[Narrator] Does your school have an employee wellness program?

Employee wellness is a key component of the Whole School, Whole Community, Whole Child Model and one of the nine recommendations in the School Health Guidelines to Promote Healthy Eating and Physical Activity.

Wellness programs have several benefits including improved staff retention and productivity,
decreased employee absenteeism and decreased employee healthcare costs.

Fostering the physical and mental health of school employees also helps to support students' health and academic success.
Need help getting started?

Check out the CDC Healthy Schools website where you will find a school employee wellness guide and other tools to support the creation or expansion of an employee wellness program including ideas that can be implemented with limited resources.

CDC also has a Worksite Health ScoreCard to help your school implement an evidence-based comprehensive health promotion program.

As always, we at the CDC Healthy Schools thank you for your commitment to improving the health of our future generations.