

Worksite Wellness Resources



Personal Empowerment Plan (PEP)

Developed by: Cooper Institute, in partnership with the Centers for Disease Control and Prevention

Phone - (800) 635-7050

Website: www.cooperinstitute.org/products/detail.cfm?ProdID=5016&category=21

Personal Empowerment Plan (PEP) is a strategy for worksites to promote healthy eating and moderate physical activity. PEP has valuable tools to help employees succeed including a Coordinator's Guide, Stages of Change assessment test with physical activity and healthy eating kits for each stage, promotional materials, and evaluation forms. The PEP gives step by step instructions on how to plan, promote, implement and evaluate a wellness program.

Cost: \$45.00 for binder-ready Coordinator's Guide with CD of print-ready materials

Healthier Work Initiative (HWI)

Developed by: Centers for Disease Control and Prevention

Website: www.cdc.gov/nccdphp/dnpa/hwi/index.htm

The CDC's Healthier Work Initiative was developed for program planners in state and federal government, although non-government workplaces will find the web site useful and beneficial. To assist in improving the health of employees, the HWI website offers information, resources, and step-by-step toolkits to implement successful worksite programs.

Cost: Free for download

Worksite Wellness Information by State

Developed by: Hawaii State Department of Health, Tobacco Settlement Fund Project, Healthy Hawaii Initiative

Phone: (808) 586-4497

The worksite wellness document highlights every state in the United States and when available provides information concerning worksite wellness toolkits, programs, and key contact individuals.

Network for a Healthy California – Worksite Program

Developed by: California Department of Public Health

Website: www.dhs.ca.gov/ps/cdic/cpns/worksites/FitBusinessKit.htm

The toolkit provides the tools and resources needed to develop and implement a workplace wellness program supporting healthy eating and physical activity. The contents of the toolkit range from a 10 week web-based program and physical activity competition to a healthy dining menu and healthy meeting policies.

Cost: Free for download

Texas State Agency Worksite Wellness

Developed by: Texas Department of State Health Services

Phone: (512) 458-7111 or 1-888-963-7111

Email: web.master@dshs.state.tx.us

Website: www.dshs.state.tx.us/wellness/stagency.shtm

Texas State Agency Worksite Wellness offers several programs based on the needs and goals of your organization, including self-paced four and eight week programs focusing on physical activity and nutrition behaviors. Wellness program guidebooks and planning models are available to assist with implementation.

Cost: Free for download

Healthy Arkansas – For a Better State of Health

Developed by: Arkansas Department of Health and Human Services

Phone: 1-800-235-0002

Website: www.arkansas.gov/ha/worksites_wellness/index.html

Healthy Arkansas is an excellent resource to use when beginning to develop a worksite wellness program. The Toolkit offers assessment tools, nutrition and physical activity programs and supporting materials, and has an evaluation component.

Cost: Free for download

Supplemental Resources from Delaware

Delaware Center for Health Promotion

Phone – (302) 831-1998

Email: behealthyde@udel.edu

Website: <http://www.behealthydelaware.org/healthypromotions/healthypromotionsindex.html>

The Delaware Center for Health Promotion (DCHP) is a joint initiative between the University of Delaware and the Office of the Lt. Governor John Carney. Its mission is to encourage Delawareans to adopt healthier lifestyle habits in an effort to increase their quality of life and to reduce the incidence of preventable illness.

5-2-1-Almost None

Website: www.nemours.org/department/nhps/five-two-one.html

Nemours is taking a leading role to help Delawareans understand the causes and health implications of obesity and the best ways to promote healthier lifestyles among children and families. Our “formula for a healthy lifestyle” is *5-2-1-Almost None*. *5-2-1-Almost None* calls for eating at least five servings of fruits and vegetables a day, watching two or fewer hours of screen time a day, getting one or more hours of physical activity a day, and drinking almost no sugary beverages.

Cost: Free for download

Grow Up Healthy

Developed by: Nemours Health and Prevention Services

Website: www.growuphealthy.org

Nemours Health and Prevention Services provides various materials to educate parents on *5-2-1-Almost None*. Parenting materials consists of fact sheets, activities for kids, and health-related resources.

Cost: Free for download