

The CDC Workplace Health Resource Center (WHRC)

An Overview



**CDC Workplace Health
Resource Center**
Make Wellness Your Business



Roadmap

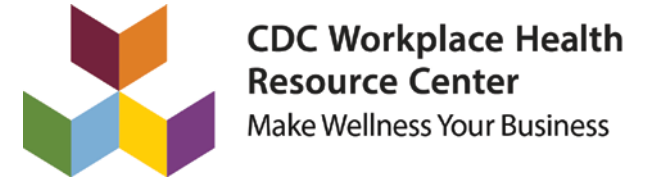


**CDC Workplace Health
Resource Center**
Make Wellness Your Business

- 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



Webinar Objectives



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

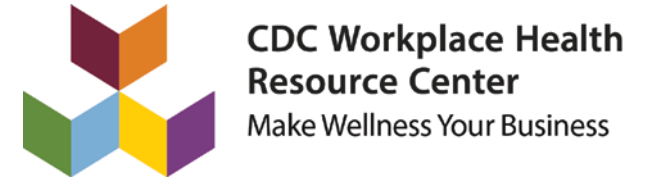


CDC Workplace Health
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- Full-time employees spend more than 1/3 of their day at work
- Employers can play a significant role in improving the health and well-being of employees
- Workplace health programs can:
 - Enhance employees' physical, emotional, 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.



CDC Workplace Health Promotion Program



CDC Workplace Health
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- 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



CDC Workplace Health
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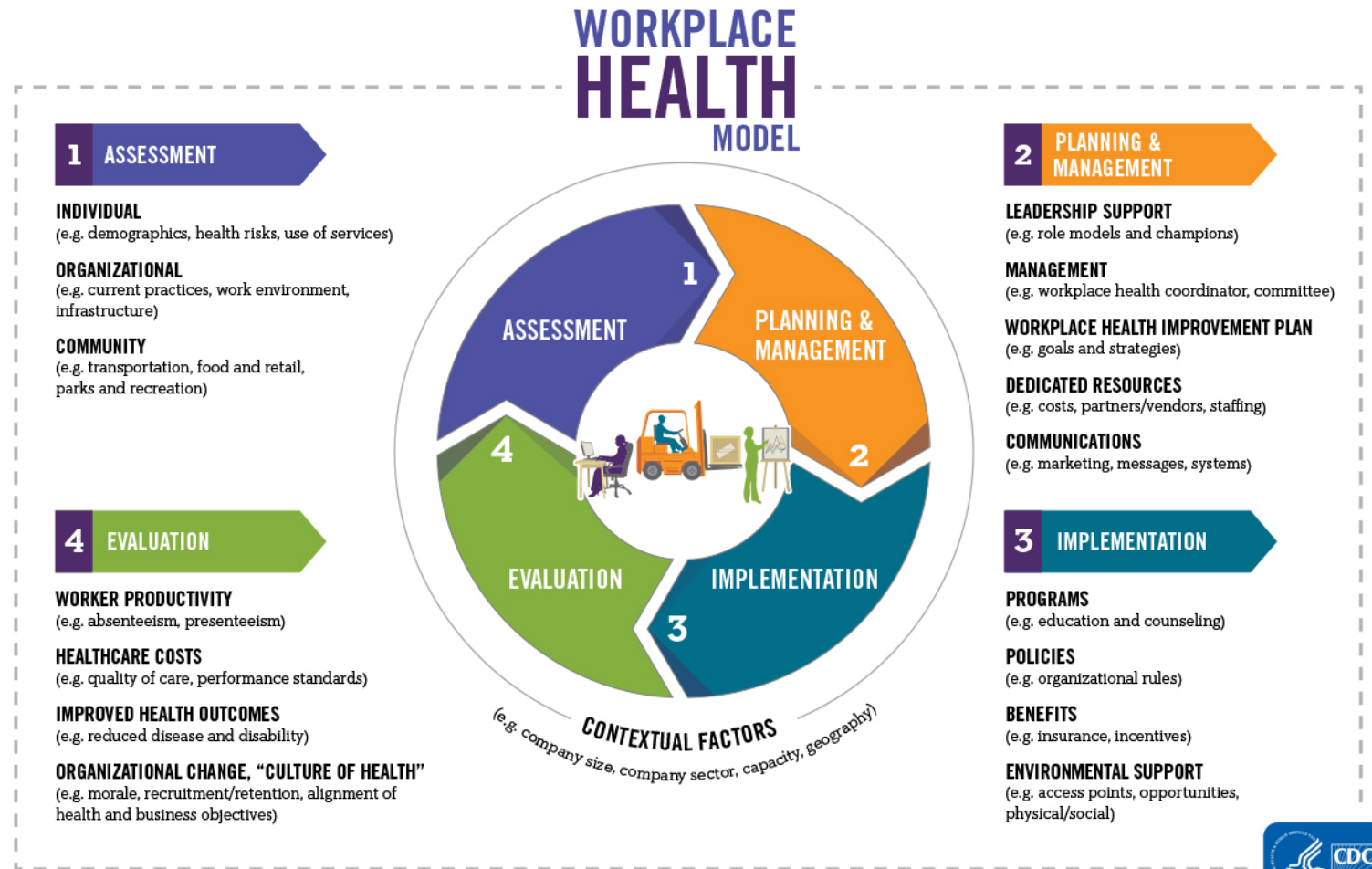
Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

Step 3: Implementation

Step 4: Evaluation



CDC Workplace Health Model



CDC Workplace Health Resource Center
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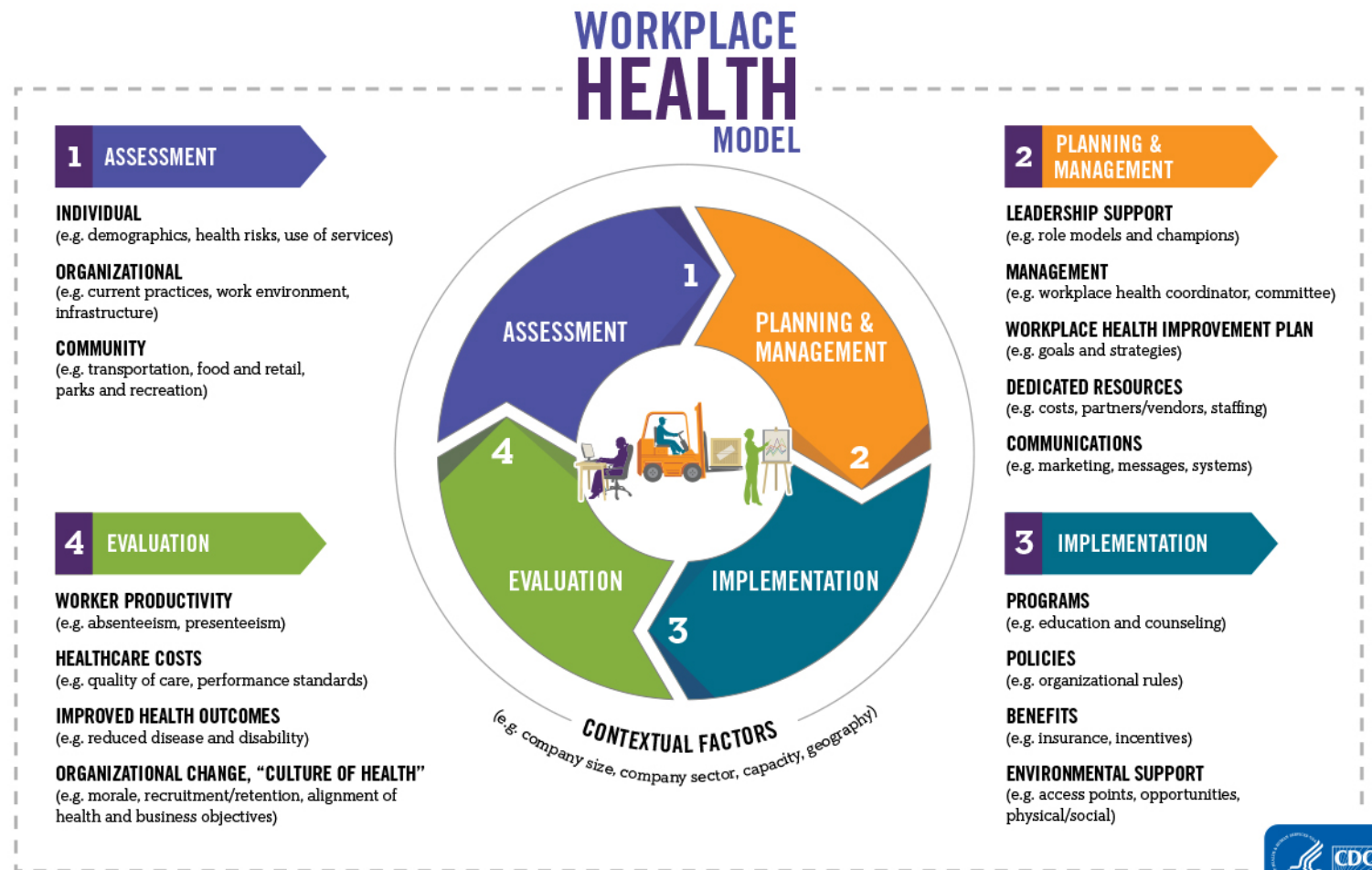
Four-step cycle

Step 1: Assessment

Individual

Work environment

Organizational



CDC Workplace Health Model



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Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

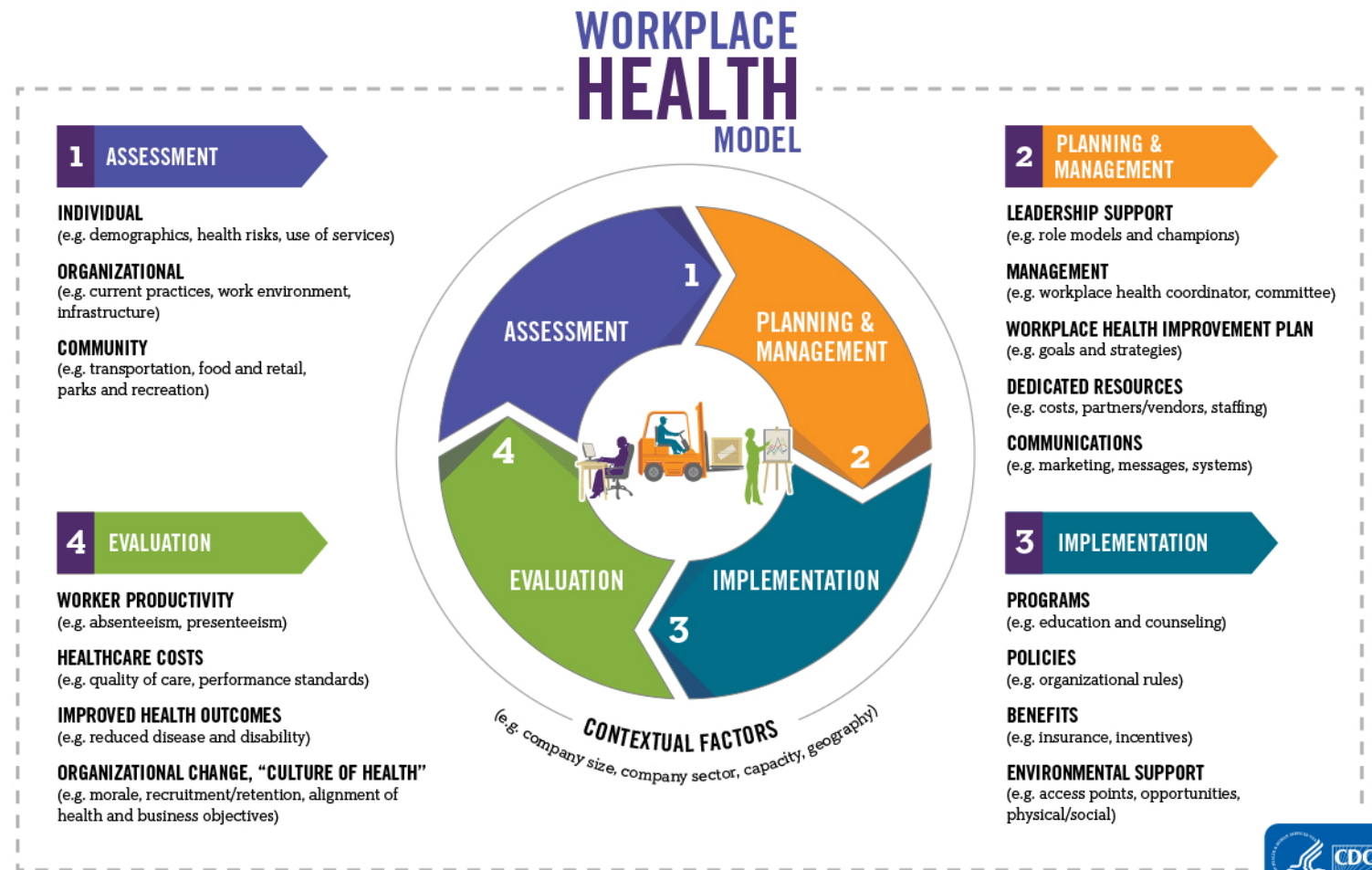
Leadership Support

Management

Workplace Health Plan

Dedicated Resources

Communications



CDC Workplace Health Model



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Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

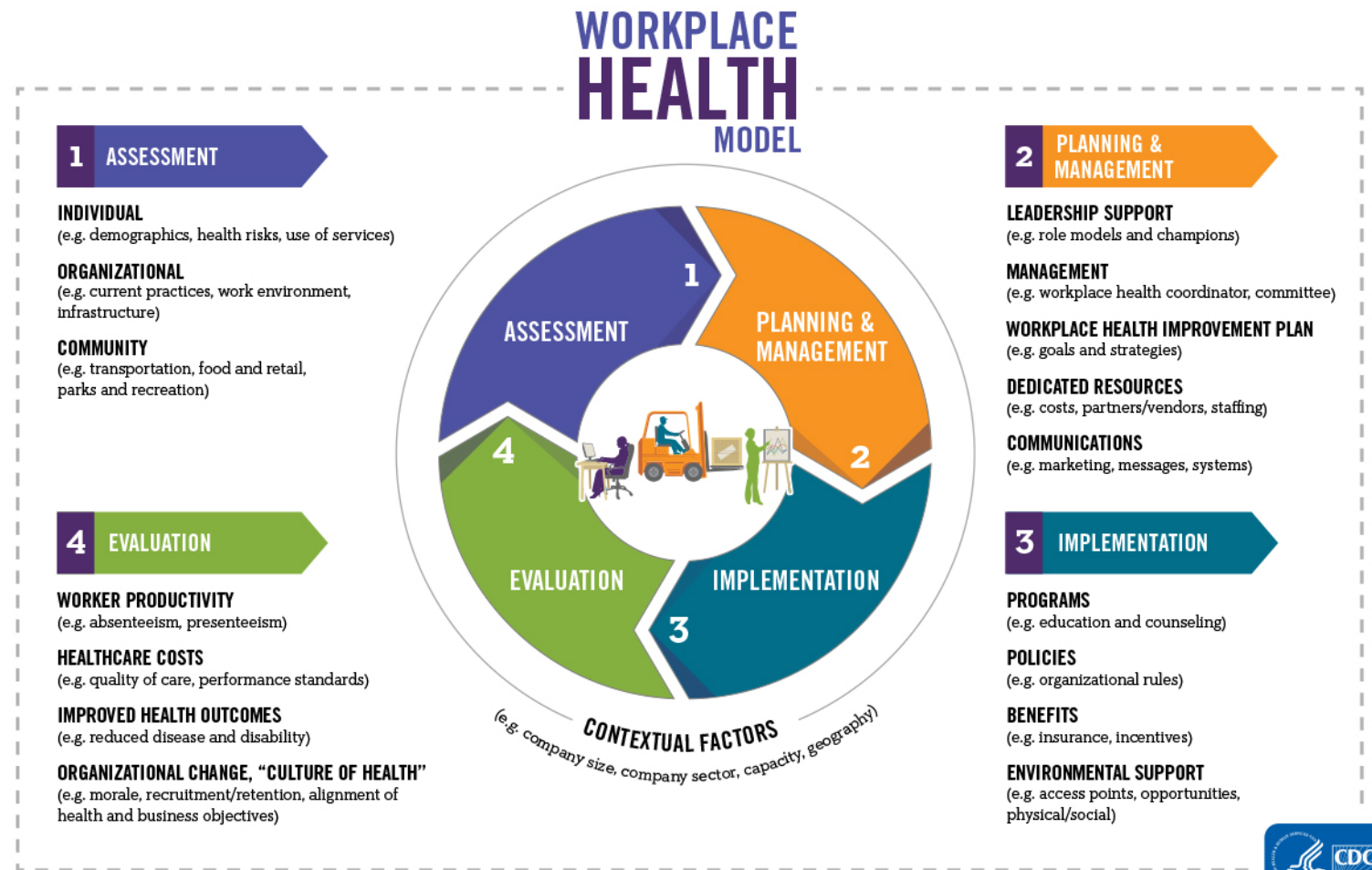
Step 3: Implementation

Program

Policies

Benefits

Environmental Supports



CDC Workplace Health Model



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Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

Step 3: Implementation

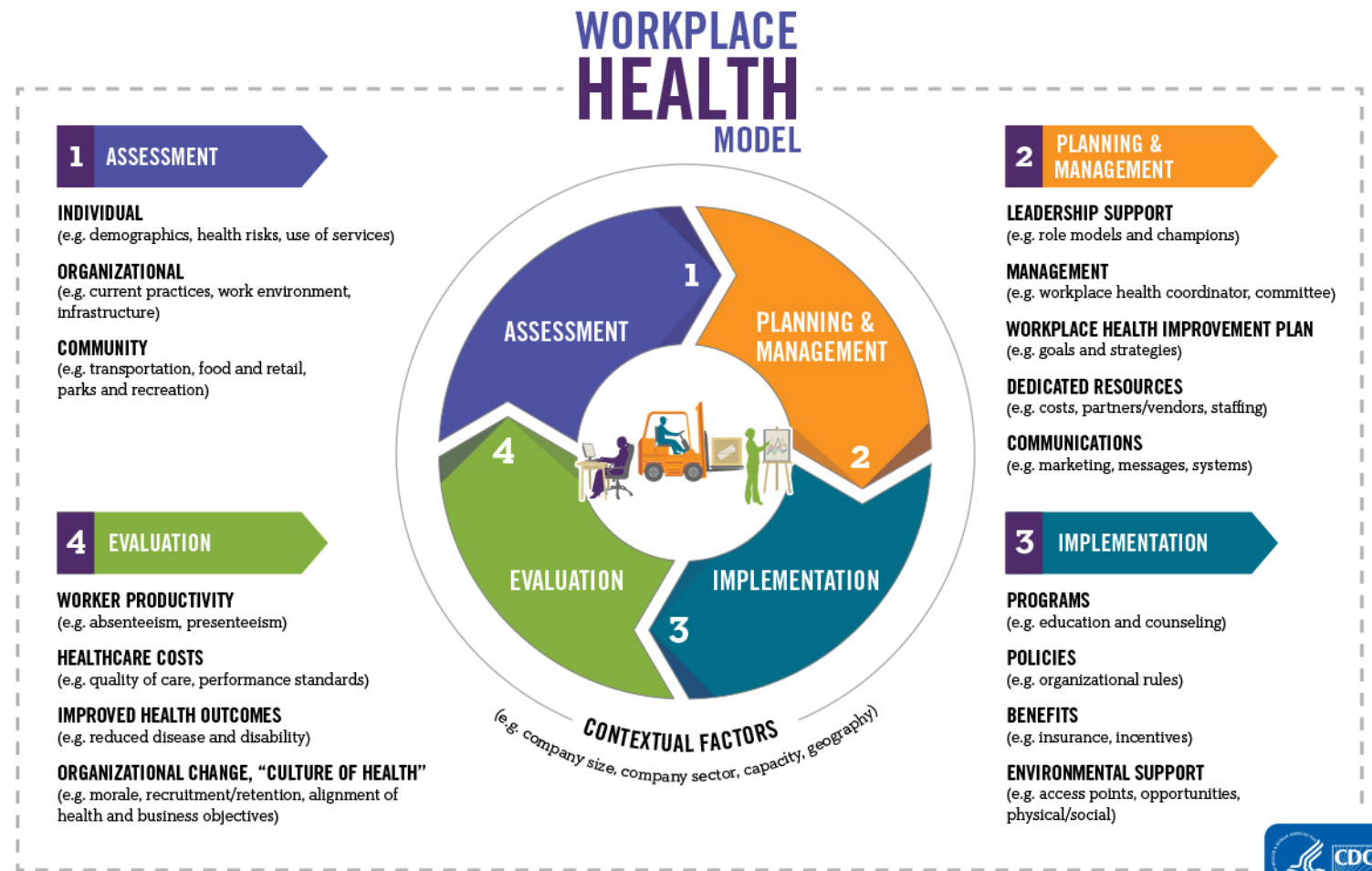
Step 4: Evaluation

Worker Productivity

Health Care Costs

Health Outcomes

Organizational Change





The CDC WHRC

What is the WHRC?



CDC Workplace Health Resource Center
Make Wellness Your Business

- 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

Workplace Health Promotion

CDC > [Workplace Health Promotion home](#) > [Workplace Health Initiatives](#)

Workplace Health Promotion home

Workplace Health Initiatives -

CDC Workplace Health Resource Center

CDC Work@Health Program +

CDC Worksite Health ScoreCard +

Workplace Health Model +

Workplace Health Strategies +

Data & Surveillance

Research +

Tools & Resources +

About Us

CDC Workplace Health Resource Center

Make Wellness Your Business

What is the CDC Workplace Health Resource Center?

The CDC Workplace Health Resource Center (WHRC) is a one-stop shop for workplace health promotion that gives employers resources to create a healthy work environment. It has credible tools and step-by-step resources employers can use to tailor a health promotion program to their unique workplace needs.

Search the WHRC Search

Ring in the New Year and visit the Workplace Health Resource Center!

CDC Workplace Health Resource Center
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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



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What can I find on the WHRC?



CDC Workplace Health
Resource Center
Make Wellness Your Business

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?



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How do I navigate
the WHRC?

Getting to the WHRC



**CDC Workplace Health
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- Online search
 - “CDC Workplace Health”
 - “CDC Workplace Health Resource Center”

workplace health resources

All News Images Maps Shopping More Settings Tools

About 208,000,000 results (0.50 seconds)

CDC Workplace Health Resource Center | Initiatives | Workplace ...
<https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html> ▾
May 3, 2018 - The CDC **Workplace Health Resource Center** (WHRC) is a one-stop shop for **workplace health** promotion that gives employers **resources** to create a **healthy work** environment. It has credible tools and step-by-step **resources** employers can use to tailor a **health** promotion program to their unique **workplace** needs.

Workplace Health Resources | Tools & Resources | Workplace Health ...
<https://www.cdc.gov/workplacehealthpromotion/...resources/workplace-health/index.h...> ▾
May 13, 2016 - **Work@Health®** is an employer-based training program. The ultimate aim of the ...
CDC**Workplace Health** Promotion home**Tools & Resources** ...

home | Workplace Health Promotion | CDC
<https://www.cdc.gov/workplacehealthpromotion/index.html> ▾
May 17, 2017 - **Workplace Health Resource Center**. Searchable, research-based tools and **resources** to help employers develop or expand a **workplace health** promotion program that supports their employees' physical, mental, emotional, and financial well-being.
CDC Workplace Health ... · Workplace Health Resources · Workplace Health Model

Workplace Health (General) | Workplace Health Resources | Tools ...
<https://www.cdc.gov/workplacehealthpromotion/...resources/workplace-health/workpl...> ▾
Jan 10, 2018 - **Workplace Health** (General). Worksite Health 101 Training Manual [PDF-4.3M] – Information and **resources** provided in the Worksite Health ...

Workplace Health Resource Center - CDC
<https://nccd.cdc.gov/WHRC/> ▾
Browse the **resources** below by entering **workplace health** terms in the "Search the WHRC" box. Select the (Plus Sign) on the left column to find specific ...

Getting to the WHRC



CDC Workplace Health Resource Center
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- Online search
 - “CDC Workplace Health”
 - “CDC Workplace Health Resource Center”
- CDC Workplace Health Promotion program webpage
 - <https://www.cdc.gov/workplacehealthpromotion>



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SEARCH

CDC A-Z INDEX ▾

Workplace Health Promotion

Employers in Action
Case study examples from the field. [Learn More](#)

f t +

On average, Americans working full-time spend more than one-third of their day, five days per week at the workplace. The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers. [Learn more about workplace health promotion and how to design, implement, and evaluate effective workplace health programs.](#)

Workplace Health Resource Center

Searchable, research-based tools and resources to help employers develop or expand a workplace health promotion program that supports their employees' physical, mental, emotional, and financial well-being.

Workplace Health Model

A comprehensive approach with interventions that address multiple risk factors and health conditions at the same time. The model recognizes that the interventions and strategies chosen influence each employee and the organization as a whole.

Work@Health Program

An employer-based training program to improve the health of participating employers and certified trainers, with an emphasis on reducing chronic disease and injury risk and improving worker productivity.

Worksite Health ScoreCard

A tool designed to help employers assess if they are implementing science-based health promotion interventions in their worksites to prevent heart disease, stroke, and related health conditions such as hypertension, diabetes, and obesity.

Getting to the WHRC



CDC Workplace Health Resource Center
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<https://www.cdc.gov/workplacehealthpromotion>
- CDC Workplace Health Resource Center webpage
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The screenshot shows the CDC Workplace Health Resource Center website. At the top, the CDC logo and tagline "Centers for Disease Control and Prevention" are visible. A search bar is located in the top right corner. Below the navigation bar, the page title "Workplace Health Promotion" is displayed. The left sidebar contains a menu with items like "Workplace Health Promotion home", "Workplace Health Initiatives", "CDC Workplace Health Resource Center", "CDC Work@Health Program", "CDC Worksite Health ScoreCard", "Workplace Health Model", "Workplace Health Strategies", "Data & Surveillance", "Research", "Tools & Resources", and "About Us". The main content area features the CDC Workplace Health Resource Center logo and tagline, a search box, and a section titled "What is the CDC Workplace Health Resource Center?". Below this, there is a video thumbnail for "CDC WHRC: Meeting" and another for "CDC WHRC: 'Human'".



Getting Started

Where to Start?

CDC Workplace Health Promotion page

- Workplace Health Resource Center
- Workplace Health Model
- Work@Health Program
- Worksite Health ScoreCard



CDC Workplace Health Resource Center
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CDC Workplace Health Model



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Workplace Health Promotion home

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Workplace Health Initiatives +

Workplace Health Model



Workplace Health Model -

Control Health Care Costs +

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.

Assessment +

Planning/Workplace Governance -

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).

Leadership Support

The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers.

Governance Structure & Management

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}

Workplace Health Improvement Plan

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 employees to engage in a variety of workplace health programs.

Dedicated Resources

What are workplace health programs

Communications

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.

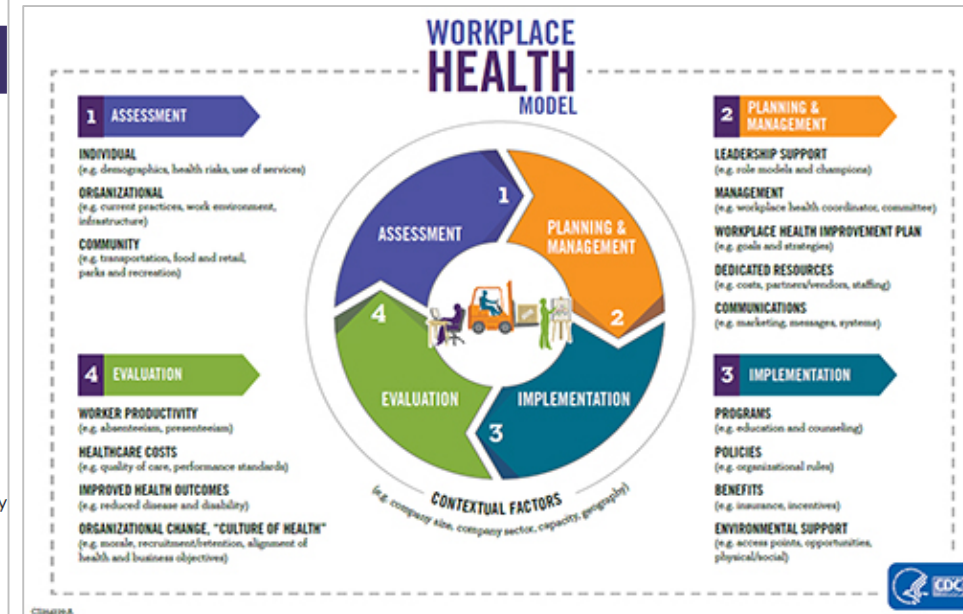
Workplace Health Informatics

Examples of workplace health program components and strategies include:

Implementation +

- Health education classes
- Access to local fitness facilities

Evaluation +



Where to Start?

CDC Workplace Health Promotion page

<https://www.cdc.gov/workplacehealthpromotion>

- Workplace Health Resource Center
- Workplace Health Model
- Work@Health Program
- Worksite Health ScoreCard



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Work@Health Program



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- CDC Workplace Health Resource Center
- CDC Work@Health Program -
- About Work@Health
- Program Benefits
- Getting Involved
- Program News
- Training and Implementation
- CDC Worksite Health ScoreCard +
- Workplace Health Model +
- Workplace Health Strategies +
- Data & Surveillance
- Research +
- Tools & Resources +
- About Us

[CDC](#) > [Workplace Health Promotion home](#) > [Workplace Health Initiatives](#)

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 WORK@HEALTH

Goals, administration, timeline, employer requirements

CDC WORK@HEALTH® GET INVOLVED

Employer Program, Train-the-Trainer (T3) 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



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CDC Worksite Health ScoreCard



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- CDC Worksite Health ScoreCard -**
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Worksite Health ScoreCard



What is the CDC Worksite Health ScoreCard?

A tool designed to help employers assess whether they have implemented science-based health promotion and protection interventions in their worksites to prevent heart disease, stroke, and related health conditions such as hypertension, diabetes, and obesity.

[More >](#)

INTRODUCTION
The purpose and history of the CDC Worksite Health ScoreCard

WORKSITE SCORECARD
Access the ScoreCard Instrument

GUIDE TO USING THE SCORECARD
A User's Guide and video tutorials for completing and interpreting your organization's CDC Online Worksite Health ScoreCard

Get Email Updates
To receive email updates

CDC Worksite Health ScoreCard

Create a new account and complete a ScoreCard

[New User](#)

Return to ScoreCard account

[Returning User](#)

Related Links

- NIOSH Total Worker Health



Where to Start?

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New to Workplace Health



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Search the WHRC



If You're New to Workplace Health

Business and organizations are human. 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:



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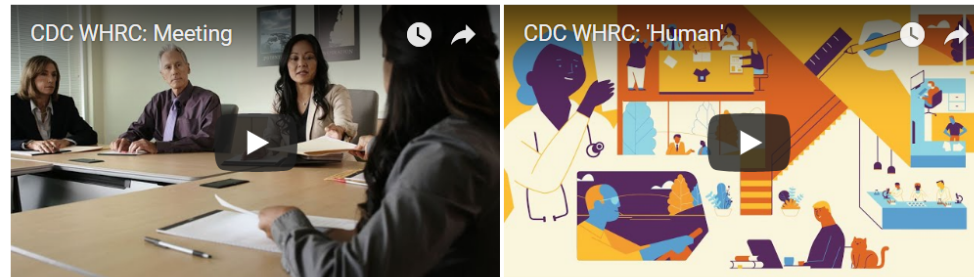
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What's this?

Submit

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[Physical Activity in the Workplace: A Guide for Employers](#) [PDF-338K] 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 Worksite Health Assessment Tools for Effective Health Improvement Plans](#) This webinar discusses the development and use of the Worksite Health Assessment tools developed specifically for the National Healthy Worksite Program (NHWP) including: CDC Worksite Health ScoreCard; CDC NHWP Employee Health Assessment (CAPTURE); and CDC NHWP Health and Safety Climate Survey (INPUTS).

[Train and Take—Blood Pressure Management Workplace Policy and Environmental Development](#) [PDF-27K] 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 worksites to support employees' blood pressure management.

[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-510K]

Featured Resources

[Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track](#) [PDF-95.1KB] This one-



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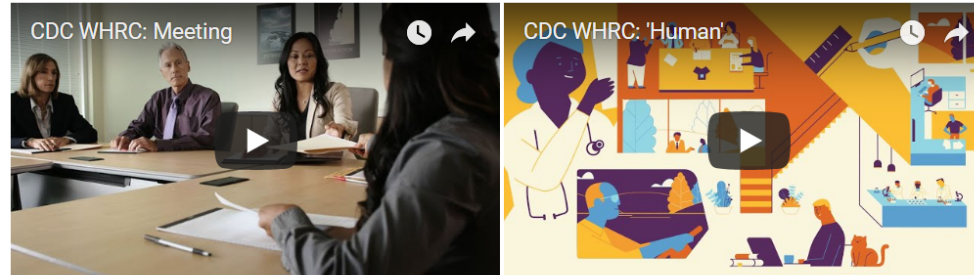
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Featured Resources


[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-583KB] 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-708KB] 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



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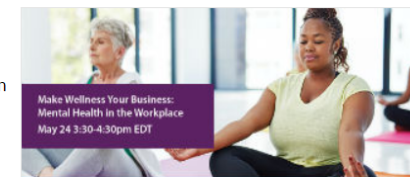
CDC Workplace Health Resource Center
Make Wellness Your Business

What is the CDC Workplace Health Resource Center?

The CDC Workplace Health Resource Center (WHRC) is a one-stop shop for workplace health promotion that gives employers resources to create a healthy work environment. It has credible tools and step-by-step resources employers can use to tailor a health promotion program to their unique workplace needs.

Search the WHRC

Search



Make Wellness Your Business: Mental Health in the Workplace
May 24 3:30-4:30pm EDT



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If You're New to Workplace Health

Business and organizations are human. 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



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- Type of Resource

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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Title	Description	Source	Year	Avg Rating
"Healthy Dawgs" at the University of Georgia College of Pharmacy: Case Study	This case study describes the employee wellness program at the University of Georgia College of Pharmacy. In addition to an overview of t...	Centers for Disease Control and Prevention	2016	★★★★★ (2)
2011 Oregon Employer Survey Report	This Oregon Employer Survey Report presents results from a 2011 survey conducted among Oregon employers about their worksite wellness pol...	Oregon Health Authority	2014	★★★★☆ (2)
9 Hacks to a Healthier Meeting or Conference	Creating a culture of health and wellness in meetings and conferences is an important strategy to help people naturally lead...	Center for Science in The Public Interest	2016	★★★★☆ (1)



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 - Leadership Commitment and Support
 - Legal and Regulatory Environment
 - Strategic Communication
 - Training/Education
 - Wellness and Health Promotion Technology
 - Wellness Frameworks

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Title	Description	Source	Year	Avg Rating
Workplace Health Promotion in Small- and Medium-Size Businesses: Ten Strategies to Improve Employee Health and Well-Being	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 ...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
What Businesses Need to Know About Workplace Health Promotion	A truly healthy workplace is one where employees, managers, and senior executives work together to improve the physical and mental health...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Total Worker Health(R): A New Model for Well-Being at Work	This 6-page brief describes the Total Worker Health (TWH) model, where work is considered a social determinant of health. Additionally, ...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Total Worker Health(R)	This one-page document describes the Total Worker Health model and the benefits of its strategies.	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on	This one-page document discusses the costs of cardiovascular disease to employers and provides strategies	Centers for Disease Control and Prevention	2018	★★★★★ (1)



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 - Nutrition
 - Obesity and Overweight
 - Overall Health and Well-Being
 - Physical Activity and Fitness
 - Sleep
 - Social Connectedness
 - Tobacco Use
 - Work-Life Balance
 - Other

Prevention Resources +

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Small Worksites Can Make Big	This one-page document discusses the	Centers for Disease	2018	★★★★★ (1)



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 - Vaccinations (Vaccine-Preventable Diseases)
 - Workplace Violence and Abuse
 - Health Conditions +
 - Type of Resource +

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 - Respiratory Disease/Asthma
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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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Small Worksites Can Make Big Improvements to Employee Health: Heart	This one-page document discusses the role of cardiovascular disease to	Centers for Disease Control and Prevention	2018	★★★★★ (1)



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Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track	This one-page document discusses the costs of cardiovascular disease to employers and provides strategies businesses can implement in the...	Centers for Disease Control and Prevention	2018	★★★★★ (1)
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Indiana Healthy Worksite Toolkit for Small to Mid-Size Businesses	The Indiana Healthy Worksites Toolkit for Small to Mid-Size Businesses outlines strategic policies, environmental supports and activities...	Indiana State Department of Health	2016	☆☆☆☆☆ (0)
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Making the Business Case for Prevention: Worksite Wellness Benefits Small Business	This three minute video describes how health programs in Biddeford, Maine are helping small businesses make simple, affordable changes to	Centers for Disease Control and Prevention	2016	☆☆☆☆☆ (0)



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CDC Workplace Health Resource Center
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The screenshot displays the CDC Workplace Health Resource Center interface. A search result is highlighted, showing the title "Workplace Health Promotion in Small- and Medium-Size Businesses: Ten Strategies to Improve Employee Health and Well-Being". The title is underlined and highlighted with a red box. Below the title, there is a "Please rate:" section with five stars. The main text of the report is visible, starting with "On average, U.S. adults working full-time spend more than 8 hours at work each weekday...". Below the text, there are sections for "Type of Resource", "Workplace Organizational Factors", and "CDC Workplace Health Model Components".

Workplace Health Promotion in Small- and Medium-Size Businesses: Ten Strategies to Improve Employee Health and Well-Being

[Workplace Health Promotion in Small- and Medium-Size 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; Wellness Frameworks

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

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ehealthpromotion/initiatives/resource-center/pdf/WHRC_Small_Business_Report_508.pdf e links do not constitute an endorsement of these organizations or



Navigating the WHRC Webpage



CDC Workplace Health
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The screenshot shows a web browser window with two tabs: 'CDC Workplace Health Resou...' and 'CDC Ten Strategies to Impro...'. The address bar shows the URL: https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/WHRC_Small_Business_Report_508.pdf. The main content area displays a PDF document cover with the following elements:

- Logo:** CDC Workplace Health Resource Center, Make Wellness Your Business.
- Title:** Workplace Health Promotion in Small- and Medium-Size Businesses.
- Image:** A photograph of two female healthcare professionals (a doctor and a nurse) looking at a laptop.
- Text:** Ten Strategies to Improve Employee Health and Well-Being.
- Thumbnail Images:** A collage of three images: a woman stretching, a green square, and a man lifting weights.
- Footer:** A blue rectangular logo for the CDC, featuring the text 'U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES' and 'CDC'.

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CDC Workplace Health Resource Center
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Workplace Health Promotion in Small- and Medium-Size Businesses: Ten Strategies to Improve Employee Health and Well-Being

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Please rate:
☆☆☆☆☆

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Scenarios

Scenario 1



CDC Workplace Health
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Locating free- or low-cost activities to address heart disease

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



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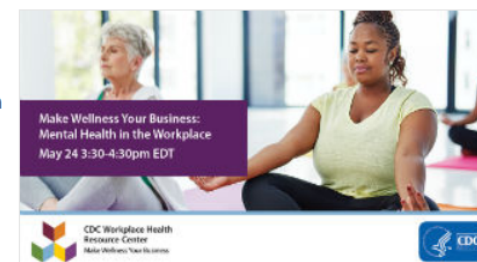
CDC Workplace Health Resource Center



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Scenario 1



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Workplace Health Resource Center

- Refine By
- CDC Workplace Health Model Components +
 - Workplace Organizational Factors +
 - Individual and Family Wellness +
 - Prevention Resources +
 - Health Conditions -**
 - Cancer
 - Cholesterol
 - Heart Disease
 - High Blood Pressure
 - Musculoskeletal Disorders/Arthritis/Back Pain
 - Pre-Diabetes/Diabetes
 - Respiratory Disease/Asthma
 - Type of Resource +

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.



[Go to List of Organizations](#)

Showing 1 to 10 of 22 entries (filtered from 529 total entries)

Show 10 entries per page

Search the WHRC →

Title	Description	Source	Year	Avg Rating
Skyscraper Climb	The Skyscraper Climb (cardiovascular challenge) is an on-going program to encourage physical activity among employees through stair climb...	Texas Department of State Health Services	2016	☆☆☆☆☆ (0)
Workplace Wellness Toolkit	The purpose of the toolkit is to provide resources for South Dakota employers to implement policy and environmental changes that will ult...	South Dakota Department of Health	2012	★★★★☆ (1)
Cardiovascular Health Action Steps for Employers	Employers can help their employees improve cardiovascular health by creating worksites that support blood pressure control, cholesterol m...	Million Hearts	2013	☆☆☆☆☆ (0)
Working on Wellness: Supporting	This Worksite Wellness Program Toolkit	Massachusetts	2012	★★★★☆ (1)



Scenario 1



CDC Workplace Health Resource Center
Make Wellness Your Business



CDC A-Z INDEX ▾

Workplace Health Resource Center

Refine By

CDC Workplace Health Model Components -

- Assessment
- Planning and Governance
- Implementation
- Evaluation

Workplace Organizational Factors +

Individual and Family Wellness +

Prevention Resources +

Health Conditions -

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

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.



Go to List of Organizations

Showing 1 to 10 of 12 entries (filtered from 529 total entries)

Show 10 entries per page Search the WHRC → Search Clear

Title	Description	Source	Year	Avg Rating
Skyscraper Climb	The Skyscraper Climb (cardiovascular challenge) is an on-going program to encourage physical activity among employees through stair climb...	Texas Department of State Health Services	2016	☆☆☆☆☆ (0)
Working on Wellness: Supporting Healthier People, Workplaces and Communities	This Worksite Wellness Program Toolkit was developed to provide a guide and tools for planning a Worksite Wellness Program. Best practice...	Massachusetts Department of Public Health	2012	★★★★☆ (1)
Indiana Healthy Worksite Toolkit for Small to Mid-Size Businesses	The Indiana Healthy Worksites Toolkit for Small to Mid-Size Businesses outlines strategic policies, environmental supports and activities...	Indiana State Department of Health	2016	☆☆☆☆☆ (0)
Small Worksites Can Make Big Improvements to Employee Health: Heart	This one-page document discusses the costs of cardiovascular disease to	Centers for Disease Control and Prevention	2018	★★★★☆ (1)



Scenario 1



CDC Workplace Health Resource Center
Make Wellness Your Business

The screenshot shows the CDC Workplace Health Resource Center website. A search result for "Skyscraper Climb" is displayed in a modal window. The title "Skyscraper Climb" is highlighted with a red box. Below the title, there is a "Please rate:" section with five stars. The main text describes the program as an on-going cardiovascular challenge program for employees. Below the text, there are sections for "Health Conditions:", "CDC Workplace Health Model Components:", "Individual and Family Wellness:", and "Type of Resource:". The background shows a sidebar with various filters and a search bar.

Skyscraper Climb

Please rate:

☆☆☆☆☆

The Skyscraper Climb (cardiovascular challenge) is an on-going program to encourage physical activity among employees through stair climbing. The goal is for participants to climb the number of flights of stairs in 11 of the tallest buildings in the U.S. (869 flights). This resource is a brief, six-page document that provides information on how to encourage the use of stairs for cardiovascular health in workplace settings. Included in this guidance are evaluations for the Skyscraper Climb Program Coordinator and participant. The provision of organized individual or group physical activity programs for employees is a recommended strategy per the CDC Worksite Health ScoreCard and The Community Guide. The validity/reliability of these included surveys is unknown.

Health Conditions : Heart Disease

CDC Workplace Health Model Components : Planning and Governance; Implementation

Individual and Family Wellness : Physical Activity and Fitness

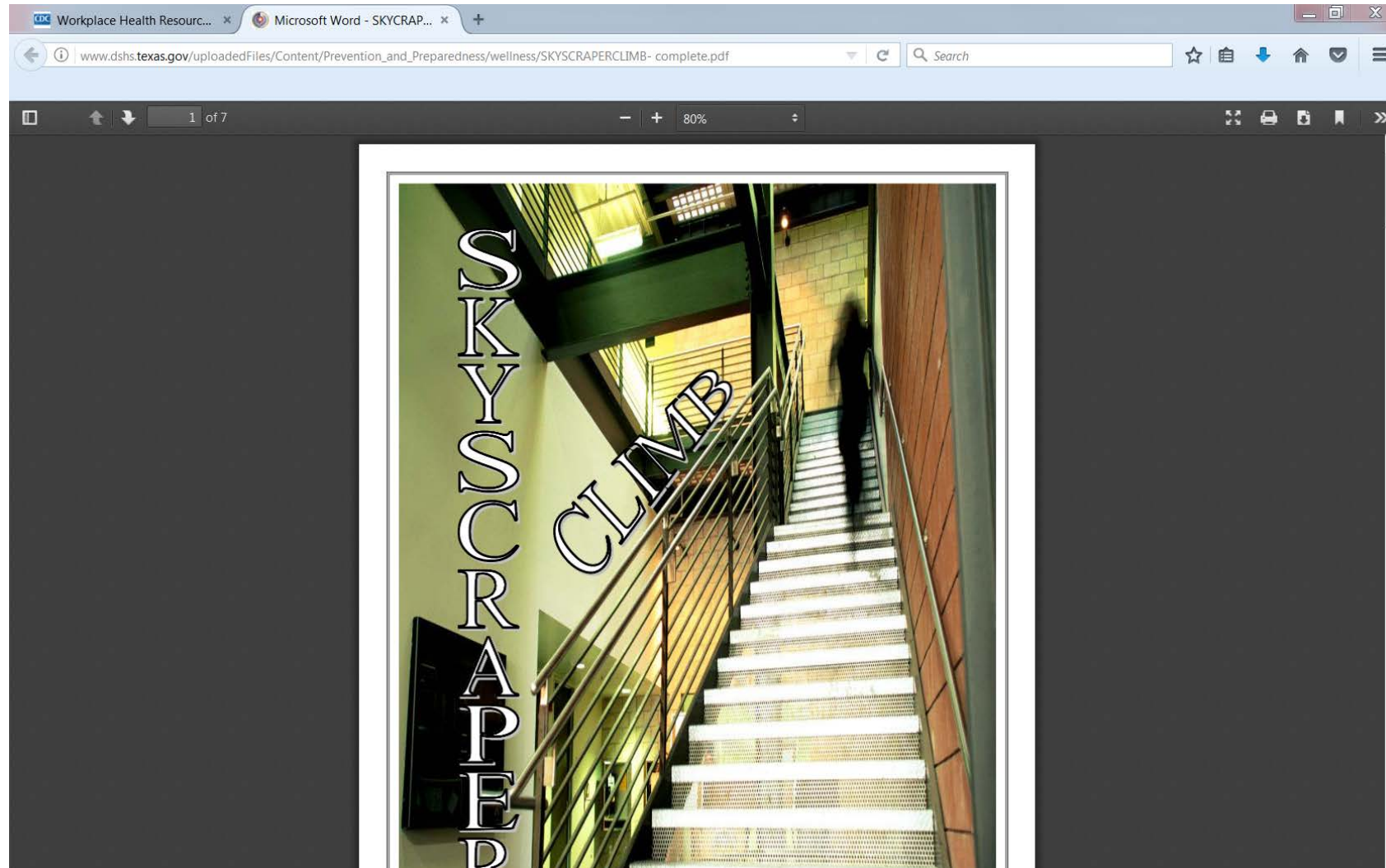
Type of Resource : Campaign or initiative



Scenario 1



CDC Workplace Health
Resource Center
Make Wellness Your Business



Scenario 1



CDC Workplace Health Resource Center
Make Wellness Your Business

Skyscraper Climb

[Skyscraper Climb](#)

Please rate:
☆☆☆☆☆

The Skyscraper Climb (cardiovascular challenge) is an on-going program to encourage physical activity among employees through stair climbing. The goal is for participants to climb the number of flights of stairs in 11 of the tallest buildings in the U.S. (869 flights). This resource is a brief, six-page document that provides information on how to encourage the use of stairs for cardiovascular health in workplace settings. Included in this guidance are evaluations for the Skyscraper Climb Program Coordinator and participant. The provision of organized individual or group physical activity programs for employees is a recommended strategy per the CDC Worksite Health ScoreCard and The Community Guide. The validity/reliability of these included surveys is unknown.

	Health Conditions :	
	Heart Disease	
	CDC Workplace Health Model Components :	
	Planning and Governance; Implementation	
	Individual and Family Wellness :	
	Physical Activity and Fitness	
	Type of Resource :	
	Campaign or initiative	

	Year	Avg Rating
of State	2016	☆☆☆☆☆ (0)
olic	2012	★★★★☆ (1)
artment	2016	☆☆☆☆☆ (0)
e ation	2018	★★★★★ (1)



Scenario 2



CDC Workplace Health
Resource Center
Make Wellness Your Business

Increasing employee participation in wellness events

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



CDC Workplace Health Resource Center
Make Wellness Your Business



CDC A-Z INDEX ▾

Workplace Health Resource Center

Refine By

CDC Workplace Health Model Components

- Assessment
- Planning and Governance
- Implementation
- Evaluation

Workplace Organizational Factors **+**

Individual and Family Wellness **+**

Prevention Resources **+**

Health Conditions **-**

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

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.



[Go to List of Organizations](#)

Showing 1 to 10 of 12 entries (filtered from 529 total entries)

Show entries per page

Search the WHRC →

Title	Description	Source	Year	Avg Rating
Skyscraper Climb	The Skyscraper Climb (cardiovascular challenge) is an on-going program to encourage physical activity among employees through stair climb...	Texas Department of State Health Services	2016	☆☆☆☆☆ (0)
Working on Wellness: Supporting Healthier People, Workplaces and Communities	This Worksite Wellness Program Toolkit was developed to provide a guide and tools for planning a Worksite Wellness Program. Best practice...	Massachusetts Department of Public Health	2012	★★★★☆ (1)
Indiana Healthy Worksite Toolkit for Small to Mid-Size Businesses	The Indiana Healthy Worksites Toolkit for Small to Mid-Size Businesses outlines strategic policies, environmental supports and activities...	Indiana State Department of Health	2016	☆☆☆☆☆ (0)
Small Worksites Can Make Big Improvements to Employee Health: Heart	This one-page document discusses the costs of cardiovascular disease to	Centers for Disease Control and Prevention	2018	★★★★★ (1)



Scenario 2



CDC Workplace Health Resource Center
Make Wellness Your Business



CDC A-Z INDEX ▾

Workplace Health Resource Center

Refine By

- CDC Workplace Health Model Components +
- Workplace Organizational Factors -
 - Benefit Plan Design
 - Certification
 - Creating a Culture of Health
 - Developing Partnerships
 - Economics
 - Employee Engagement
 - Environmental Support
 - General Workplace Health Promotion
 - Health and Safety Integration
 - Implementing Incentives
 - Leadership Commitment and Support
 - Legal and Regulatory

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.



[Go to List of Organizations](#)

Showing 1 to 10 of 86 entries (filtered from 529 total entries)

Show 10 entries per page

Search the WHRC →

Title	Description	Source	Year	Avg Rating
What Businesses Need to Know About Workplace Health Promotion	A truly healthy workplace is one where employees, managers, and senior executives work together to improve the physical and mental health...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Worksite Wellness Implementation Guide: Effective Employee Wellness Solutions	This resource is a comprehensive guide, for employers, on how to implement a successful worksite wellness program. This guide walks the e...	WellSteps	2017	☆☆☆☆☆ (0)
Work Healthy Georgia Toolkit	The Work Healthy Georgia toolkit has been developed for all worksites regardless of size or industry type and	Georgia Department of Public Health	2017	☆☆☆☆☆ (0)



Scenario 2



CDC Workplace Health Resource Center
Make Wellness Your Business



CDC A-Z INDEX ▾

Workplace Health Resource Center

Refine By

- CDC Workplace Health Model Components +
- Workplace Organizational Factors -
 - Benefit Plan Design
 - Certification
 - Creating a Culture of Health
 - Developing Partnerships
 - Economics
 - Employee Engagement
 - Environmental Support
 - General Workplace Health Promotion
 - Health and Safety Integration
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 - Leadership Commitment and Support
 - Legal and Regulatory

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.



Go to List of Organizations

Showing 1 to 10 of 37 entries (filtered from 529 total entries)

Show entries per page

Search the WHRC →

Title	Description	Source	Year	Avg Rating
What Businesses Need to Know About Workplace Health Promotion	A truly healthy workplace is one where employees, managers, and senior executives work together to improve the physical and mental health...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Total Worker Health: Missing Pieces to the Employee Well-Being Puzzle - 2017 Employer Guide	The St. Louis Area Business Health Coalition (BHC) developed the Total Worker Health® Employer Guide to support organizations in recogniz...	St. Louis Area Business Health Coalition	2017	☆☆☆☆☆ (0)
Promising Practices for TOTAL WORKER HEALTH®: From PPE to Ping-Pong: How	When it comes to safe and healthy workplaces, SAIF leads by example. Over 600 SAIF...	Centers for Disease Control and Prevention;	2017	☆☆☆☆☆ (0)





Workplace Health Organizations

List of Organizations



CDC Workplace Health Resource Center
Make Wellness Your Business



CDC A-Z INDEX ▾

Workplace Health Resource Center

Refine By

CDC Workplace Health Model Components -

- Assessment
- Planning and Governance
- Implementation
- Evaluation

Workplace Organizational Factors +

- Individual and Family Wellness +
- Prevention Resources +
- Health Conditions +
- Type of Resource +

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.



[Go to List of Organizations](#)

Showing 1 to 10 of 529 entries

Show 10 entries per page

Search the WHRC → Search Clear

Title	Description	Source	Year	Avg Rating
Sleep: An Important Health and Safety Concern at Work	This brief introduces strategies employers can adopt to encourage employees to evaluate and address their sleep hygiene, including the pr...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Total Worker Health(R): A New Model for Well-Being at Work	This 6-page brief describes the Total Worker Health (TWH) model, where work is considered a social determinant of health. Additionally, ...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Total Worker Health(R)	This one-page document describes the Total Worker Health model and the benefits of its strategies.	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track	This one-page document discusses the costs of cardiovascular disease to employers and provides strategies businesses can implement in the...	Centers for Disease Control and Prevention	2018	★★★★★ (1)
Freshstart	Freshstart is designed to help smokers plan a successful quit attempt by providing	American Cancer Society	2018	☆☆☆☆☆ (0)



List of Organizations



CDC Workplace Health Resource Center
Make Wellness Your Business



CDC A-Z INDEX ▾

Workplace Health Resource Center

Refine By

Content Type ▾

- Accreditation
- Award: Individual
- Award: Organizational
- General Information
- Professional Certification
- Training

Organization Type ▾

- Federal Government
- State Government
- Local Government
- Coalition/Council
- Non-Profit Organization

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Showing 1 to 10 of 193 entries

Show entries per page

Search Organizations →

Title	Summary Of Resources	Link To Organization
Administration for Community Living	The Administration for Community Living (ACL) 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...	Link
Agency for Healthcare Research & Quality	The Agency for Healthcare Research and Quality (AHRQ) is the lead Federal agency charged with improving the safety and quality of America's health care system. AHRQ develops the knowledge, tools, and data needed to improve the health care system and help Americans, health care...	Link
Alabama Department of Public Health	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...	Link



List of Organizations



CDC Workplace Health
Resource Center
Make Wellness Your Business



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Showing 1 to 10 of 193 entries

Show 10 entries per page

Search Organizations → Search Clear

Title	Summary Of Resources	Link To Organization
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Agency for Healthcare Research & Quality	The Agency for Healthcare Research and Quality (AHRQ) is the lead Federal agency charged with improving the safety and quality of America's health care system. AHRQ develops the knowledge, tools, and data needed to improve the health care system and help Americans, health care...	Link
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CDC Workplace Health Resource Center
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[Go to List of Resources](#)

Showing 1 to 5 of 5 entries (filtered from 193 total entries)

Show entries per page

Search Organizations →

Title	Summary Of Resources	Link To Organization
East Tennessee Wellness Roundtable	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...	Link
East Tennessee Wellness Roundtable	The East Tennessee Wellness Roundtable is 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.	Link
Healthier Tennessee	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...	Link



List of Organizations



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Go to List of Resources

Showing 1 to 1 of 1 entries (filtered from 193 total entries)

Show 10 entries per page

Search Organizations →

Title	Summary Of Resources	Link To Organization
East Tennessee Wellness Roundtable	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...	Link

Showing 1 to 1 of 1 entries (filtered from 193 total entries)

◀ Previous Next ▶

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List of Organizations



CDC Workplace Health Resource Center
Make Wellness Your Business

The screenshot shows a modal window titled "East Tennessee Wellness Roundtable" overlaid on a website. The modal contains the following information:

- East Tennessee Wellness Roundtable** (highlighted with a red box)
- Summary Of Resources:** 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 eligible to apply for recognition. When you've met the requirements (4 new healthy habits in the eating category, 4 in the exercise category, and 2 in the tobacco category), submit the completed Small Starts @ Work list. Next, make a commitment to encourage and enable employees to monitor their own health through regular health check-ups, and reward and recognize employees for participating in health and wellness activities.
- Organization Type:** Coalition/Council
- Content Type:** Award: Organizational; Training
- Disclaimer:** Links to non-Federal organizations found at this site are provided solely as a service to our users. These links do not constitute an endorsement of these organizations or their programs by CDC or the Federal Government, and none should be inferred. CDC is not responsible for the content of the individual organization Web pages found at these links.
- Reminder:** CDC awardees are prohibited from using appropriated Federal funds for lobbying activities. Learn more about [CDC's official guidance on lobbying restrictions](#).
- Close** button

The background website shows a search bar, a "CDC A-Z INDEX" dropdown, and a "Go to List of Resources" button. A search filter for "Tennessee" is also visible.



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Refine By

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[Go to List of Resources](#)

Showing 1 to 10 of 193 entries

Show entries per page

Search Organizations →

Title	Summary Of Resources	Link To Organization
Administration for Community Living	The Administration for Community Living (ACL) 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...	Link
Agency for Healthcare Research & Quality	The Agency for Healthcare Research and Quality (AHRQ) is the lead Federal agency charged with improving the safety and quality of America's health care system. AHRQ develops the knowledge, tools, and data needed to improve the health care system and help Americans, health care...	Link
Alabama Department of Public Health	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...	Link





Tips and Tricks for Using the WHRC

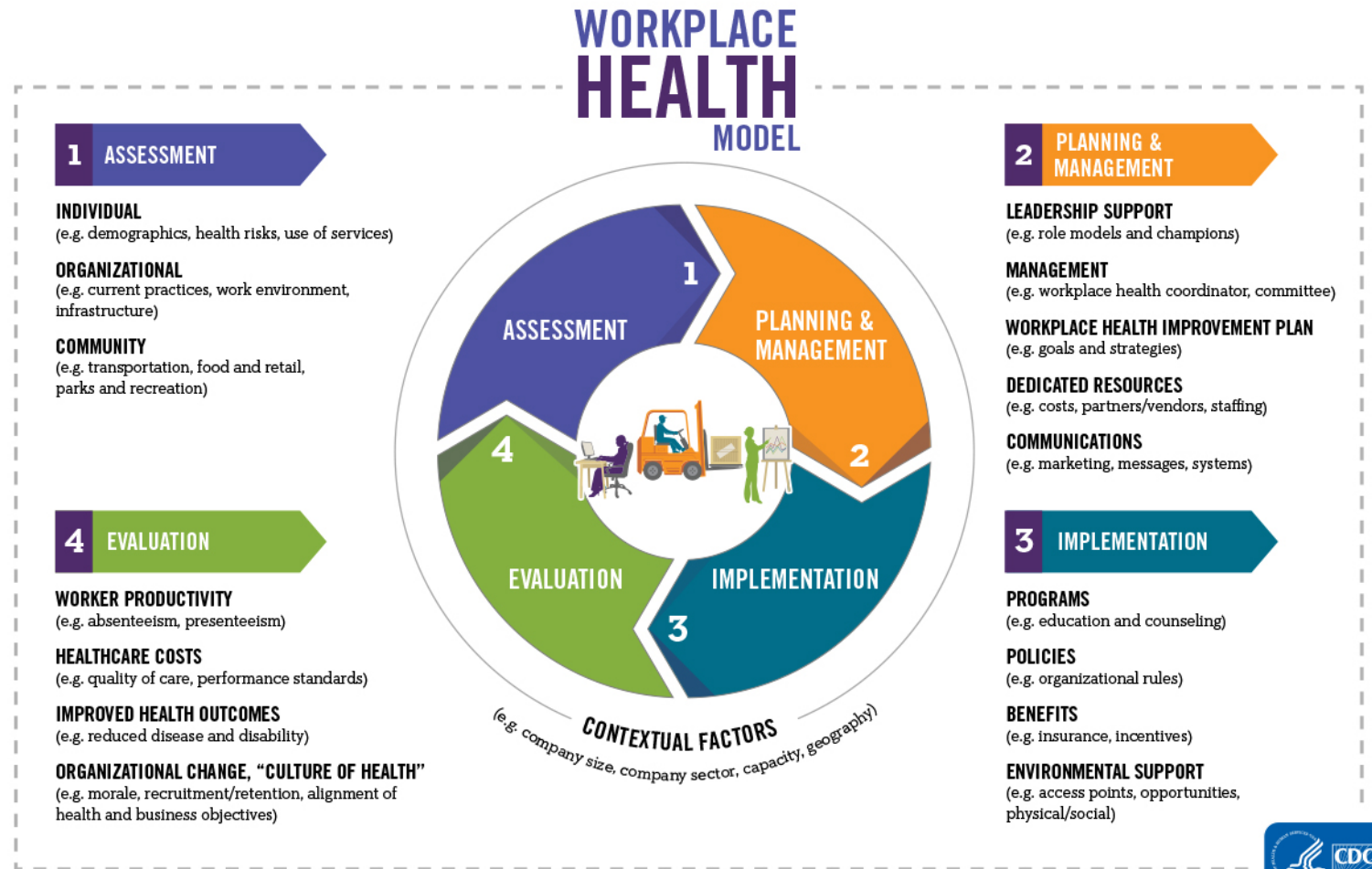
Determine your needs



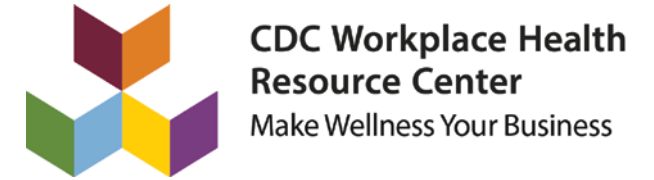
CDC Workplace Health
Resource Center
Make Wellness Your Business

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



CDC A-Z INDEX ▾

- Filter
- Sort
- Ratings

Workplace Health Resource Center

Refine By

CDC Workplace Health Model Components -

- Assessment
- Planning and Governance
- Implementation
- Evaluation

Workplace Organizational Factors +

Individual and Family Wellness +

Prevention Resources +

Health Conditions +

Type of Resource +

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.



Go to List of Organizations


Showing 1 to 10 of 12 entries (filtered from 529 total entries)

Show 10 entries per page

Search the WHRC → Search Clear

Title	Description	Source	Year	Avg Rating
Small Worksites Can Make Big Improvements to Employee Health: Heart Healthy Employees Keep Your Business on Track	This one-page document discusses the costs of cardiovascular disease to employers and provides strategies businesses can implement in the...	Centers for Disease Control and Prevention	2018	★★★★★ (1)
Workplace Health Promotion in Small- and Medium-Size Businesses: Ten Strategies to Improve Employee Health and Well-Being	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 ...	Centers for Disease Control and Prevention	2018	☆☆☆☆☆ (0)
Indiana Healthy Worksite Toolkit for Small to Mid-Size Businesses	The Indiana Healthy Worksites Toolkit for Small to Mid-Size Businesses outlines strategic policies, environmental supports and activities...	Indiana State Department of Health	2016	☆☆☆☆☆ (0)
Making the Business Case for Prevention: Worksite Wellness Benefits Small Business	This three minute video describes how health programs in Biddeford, Maine are helping small businesses make simple,	Centers for Disease Control and Prevention	2016	☆☆☆☆☆ (0)





Next Steps & More
Information

For More Information



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Resource Center**
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Next Steps & More Information



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Thank You