



Guiding Principles of a comprehensive Worksite Wellness Plan: Striving to Create the Healthiest Employees in the State of Oregon



National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity



Guiding Principles



1. Instilling a culture of health at the worksite.



2. Involving employees by collecting data and engaging in their interest.



3. Integrating worksite health promotion into missions and policies of agency.

Guiding Principles



4. Implement activities based on employee needs and interests.
5. Leveraging resources available.
6. Evaluating outcomes for effectiveness

Presentation Overview



1. Instilling a culture of health at the worksite.

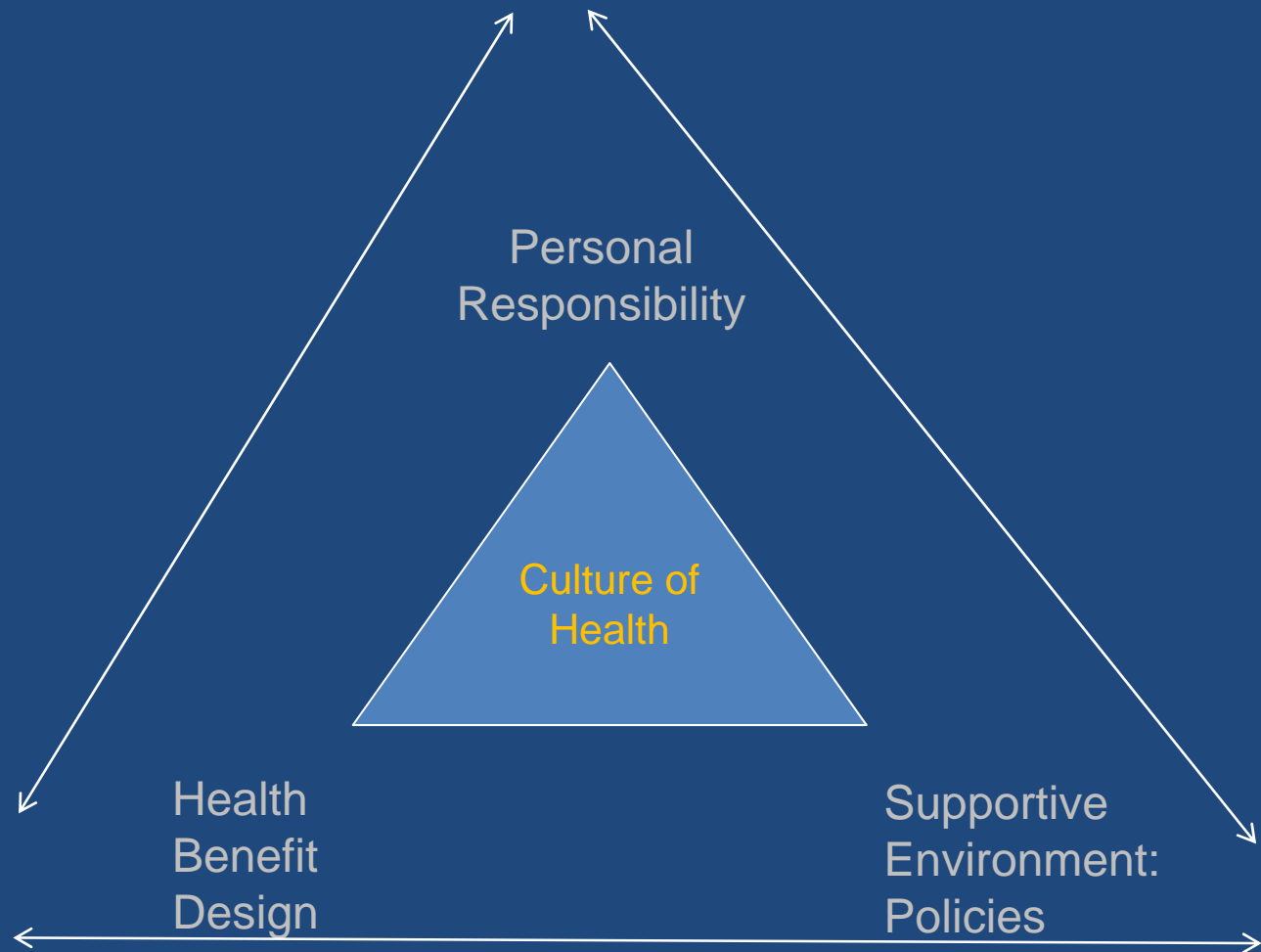


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Comprehensive, Integrated, Worksite Wellness Program



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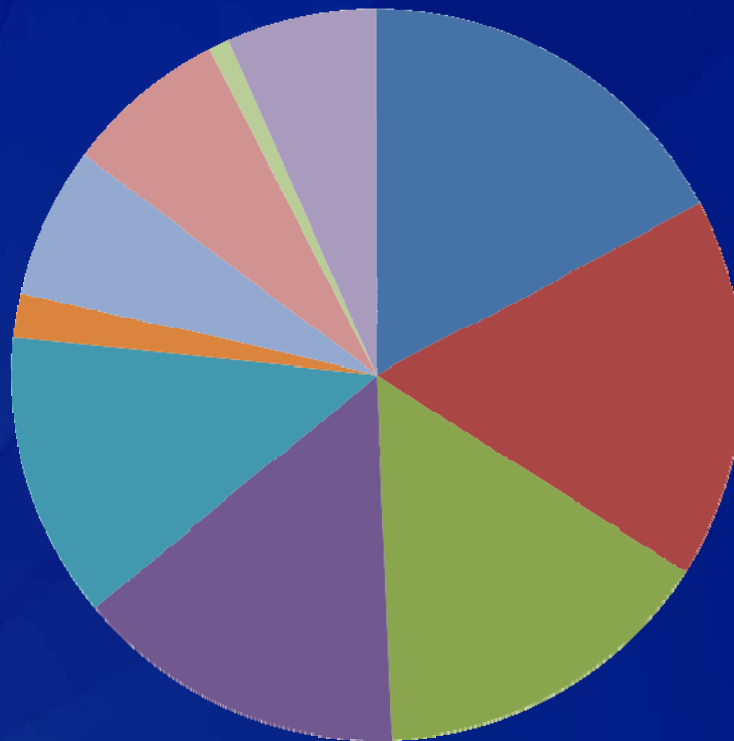
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Employee Wellness Assessment 2010

Survey conducted by Jackson County
Healthy Communities & Tobacco
Prevention and Education Program

Jackson County's Employee Desired Interest



- Exercise #1
- Nutrition #2
- Healthy Cooking #3
- Weight Loss #4
- Stress reduction #5

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4 Policies

- Promote Physical Activities in the Workplace
 - Healthy Foods in Vending Machines
 - Healthy Foods at County-sponsored Events
 - Tobacco Free Campus Countywide

J.C. Survey Support for Policies

- **71.1%** would eat healthier foods if available for the same price than non healthy foods.
- **68.6% are** currently trying to lose weight.
- **13.3%** of employees currently use alternative transportation.
- **95%** want to be protected from second-hand smoke.
- Policies support what employees' want!



JACKSON
COUNTY
Oregon

HEALTH and HUMAN SERVICES

Thank you for not
smoking

1005 E Main St

07/19/2011

**DON'T THROW
CIGARETTE BUTTS
ON THE FLOOR
THE COCKROACHES
ARE GETTING CANCER**

Department of Health & Human Services is Leading the Way!

Healthy Foods and Beverages in Vending
Machines

Healthy Foods and Beverages at County-
Sponsored Events

Physical Activity in the Workplace

Tobacco Free Workplace



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Social and environmental changes are influenced by the efforts of many...



Thank You!

Jane Stevenson,

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