

Preventive Health and Health Services Block Grant

Guam

Worksite Wellness Program Promotes a Healthier Workforce

Chronic diseases, such as heart disease or stroke, are the leading cause of death in Guam. Guam's death rate from heart disease or stroke is more than 80% higher than the US rate. Complications from chronic diseases harm employees' overall health, increase health-related expenses, and reduce productivity at work. Since most people spend much of their day at work, employers can help people develop healthier habits and reduce the impact of chronic diseases. By promoting workers' health, employers also can boost workplace productivity and reduce sick days. The Guam Department of Public Health and Social Services used Preventive Health and Health Services (PHHS) Block Grant funding to create the Worksite Wellness Program (WWP) for health department employees.

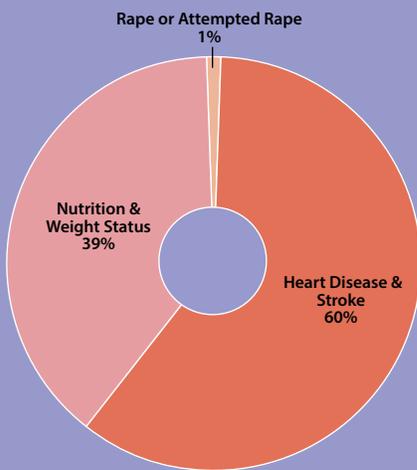
Eating healthy foods, maintaining a healthy weight, and getting daily exercise can help prevent chronic diseases and reduce complications for people already living with them. The WWP encourages employees to adopt healthy behaviors during the workday and provides opportunities and resources to help them. For example, the program allows employees to exercise while at work and to learn from trained health coaches who teach nutrition, healthy cooking, exercise, and stress-reduction classes. The coaches also perform medical screenings for employees.

The success of WWP inspired more than 1,200 employees to participate in physical activity at five local gyms in 2016. Also, many health department agencies initiated special WWP activities, such as weight loss competitions, running clubs, walking meetings, and opportunities to share healthy recipes. Employees reported that WWP helped them develop stronger working relationships, take fewer sick days, and reduce the amount of medications they took.

For its success in fostering a healthier workforce in Guam, WWP received the Governor's Award of Excellence in 2014 and 2015.

How Guam Invested PHHS Block Grant Funding

Total FY 2015 Funding: \$328,044



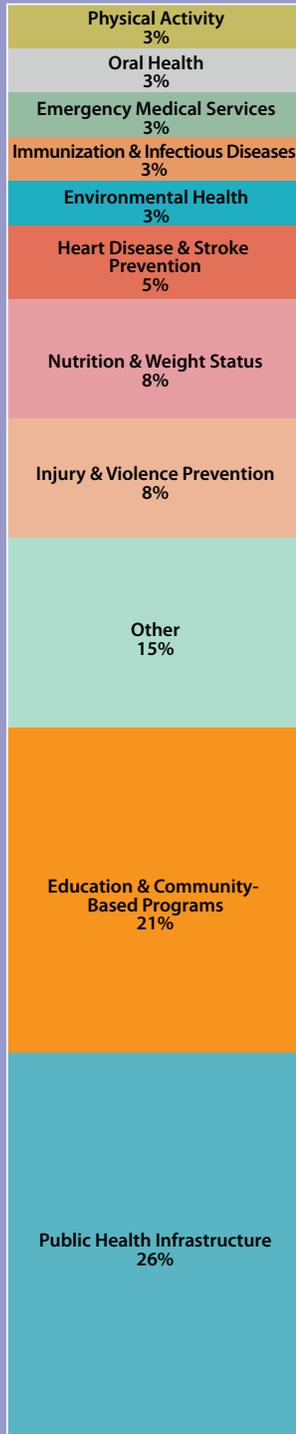
Guam used PHHS Block Grant funding to create a Worksite Wellness Program, which helps health department employees be healthier.



Centers for Disease Control and Prevention
Office for State, Tribal, Local and Territorial Support

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2015 Top-Funded Health Areas



Excludes all non-discretionary funding: administrative costs (up to 10%), direct assistance, and funds set aside for sexual violence (rape prevention).

What is the PHHS Block Grant?

The Preventive Health and Health Services (PHHS) Block Grant provides flexible federal funding to 61 states, tribes, and US territories. These grantees use the funding to meet vital public health needs within their jurisdictions that align with national priorities—the Healthy People (HP) 2020 objectives.

Block Grant Investment Across the Nation

In fiscal year 2015, the 61 grantees received about \$126 million from the PHHS Block Grant to support critical programs and services. Most funds (85%) supported HP 2020 objectives in 10 key areas: 1) Public Health Infrastructure, 2) Education and Community-Based Programs, 3) Injury and Violence Prevention, 4) Nutrition and Weight Status, 5) Heart Disease and Stroke Prevention, 6) Environmental Health, 7) Immunization and Infectious Diseases, 8) Emergency Medical Services, 9) Oral Health, and 10) Physical Activity.

Public Health Infrastructure was the most funded area (26% of total funding); 43 grantees directed funds toward public health systems assessment, health improvement planning, accreditation, quality improvement, laboratory services, and other infrastructure activities. Education and Community-Based Programs was the second-most funded area (21% of total funding); 29 grantees directed funds toward community-based primary prevention services, worksite health promotion programs, and culturally appropriate community health programs.

Grantees also directed funds toward supporting local organizations working to improve community health (27% of total funding) and reduce health disparities (23% of total funding).