

1
00:00:00,140 --> 00:00:00,973
- [Narrator] Does your school

2
00:00:00,973 --> 00:00:02,900
have an employee wellness program?

3
00:00:02,900 --> 00:00:04,830
Employee wellness is a key component

4
00:00:04,830 --> 00:00:07,980
of the Whole School, Whole
Community, Whole Child Model

5
00:00:07,980 --> 00:00:09,890
and one of the nine recommendations

6
00:00:09,890 --> 00:00:11,310
in the School Health Guidelines

7
00:00:11,310 --> 00:00:14,040
to Promote Healthy Eating
and Physical Activity.

8
00:00:14,040 --> 00:00:16,170
Wellness programs have several benefits

9
00:00:16,170 --> 00:00:19,230
including improved staff
retention and productivity,

10
00:00:19,230 --> 00:00:21,520
decreased employee absenteeism

11
00:00:21,520 --> 00:00:23,790
and decreased employee healthcare costs.

12
00:00:23,790 --> 00:00:26,700
Fostering the physical and
mental health of school employees

13
00:00:26,700 --> 00:00:30,340
also helps to support students'
health and academic success.

14
00:00:30,340 --> 00:00:31,810
Need help getting started?

15
00:00:31,810 --> 00:00:34,100
Check out the CDC Healthy Schools website

16
00:00:34,100 --> 00:00:36,700
where you will find a school
employee wellness guide

17
00:00:36,700 --> 00:00:39,880
and other tools to support
the creation or expansion

18
00:00:39,880 --> 00:00:41,730
of an employee wellness program

19
00:00:41,730 --> 00:00:43,960
including ideas that can be implemented

20
00:00:43,960 --> 00:00:45,700
with limited resources.

21
00:00:45,700 --> 00:00:48,570
CDC also has a Worksite Health ScoreCard

22
00:00:48,570 --> 00:00:50,930
to help your school
implement an evidence-based

23
00:00:50,930 --> 00:00:53,450
comprehensive health promotion program.

24
00:00:53,450 --> 00:00:56,170
As always, we at the CDC
Healthy Schools thank you

25
00:00:56,170 --> 00:00:58,000
for your commitment to
improving the health

26
00:00:58,000 --> 00:00:59,553
of our future generations.