

Healthy Worksite Designation

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Healthy Worksite Designation

Questions To Be Answered

1. Why are healthy worksites important?
2. What is the purpose of the designation?
3. What are the designation's criteria?
4. How can employers satisfy the criteria?
5. How does the qualification/recognition process work?
6. What strategies are working to engage employers?



3 Major Reasons Why Healthy Worksites Are Important

Reason #1

*To support the health and well-being of people
where they spend so much of their lives.*



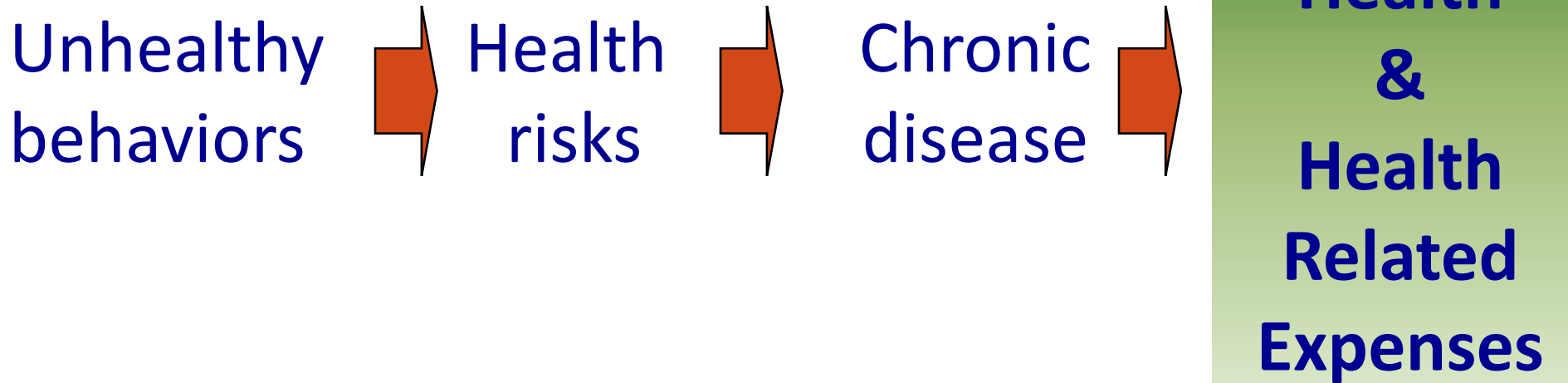
3 Major Reasons Why Healthy Worksites Are Important

Reason #2

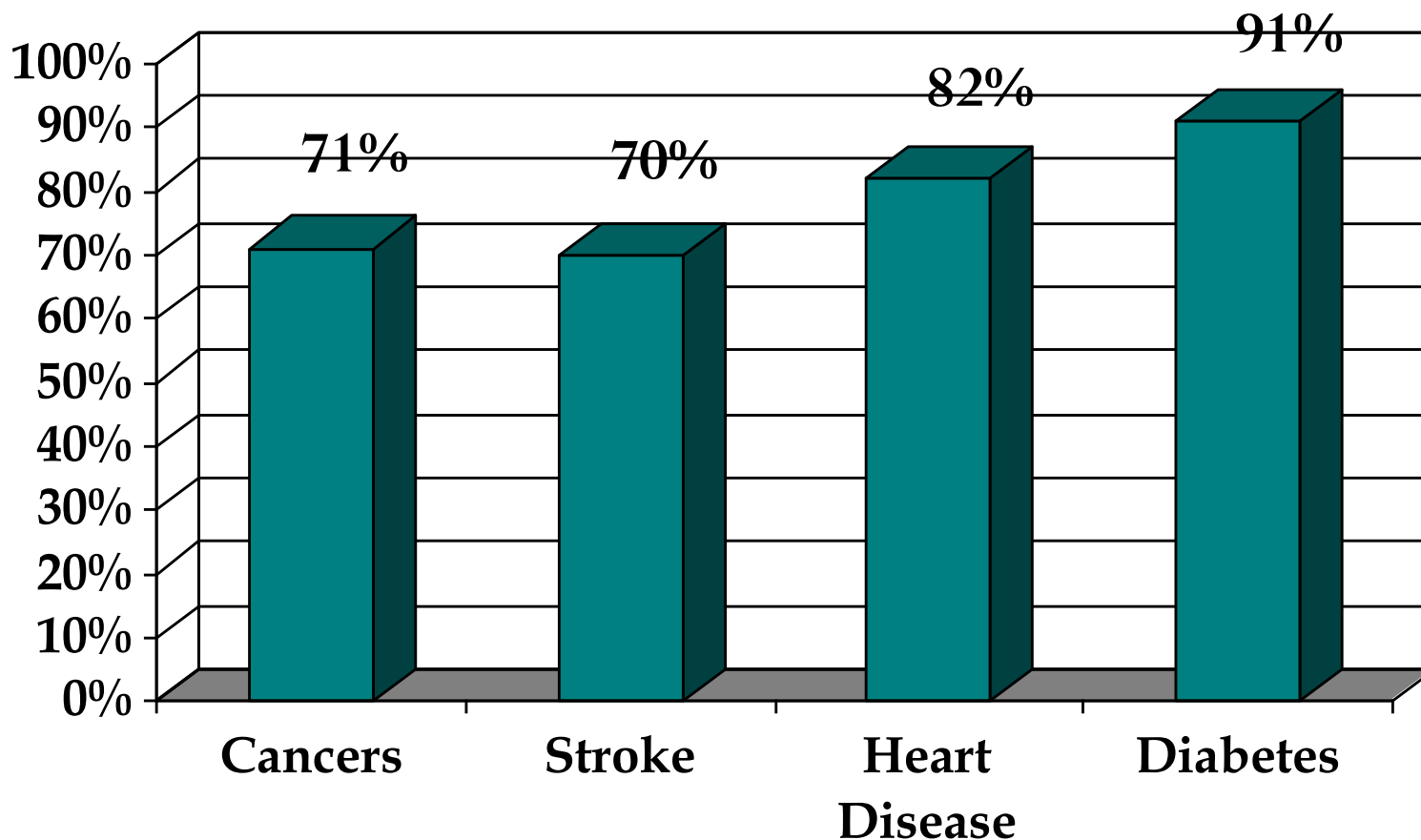
To slow the alarming and costly rise in chronic health conditions related to lifestyle behavior.



The Bottom Line



Percent of Chronic Diseases That Are Caused by Poor Lifestyle



Sources: Stampfer, 2000; Platz, 2000; Hu, 2001



3 Major Reasons Why Healthy Worksites Are Important

Reason #3

*To improve business performance with healthier
and higher performing employees.*



Impact of Poor Health on Employer Costs



Absenteeism
6%

Worker's
Comp 9%

Health Care
Cost 25%

Presenteeism
60%



Employer Benefits of Workplace Wellness

- Morale
- Productivity
- Better consumers of healthcare
- Recruitment
- Retention
- Absenteeism
- Presenteeism
- Disability claims
- Health care utilization
- Premature retirement
- Health benefit costs
- Accidents
- Insurance costs

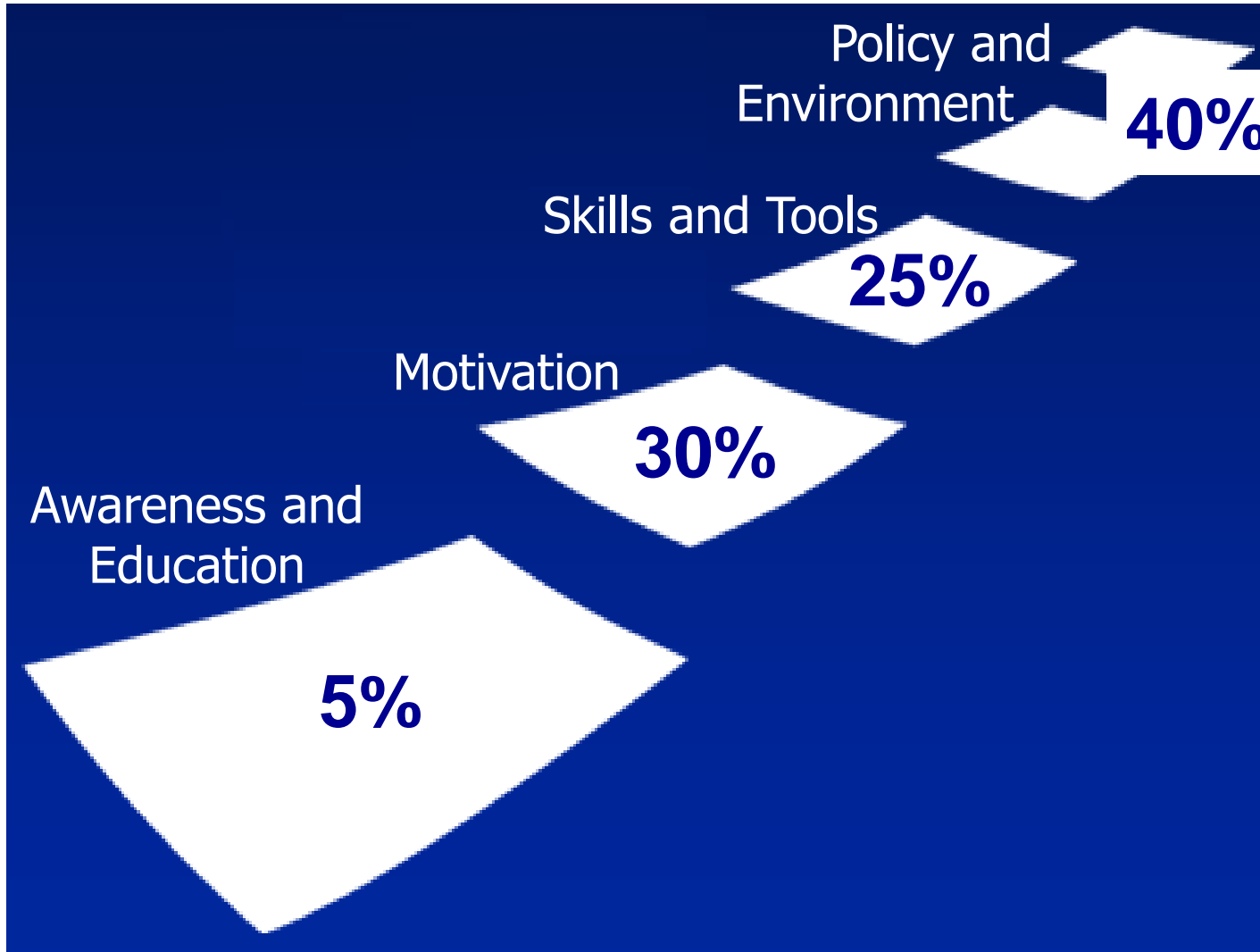


Employee Benefits of Workplace Wellness

- Increased awareness of healthy lifestyle behaviors
- Better consumer of healthcare services
- Reduced medical expenditures
- Improved quality of life from reduced health risks
- Improved morale in the workplace
- Reduced absences
- Better focus and attention at work
- Reduced pain and suffering from illness, injury and chronic health conditions



Worksite Behavior Change Process



Healthy Worksite Designation

What is it's purpose?

To engage workplaces in creating a culture of health and well-being that benefits both the employer and employees.



Healthy Worksite Designation

Designation Sponsors Include:

- *The Governor's Council on Health and Physical Fitness*
- *The Illinois Chamber of Commerce*
- *The Illinois Department of Public Health*
- *The University of Illinois at Chicago's Department of Kinesiology and Nutrition*



“Healthy Worksite” Designation Criteria

BRONZE RECOGNITION

1. *Actively promote and support healthy **nutrition** at work.*
2. *Provide and encourage opportunities for **physical activity** at work.*

SILVER RECOGNITION *Bronze status plus . . .*

3. *Develop a 12-month Health & Wellness **Calendar** and an ongoing **communication plan** to promote employee health and well-being throughout the year.*
4. *Demonstrate a **commitment** to employee health and well-being by making it part of the organization's mission statement, goals and operations.*

GOLD RECOGNITION *Bronze and Silver status plus . . .*

5. *Develop lifestyle and disease management **strategies and measure** their success annually.*



Healthy Worksite Designation

How can employers satisfy the criteria?



Healthy Worksite Designation

How does the qualification and recognition process work?

- Evidence submitted by May 1st
- Evidence reviewed by U.I.C.'s Dept. of Kinesiology and Nutrition and qualifiers determined
- Statewide announcement of qualifiers and distribution of Certificates of Achievement in June
- July 1st – Year 2 qualification begins



Healthy Worksite Designation

What strategies are working to engage employers in qualifying for the designation?

- Recruitment of established wellness programs
- Newsletters
- Newspaper articles
- Forums
- Chamber of Commerce events
- Calls and/or Mailings
- Site Visits



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Your Questions?

