The CDC Workplace Health Resource Center (WHRC)

An Overview
Roadmap

- Importance of Workplace Health Programs
- Introduction to the WHRC
- How to Navigate the WHRC
- I’m New to Workplace Health. Where Do I Start?
- Tips and Tricks for Using the WHRC
By the end of the webinar, you will be able to:

- Describe the importance of workplace health promotion
- Describe the purpose of the Workplace Health Resource Center
- Effectively search the Workplace Health Resource Center for resources specific to your organization’s needs
- Navigate the CDC Workplace Health Promotion webpage
Importance of Workplace Health Programs
What the research shows

- Full-time employees spend more than 1/3 of their day at work
- Employers can play a significant role in improving the health and well-being of employees
- Workplace health programs can:
  - Enhance employees’ physical, emotional, and financial well-being
  - Increase productivity and lower health care costs for businesses
CDC Mission

- CDC **works 24/7** to protect America from health, safety and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease and supports communities and citizens to do the same.

- CDC increases the health security of our nation. As the nation’s health protection agency, CDC saves lives and protects people from health threats. To accomplish our mission, CDC conducts critical science and provides health information that protects our nation against expensive and dangerous health threats, and responds when these arise.
Help employers sustain effective workplace health promotion programs and policies to reduce health risks and improve quality of life for the U.S. workforce.

The Workplace Health Resource Center (WHRC) provides resources to support and advance workplace health promotion in organizations working to improve employee well-being.
CDC Workplace Health Model

Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

Step 3: Implementation

Step 4: Evaluation
CDC Workplace Health Model

Four-step cycle

Step 1: Assessment

Individual
Work environment
Organizational
CDC Workplace Health Model

Four-step cycle

Step 1: Assessment
- Leadership Support
- Management
- Workplace Health Plan
- Dedicated Resources
- Communications

Step 2: Planning & Management
- Leadership Support
- Management
- Workplace Health Improvement Plan
- Dedicated Resources
- Communications

Step 3: Implementation
- Programs
- Policies
- Benefits
- Environmental Support

Step 4: Evaluation
- Worker Productivity
- Healthcare Costs
- Improved Health Outcomes
- Organizational Change, "Culture of Health"

Contextual Factors

Importance of Workplace Health Programs
IMPORTANCE OF WORKPLACE HEALTH PROGRAMS

Four-step cycle

Step 1: Assessment
- Program
- Policies
- Benefits
- Environmental Supports

Step 2: Planning & Management
- Leadership Support
- Management
- Workplace Health Improvement Plan
- Dedicated Resources
- Communications

Step 3: Implementation
- Program
- Policies
- Benefits
- Environmental Supports

Step 4: Evaluation
- Worker Productivity
- Healthcare Costs
- Improved Health Outcomes
- Organizational Change, “Culture of Health”
CDC Workplace Health Model

Four-step cycle

Step 1: Assessment
- Worker Productivity
- Health Care Costs
- Health Outcomes
- Organizational Change

Step 2: Planning & Management
- Leadership Support
  - (e.g., role models and champions)
- Management
  - (e.g., workplace health coordinator, committee)
- Workplace Health Improvement Plan
  - (e.g., goals and strategies)
- Dedicated Resources
  - (e.g., costs, partners/vendors, staffing)
- Communications
  - (e.g., marketing, messages, systems)

Step 3: Implementation
- Programs
  - (e.g., education and counseling)
- Policies
  - (e.g., organizational rules)
- Benefits
  - (e.g., insurance, incentives)
- Environmental Support
  - (e.g., access points, opportunities, physical/social)

Step 4: Evaluation
- Worker Productivity
- Healthcare Costs
- Health Outcomes
- Organizational Change

Importance of Workplace Health Programs
What is the WHRC?

- First stop online to help employers launch or expand a workplace health promotion program
- Provides access to evidence-based, credible resources in one location
- Helps employers tailor workplace health promotion goals to their organization’s needs
Who uses the WHRC?

- Employers:
  - Human resources or benefits managers
  - Wellness champions
- Brokers or health care benefits consultants
- State public health departments
- Business health coalitions
What can I find on the WHRC?

500+ resources and growing

- Case studies
- Emerging issues (e.g., using technology)
- Workplace health strategies for small businesses
- Evidence-based summaries and issue briefs
- Library of webinars and videos
How are resources added to the WHRC?

1. Identify resources
2. Determine eligibility of resources
3. Subject matter expert (SME) review
4. Include approved resources on WHRC
How do I navigate the WHRC?
Getting to the WHRC

- Online search
  - “CDC Workplace Health”
  - “CDC Workplace Health Resource Center”
Getting to the WHRC

- Online search
  “CDC Workplace Health”
  “CDC Workplace Health Resource Center”
- CDC Workplace Health Promotion program webpage
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Where to Start?

CDC Workplace Health Promotion page

- Workplace Health Resource Center
- Workplace Health Model
- Work@Health Program
- Worksite Health ScoreCard
Where to Start?

CDC Workplace Health Promotion page

- Workplace Health Resource Center
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Workplace Health Promotion

Workplace Health Model

The workplace is an important setting for health protection, health promotion and disease prevention programs. On average, Americans working full-time spend more than one-third of their day, five days per week at the workplace.

While employers have a responsibility to provide a safe and hazard-free workplace, they also have abundant opportunities to promote individual health and foster a healthy work environment for more than 159 million workers in the United States (Accessed US Bureau of Labor Statistics April 12, 2016). The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers.

Maintaining a healthier workforce can lower direct costs such as insurance premiums and worker’s compensation claims. It will also positively impact many indirect costs such as absenteeism and worker productivity.1, 2

To improve the health of their employees, businesses can create a wellness culture that is employee-centered; provides supportive environments where safety is ensured and health can emerge; and provides access and opportunities for their employers to engage in a variety of workplace health programs.

What are workplace health programs

Workplace health programs refer to a coordinated and comprehensive set of strategies which include programs, policies, benefits, environmental supports, and links to the surrounding community designed to meet the health and safety needs of all employees.

Examples of workplace health program components and strategies include:

- Health education classes
- Access to local fitness facilities
- Nutrition options and programs
- Health screenings
- Wellness incentives
- Mental health resources
- Safety training and programs
- Worksite health guidelines

Where to Start?

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https://www.cdc.gov/workplacehealthpromotion
- Workplace Health Resource Center
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- Work@Health Program
- Worksite Health ScoreCard
Work@Health Program

CDC Work@Health® Program

What Is Work@Health®?
Work@Health® is an employer-based training program. The ultimate aim of the program is to improve the organizational health of participating employers and certified trainers, with an emphasis on strategies to reduce chronic disease and injury risk to employees and an eye to improving overall worker productivity.

About CDC Work@Health
Goals, administration, timeline, employer requirements

CDC Work@Health® Get Involved
Employer Program, Train-the-Trainer (TT) Program, Champions Program, Applications

Program News
Keep up with the latest

Featured Story
Introducing... CDC’s Online Worksite Health ScoreCard 2.0

CDC has unveiled its new and improved version of the Worksite Health ScoreCard HSC 2.0, a tool that makes it easier for workplace health program managers to assess the overall health of their employees, plan strategies and interventions to improve their programs or introduce new programs, and evaluate workforce progress in key health areas on an ongoing basis. Some new features of the ScoreCard are additional reports that will...
Where to Start?

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- Worksite Health ScoreCard
New to Workplace Health
New to Workplace Health

To receive email updates about this page, enter your email address:

Submit

What’s this?

If You’re New to Workplace Health

Business and organizations are humans. Lots and lots of humans—who can spend more than one-third of their day at the workplace. Employers have an opportunity to make a difference by using the resources and tools found on the CDC Workplace Health Resource Center. To learn more about the website, see the CDC’s newest videos:

Physical Activity at the Workplace: A Guide for Employers (PDF) A brief overview of nine evidence-based strategies that employers can take to help employees increase physical activity levels. One to two paragraphs describe each strategy.

Evidence-based Workplace Health Assessment Tools for Effective Health Improvement Plans (PDF) This webinar discusses the development and use of the Workplace Health Assessment tools developed specifically for the National Healthy Worksite Program (NHWP) (including: CDC Workplace Health ScoreCard, CDC NHWP Employee Health Assessment (CAPTURE), and CDC NHWP Health and Safety Climate Survey (INPUTS)).

Train and Take—Blood Pressure Management Workplace Policies and Environmental Developments (PDF) This short PDF document is a part of the blood pressure management Train and Take Guide. It shares a list of policy related and environmental changes that can be made at workplaces to support employees’ blood pressure management.

CDC Workplace Health ScoreCard
CDC NHWP Employee Health Assessment (CAPTURE)
CDC NHWP Health and Safety Climate Survey (INPUTS)
CDC Workplace Health Resource Center Overview Fact Sheet (PDF)

Featured Resources

Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track (PDF) This one-
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CDC WHRC: Meeting

CDC WHRC: Human

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CDC Worksite Health ScoreCard
CDC NHWP Employee Health Assessment (CAPTURE)
CDC NHWP Health and Safety Climate Survey (INPUTS)

CDC Workplace Health Resource Center Overview Fact Sheet (PDF, 53K)

Featured Resources

Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track (PDF, 95 KB) This one-
Featured Resources

**Featured Resources**

- **Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track** ([PDF: 95.1KB](#)) This one-page document discusses the costs of cardiovascular disease to employers and provides strategies businesses can implement in the workplace to improve the health of their workers.

- **Total Worker Health: A New Model for Well-Being at Work** ([PDF: 58.3KB](#)) This 6-page brief describes the Total Worker Health (TWH) model, where work is considered a social determinant of health. Additionally, this brief describes how TWH activities can potentially improve health and well-being and provides suggestions on strategies that can be implemented. This brief includes considerations for small businesses interested in implementing TWH activities and offers additional resources to learn more about the TWH model.

- **Total Worker Health One-Pager** ([PDF: 290KB](#)) This one-page document describes the Total Worker Health model and the benefits of its strategies.

- **Sleep: An Important Health and Safety Concern at Work** ([PDF: 70.8KB](#)) This sleep brief will give you strategies to encourage your employees to get more and better sleep through evidence-based workplace health programs.

- **Program Measurement and Evaluation Guide: Core Metrics for Employee Health Management** ([PDF: 1.5M](#)) The goal of this collaborative project and the Guide is to provide standard measures for the assessment of employee health management. This project does not seek to be prescriptive about the types of programs offered to an employee population. Rather, the recommended metrics can be applied to any program intended to improve the health of a population.

- **Participant Engagement and the Use of Incentives: Considerations** ([PDF: 5M](#)) This resource strives to identify and offer insight into the various questions that surround the creation and utilization of incentives. The intent of this information is to inform and offer evidence-based guidance on a variety of incentive-related topics.
Workplace Health Resources
Navigating the WHRC
Navigating the WHRC

**Workplace Health Resource Center**

Browse the resources below by entering workplace health terms in the "Search the WHRC" box. Select the checkbox next to the column header to filter your results.

### Table of Resources

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<td>&quot;Healthy Dawgs&quot; at the University of Georgia College of Pharmacy: Case Study</td>
<td>This case study describes the employee wellness program at the University of Georgia College of Pharmacy. In addition to an overview of the program, the report includes descriptions of the program’s various components, including a health assessment, goal setting, and rewards for reaching health goals.</td>
<td>Centers for Disease Control and Prevention</td>
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<td>2011 Oregon Employer Survey Report</td>
<td>This Oregon Employer Survey Report presents results from a 2011 survey conducted among Oregon employers about their workplace wellness policies and programs.</td>
<td>Oregon Health Authority</td>
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<td>9 Hacks to a Healthier Meeting or Conference</td>
<td>Creating a culture of health and wellness in meetings and conferences is an important part of an organization’s overall health promotion strategy.</td>
<td>Center for Science in The Public Interest</td>
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Navigating the WHRC

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Navigating the WHRC

Workplace Health Resource Center

Refine By
- CDC Workplace Health Model Components
- Workplace Organizational Factors
- Individual and Family Wellness
- Prevention Resources
- Health Conditions
- Type of Resource

Health Conditions
- Cancer
- Cholesterol
- Heart Disease
- High Blood Pressure
- Musculoskeletal Disorders/Arthritis/Back Pain
- Pre-Diabetes/Diabetes
- Respiratory Disease/Asthma

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Showing 1 to 50 of 529 entries

Search the WHRC →

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Workplace Health Resource Center

Refine By
- CDC Workplace Health Model Components
- Workplace Organizational Factors
- Individual and Family Wellness
- Prevention Resources

Type of Resource
- Brochure
- Campaign or Initiative
- Case Study
- Certification Information
- Data collection tool/instrument
- Fact sheet
- Frequently Asked Questions (FAQs)
- Guidance or How-to Manual
- Infographic
- Interview
- Issue Brief
- Online tools

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Search the WHRC → small business

Go to List of Organizations
# Navigating the WHRC

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Navigating the WHRC Webpage
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Workplace Health Promotion in Small- and Medium-Sized Businesses: Ten Strategies to Improve Employee Health and Well-Being

Please rate:

On average, U.S. adults working full-time spend more than 8 hours at work each weekday, making the workplace a key location to encourage healthy behaviors, attitudes, and actions. While wellness programs are available to workers at more than 75% of large companies (1,000 or more employees), nearly half of U.S.-based, private sector employees work at small- and medium-size businesses (500 or fewer employees), where programs are less likely to be in place. This report highlights 10 strategies to help small- or medium-size organizations employ workplace health policies and activities.

Type of Resource: Report/Executive Summary

Workplace Organizational Factors:
- General Workplace Health Promotion; Wellbeing Frameworks

CDC Workplace Health Model Components:
- Assessment; Planning and Governance; Implementation; Evaluation

Links to non-Federal organizations found at this site are provided solely as a service. Links do not constitute an endorsement of these organizations or their products/policies.
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<td>Making the Business Case for Preventive Worksite Wellness Benefits Small Business</td>
<td>This three minute video describes how health programs in Biddeford, Maine are helping small businesses make simple, sustainable improvements that are good for their bottom line...</td>
<td>Centers for Disease Control and Prevention</td>
<td>2016</td>
<td>💫💫💫💫💫</td>
</tr>
</tbody>
</table>
Scenarios
I am the wellness coordinator at my worksite and leadership asked me to come up with an activity to help address our employees’ high risk of cardiovascular (heart) disease. Our company neither has a lot of money to spend nor a lot of facility resources to help us implement initiatives.
Scenario 1
## Scenario 1

### Workplace Health Resource Center

Browse the resources below by entering workplace health terms in the "Search the WHRC" box. Select the (on) on the left column to find specific workplace health topics and check the box(es) to filter your results. Sort your results by selecting the (on) next to the column headers.

### Table

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<td>Skyscraper Climb</td>
<td>The Skyscraper Climb (cardiovascular challenge) is an on-going program to encourage physical activity among employees through stair climb...</td>
<td>Texas Department of State Health Services</td>
<td>2016</td>
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<tr>
<td>Workplace Wellness Toolkit</td>
<td>The purpose of the toolkit is to provide resources for South Dakota employers to implement policy and environmental changes that will ult...</td>
<td>South Dakota Department of Health</td>
<td>2012</td>
<td>⭐⭐⭐⭐⭐</td>
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<tr>
<td>Cardiovascular Health Action Steps for Employers</td>
<td>Employers can help their employees improve cardiovascular health by creating worksites that support blood pressure control, cholesterol...</td>
<td>Million Hearts</td>
<td>2013</td>
<td>⭐⭐⭐⭐⭐</td>
</tr>
<tr>
<td>Working on Wellness: Supporting</td>
<td>This Workplace Wellness Program Toolkit</td>
<td>Massachusetts</td>
<td>2012</td>
<td>⭐⭐⭐⭐⭐</td>
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Scenario 1

Workplace Health Resource Center

Browse the resources below by entering workplace health terms in the “Search the WHRC” box. Select the ▶ on the left column to find specific workplace health topics and check the box(es) to filter your results. Sort your results by selecting the ▼ next to the column headers.

Showing 1 to 10 of 12 entries (filtered from 529 total entries)
Show ▼ entries per page

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<td>Indiana Healthy Worksite Toolkit for Small to Mid-Size Businesses</td>
<td>The Indiana Healthy Worksite Toolkit for Small to Mid-Size Businesses outlines strategic policies, environmental supports and activities...</td>
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<td>Small Worksite Can Make Big Improvements to Employee Health/Heart</td>
<td>This one-page document discusses the costs of cardiovascular disease to</td>
<td>Centers for Disease Control and Prevention</td>
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Scenario 1
I am a wellness committee member at my work site looking to enhance our workplace health program. We’ve had the program for more than 5 years. But lately there has been a lag in employee attendance at events, so I’m looking to find new ways to get people in the office involved in wellness activities.
### Scenario 1

Browse the resources below by entering workplace health terms in the "Search the WHRC" box. Select the ☑️ on the left column to find specific workplace health topics and check the box(es) to filter your results. Sort your results by selecting the ⬅️ next to the column headers.

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Scenario 2

Workplace Health Resource Center

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<td>What Businesses Need to Know About Workplace Health Promotion</td>
<td>A truly healthy workplace is one where employees, managers, and senior executives work together to improve the physical and mental health...</td>
<td>Centers for Disease Control and Prevention</td>
<td>2018</td>
<td>★★★★★ (3)</td>
</tr>
<tr>
<td>Worksite Wellness Implementation Guide: Effective Employee Wellness Solutions</td>
<td>This resource is a comprehensive guide, for employers, on how to implement a successful worksite wellness program. This guide walks the...</td>
<td>WellSteps</td>
<td>2017</td>
<td>★★★★★ (3)</td>
</tr>
<tr>
<td>Work Healthy Georgia Toolkit</td>
<td>The Work Healthy Georgia toolkit has been developed for all worksites regardless of size or industry type and...</td>
<td>Georgia Department of Public Health</td>
<td>2017</td>
<td>★★★★★ (3)</td>
</tr>
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Scenario 2

Workplace Health Resource Center

Browse the resources below by entering workplace health terms in the "Search the WHRC" box. Select the (✓) on the left column to find specific workplace health topics and check the box(es) to filter your results. Sort your results by selecting the (✓) next to the column headers.

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Show 10 entries per page

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<td>Centers for Disease Control and Prevention</td>
<td>2018</td>
<td>★★★★★ (6)</td>
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<tr>
<td>Total Worker Health: Missing Pieces to the Employee Well-Being Puzzle - 2017 Employer Guide</td>
<td>The St. Louis Area Business Health Coalition (BHC) developed the Total Worker Health® Employer Guide to support organizations in recognizing...</td>
<td>St. Louis Area Business Health Coalition</td>
<td>2017</td>
<td>★★★★★ (3)</td>
</tr>
<tr>
<td>Promising Practices for TOTAL WORKER HEALTH®: From PPE to Ping Pong: How SAIF leads by example. Overcoming Workplace Health Barriers</td>
<td>When it comes to safe and healthy workplaces, SAIF leads by example. Overcoming Workplace Health Barriers...</td>
<td>Centers for Disease Control and Prevention; SAIF</td>
<td>2017</td>
<td>★★★★★ (6)</td>
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</table>
Workplace Health Organizations
List of Organizations

Workplace Health Resource Center

Browse the resources below by entering workplace health terms in the "Search the WHRC" box. Select the ( ) on the left column to find specific workplace health topics and check the boxes to filter your results. Sort your results by selecting the ( ) next to the column headers.

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<td>Sleep: An Important Health and Safety Concern at Work</td>
<td>This brief introduces strategies employers can adopt to encourage employees to evaluate and address their sleep hygiene, including the pr...</td>
<td>Centers for Disease Control and Prevention</td>
<td>2018</td>
<td>★★★★★★</td>
</tr>
<tr>
<td>Total Worker Health®: A New Model for Well-Being at Work</td>
<td>This 6-page brief describes the Total Worker Health® TWH® model, where work is considered a social determinant of health. Additionally...</td>
<td>Centers for Disease Control and Prevention</td>
<td>2018</td>
<td>★★★★★★</td>
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<tr>
<td>Total Worker Health®</td>
<td>This one-page document describes the Total Worker Health® model and the benefits of its strategies.</td>
<td>Centers for Disease Control and Prevention</td>
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<tr>
<td>Small Workites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track</td>
<td>This one-page document discusses the costs of cardiovascular disease to employers and provides strategies businesses can implement to the...</td>
<td>Centers for Disease Control and Prevention</td>
<td>2018</td>
<td>★★★★★★</td>
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<tr>
<td>Freshstart</td>
<td>Freshstart is designed to help smokers plan a successful quit attempt by providing American Cancer Society</td>
<td>2018</td>
<td>★★★★★★</td>
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# List of Organizations

The organizations in this list include national nonprofit associations, state and national wellness coalitions and councils, state and federal agencies, and various other groups supporting workplace health through the provision of resources, networking, training, technical assistance, or recognition. Inclusion in this list does not constitute an endorsement by CDC of any organization, service, or product. Browse the organizations below by entering terms in the "Search Organizations" box. Check the box(es) in the "Refine By" column on the left to filter your results.

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<td>The Administration for Community Living (ACF) believes that the preferences and needs of older adults and people with disabilities who need assistance belong at the center of the system of services and supports that enable them to live the lives they want to live. They further...</td>
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<td>Agency for Healthcare Research &amp; Quality</td>
<td>The Agency for Healthcare Research and Quality (Agency) is the lead Federal agency charged with improving the safety and quality of America's health care system. Agency develops the knowledge, tools, and data needed to improve the health care system and help Americans, health care...</td>
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<td>Alabama Department of Public Health</td>
<td>The Worksite Wellness Division's main purpose is to plan, develop, implement, and evaluate worksite wellness programs for Alabama's state and public education employees. The Division's state-level staff work in coordination with the Wellness staff in county health departments...</td>
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**CDC Workplace Health Resource Center**

### WorkPlace Health Resource Center

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### Showing 1 to 5 of 5 entries (filtered from 173 total entries)

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<td>East Tennessee Wellness Roundtable</td>
<td>To be a member-based collaboration of area professionals who strive to create cultures of wellness at their worksites through the promotion of professional development, evidence-based wellness and networking. Once a workplace implements the Small Starts @ Work, they are eligi...</td>
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<td>Healthier Tennessee</td>
<td>The Governor's Foundation for Health and Wellness is a nonprofit, 501(c)(3) corporation dedicated to enabling and encouraging Tennesseans to lead healthier lives. Based in Nashville, the Foundation brings together a statewide coalition of employers, health insurers, hospital s...</td>
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Workplace Health Resource Center

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Show 10 entries per page

Search Organizations -

Tennessee
Search Clear

Title

East Tennessee Wellness Roundtable

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Link

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List of Organizations

East Tennessee Wellness Roundtable

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Organization Type: Coalition/Council

Content Type: Award: Organizational; Training

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Tips and Tricks for Using the WHRC
Determine your needs

Workplace Health Model

- Identify your organization’s stage
- Using identified resources, target your search to areas of need within your organization
- Look forward and start planning for the next stage
Use the features of the WHRC

- Filter
- Sort
- Ratings
Next Steps & More Information
For More Information

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Next Steps & More Information

Have more questions?

• Email: workplacehealth@cdc.gov
Thank You