

**Free Training Available  
to Qualified Candidates  
for a CDC-Sponsored  
Worksite Wellness Program.**



## **Benefits of Work@Health Train-the-Trainer Program**

- Acquire the knowledge, skills, and tools to deliver comprehensive worksite health training.
- Certificate of completion from a CDC-sponsored program.
- Membership in an elite group of certified worksite health trainers.
- Access to a national network that connects trainers and peers to share ideas, knowledge, and proven practices.

## **Fact Sheet**

# **Train-the-Trainer Program**

This CDC program creates a team of elite, certified trainers who can provide comprehensive worksite health training to employers. Training is for individuals and organizations with a strong interest in workplace health and building capacity among employers in their community.

Work@Health trainers will acquire cutting-edge knowledge and skills with a pragmatic approach that assists employers in implementing meaningful worksite wellness programs.

### **Work@Health ... Partnering with Employers**

By completing the Train-the-Trainer Program, certified trainers will:

1. **Learn** the business case of worksite health for employers.
2. **Understand** the key principles of worksite health covered in the Work@Health curriculum.
3. **Learn** how to effectively engage and deliver the training to employers.
4. **Teach** employers how to start a worksite health program, from planning to evaluation, using the Work@Health curriculum.

### **Eligibility Requirements**

- Completed the Work@Health online training or commensurate training
- Have at least one year of experience implementing a worksite health program.
- Provide a referral from one of the following:
  - State or local health department
  - Business coalition
  - Community-based health organization
  - Nonprofit organization.
- Demonstrate ability to recruit five employers who can benefit from Work@Health.

## Train-the-Trainer

# Certification Training Commitment

Learn how to train employers in worksite wellness. The Train-the-Trainer Program includes:

- A web-based format allowing for a self-directed pace supported by an expert coach.
- A face-to-face, day-long training lab conducted by a Master Trainer. This workshop will include other training candidates and prepare you to deliver employer training.
- Access to participant/instructor guides, supporting materials and aids, and training resources.
- A 10-week technical assistance phase during which you will recruit and train 5 employers using the Work@Health curriculum.
- Work@Health certificate of completion.

### Worksite: Next Frontier in Public Health Innovation

The new public health frontier to promote healthy behaviors is the worksite, where most Americans spend more than one-third of their day. Employers are in a unique position to promote the health and safety of their employees. There are many practical reasons for worksite health programs. They include cost-savings due to the poor health of employees and their families.

When done well, using comprehensive evidenced-based worksite health programs work. They influence social norms; improve health knowledge and skills; promote healthy behaviors, and reduce the chance for on-the-job injury. They can yield employers an average \$3 return for every \$1 invested over a two- to five-year period.



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Work@Health is an innovative employer-training program of the U.S. Centers for Disease Control and Prevention (CDC) to promote worksite wellness through employer education, training, and technical assistance. Training is delivered by a cadre of professional instructors.

More information can be found at: [www.cdc.gov/workathealth/](http://www.cdc.gov/workathealth/) contact Work@Health at [workplacehealth@cdc.gov](mailto:workplacehealth@cdc.gov)