrition, Physical Activity, and Obesity, in Washington, D.C., on May 7–9, 2012. Weight of the Nation brings together public health researchers and practitioners, policy makers, and national partners devoted to obesity prevention and control, to raise awareness across the country as well as share approaches that show promise or success for improving healthy eating and active living.

U.S. Department of Health and Human Services Secretary Kathleen Sebelius, CDC Director Thomas Frieden, Let's Move! Director Sam Kass and Philadelphia Mayor Michael Nutter spoke at the conference about key obesity prevention priorities.

The theme for this year's conference—Moving Forward, Reversing the Trend—emphasized how communities, early care and education, medical care, workplaces, states territories, tribes and schools can be game changers by improving healthy eating and increasing active living for all Americans.

This conference provided a forum to highlight progress in the prevention and control of obesity through policy and environmental strategies, and was framed around five intervention settings: early care and education; states, tribes and communities; medical care; schools; and workplaces. Sessions highlighted strategies for policy and environmental support that have improved population-level health.

People all around the world participated in six sessions as they were broadcast live from the three-day event. The sessions will be available on demand at www.adph.org/alphntn after June 15.

What you can do to help improve the weight of the nation

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age.

Watch:

- Six sessions that were broadcast live from Weight of the Nation 2012 conference will be available on demand after June 15 at www.adph.org/alphntn.

Learn:

- More about the causes, consequences and health effects of obesity at www.cdc.gov/Obesity.
- The latest data and statistics tracking the obesity epidemic at [CDC Obesity Data and Statistics](http://CDC.ObesityDataandStatistics).

Act:

- [Know your body mass index](#), get started on a healthy weight and move more.
- Know your children's BMI, keep your kids active and use [these tips](#) to feed your children healthier foods.
- [Work in schools, hospitals, workplaces and elsewhere](#) to make the healthy choice the easy choice.
- Take the Weight of the Nation's [Pledge for Progress](#).

Upcoming Webinars and Teleconferences

Employers and organizations can take part in a series of webinars and teleconferences to increase knowledge, skills, awareness and capacity in building, enhancing, and maintaining worksite health promotion programs. Nationally recognized health promotion and safety experts, including employers who have achieved successful healthy worksite programs, will be part of the training faculty to discuss program implementation and evaluation. Over the course of 12 months, participants will master the fundamentals of implementing a healthy worksite program such as:

- Making the case for a healthy worksite and leadership support
- Collecting data methods and tools
- Creating and implementing a comprehensive healthy worksite plan
- Improving strategies for employee health and building an organizational culture of health
- Evaluating programs
- Integrating health promotion and safety

Is Your Workforce... Chronologically Gifted? Solutions, Strategies and Success Stories for an Aging Workforce

Thursday, July 19, 2012

1–2 p.m. EDT

Featured Speakers:

L. Casey Chosewood, MD

Senior Medical Officer for Total Worker Health™, National Institute for Occupational Safety and Health, CDC

Susan L. Hughes, DSW

Co-director, Center for Research on Health & Aging Institute for Health Research and Policy
University of Illinois-Chicago

T. Warner Hudson, MD

Medical Director, Occupational Health Facility UCLA Health System President, ACOEM

This webinar will focus on the opportunities and challenges employers are confronting, along with practical, actionable guidance and recommendations for employers to address this issue.

Register for the webinar by clicking [here](#).

Data Collection & Assessment

September 12, 2012

1–2:30 p.m. EDT

Featured Speakers:

Suzanne Nobrega, MS

Research Project Director for the Center for the Promotion of Health in the New England Workplace

Dyann Matson-Koffman, DrPH

Health Scientist, CDC

This webinar will discuss the worksite health assessment process, reasons employers should collect data, the types of data used in worksite health promotion planning, and the uses for specific assessment data collection instruments for worksite health.

Register for the webinar by clicking [here](#).

NHWP Web site

Check out the NHWP online!

The National Healthy Worksite Program Web portal has been recently redesigned to provide best-practice worksite health information to employers and interested organizations nationwide.

The [NHWP Website](#) will be updated frequently to include science- and practice-based worksite health information, tools, case studies, training opportunities, valuable resources and lessons learned from the National Healthy Worksite Program participants.

We invite you to visit often for newly added tools and resources, opportunities to participate in Worksite Health 101 training webinars, NHWP Community events and specialty topics in worksite health and safety.

For NHWP Web site suggestions and feedback please e-mail us at NationalHealthyWork@cdc.gov.

Learn more about NHWP at www.cdc.gov/nhwp.

