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

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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

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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

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- 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

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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 Resource Center
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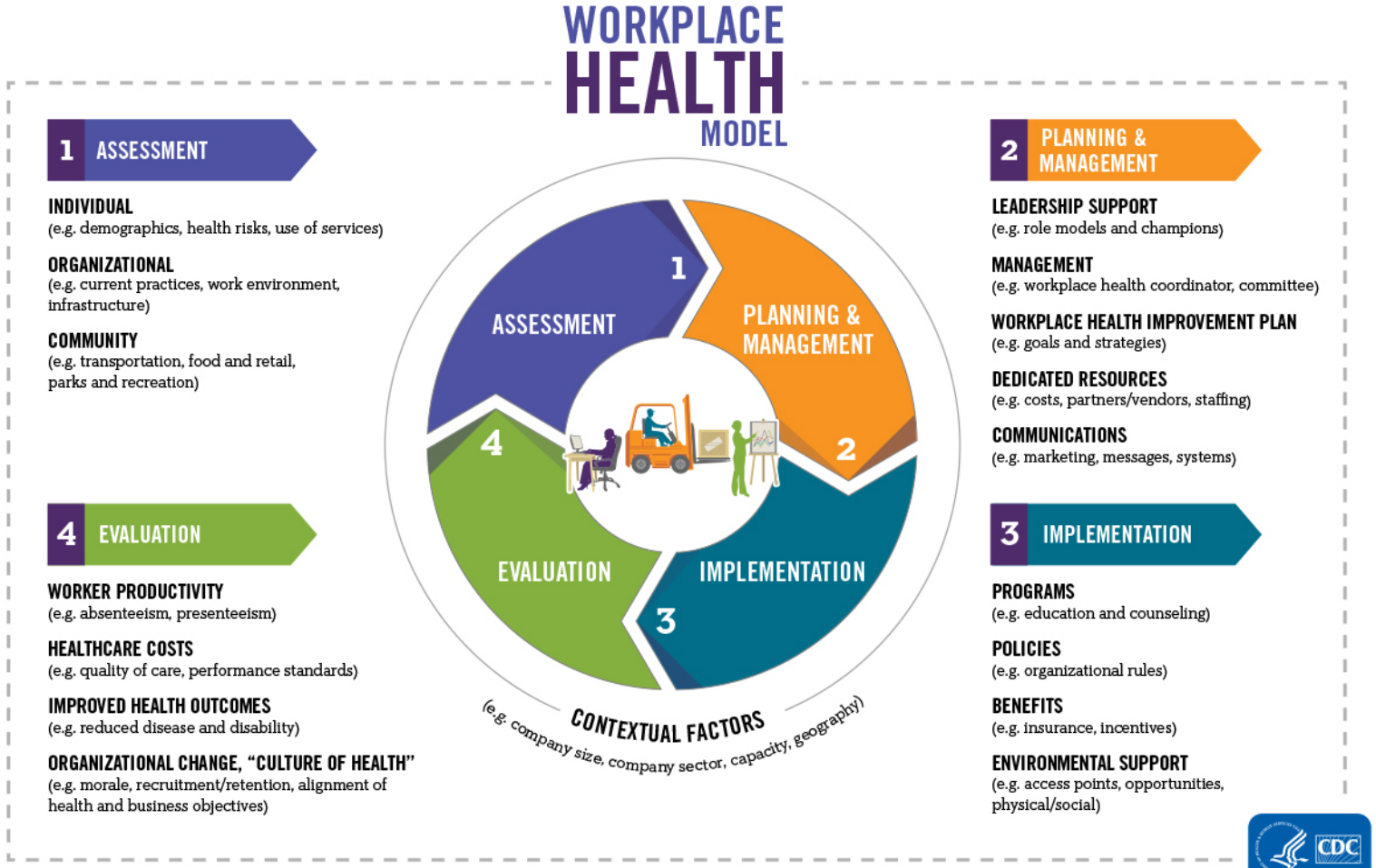
Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

Step 3: Implementation

Step 4: Evaluation



CDC Workplace Health Model

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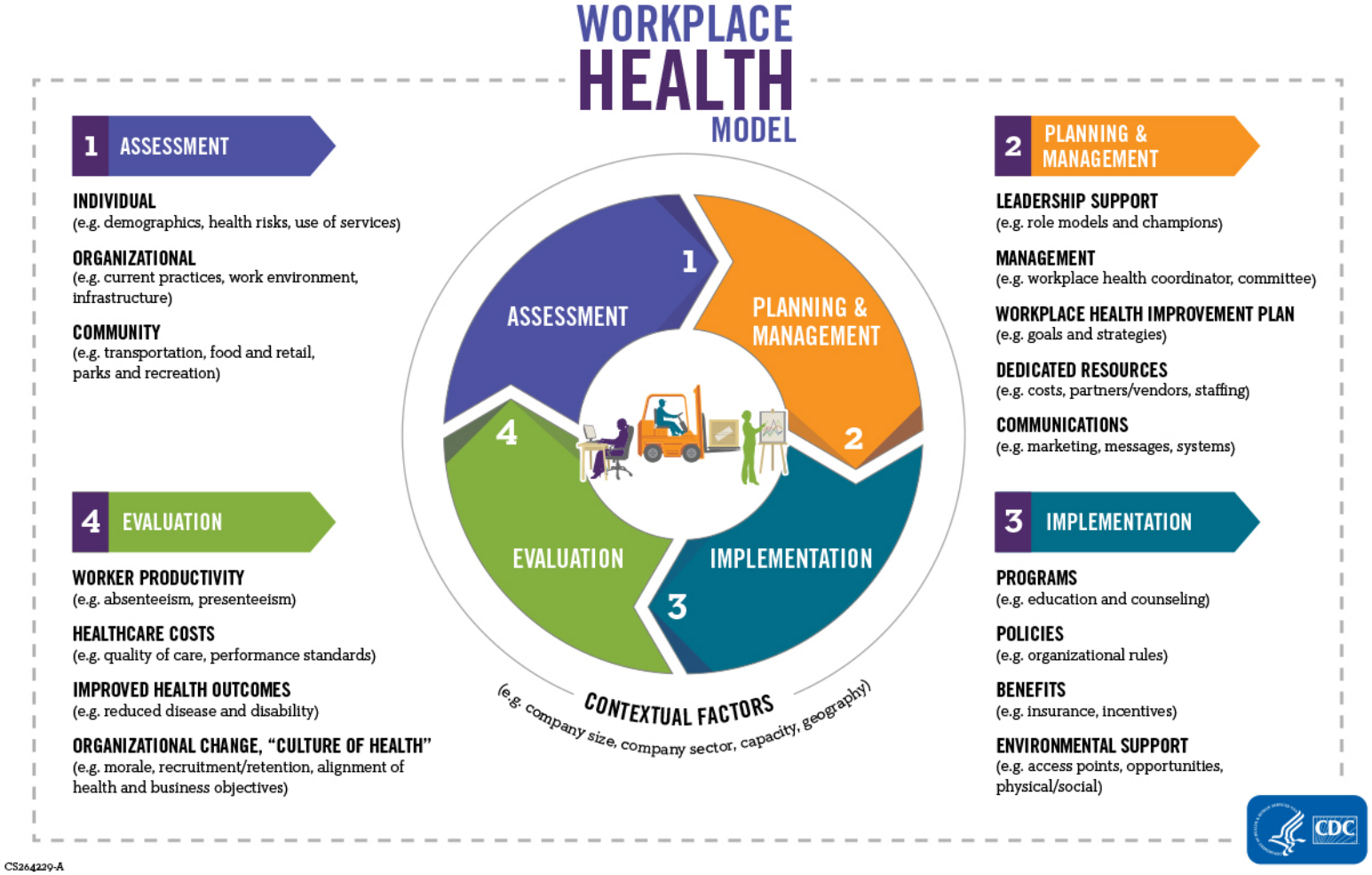
Four-step cycle

Step 1: Assessment

- Individual
- Work environment
- Organizational



CDC Workplace Health Model

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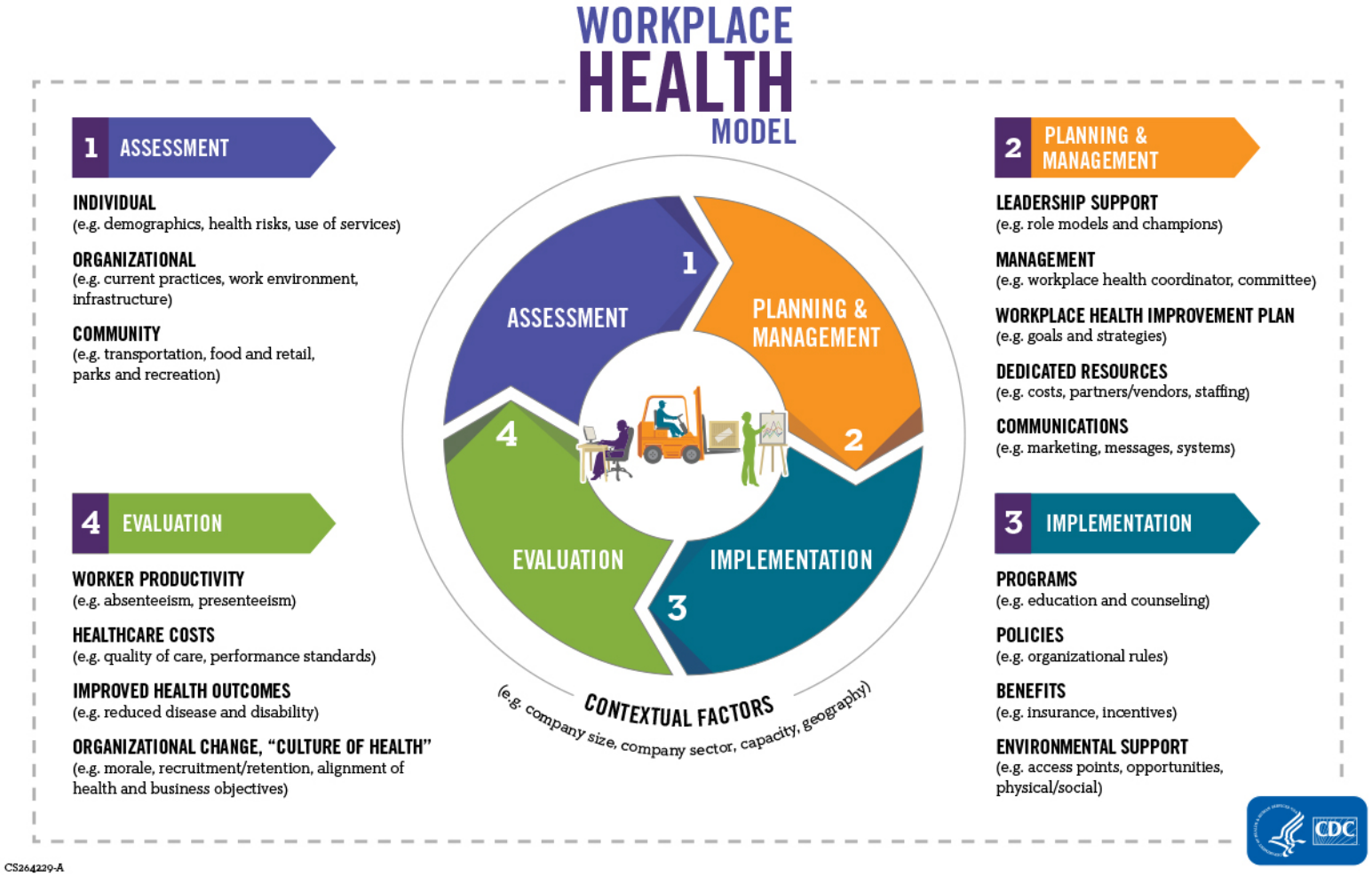
Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

- Leadership Support
- Management
- Workplace Health Plan
- Dedicated Resources
- Communications



CDC Workplace Health Model

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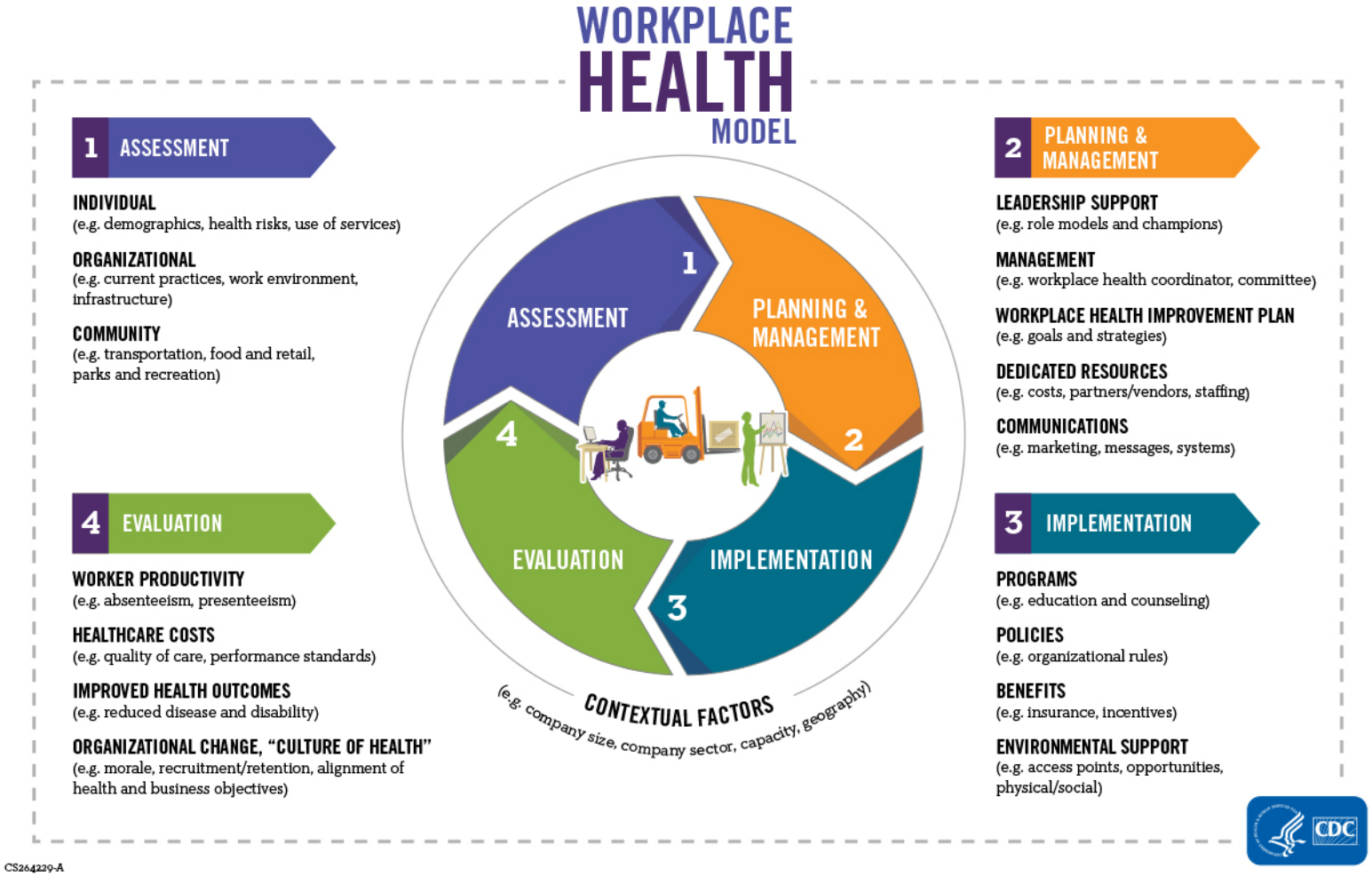
Four-step cycle

Step 1: Assessment

Step 2: Planning & Management

Step 3: Implementation

- Program
- Policies
- Benefits
- Environmental Supports



CDC Workplace Health Model

CDC Workplace Health Resource Center
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Four-step cycle

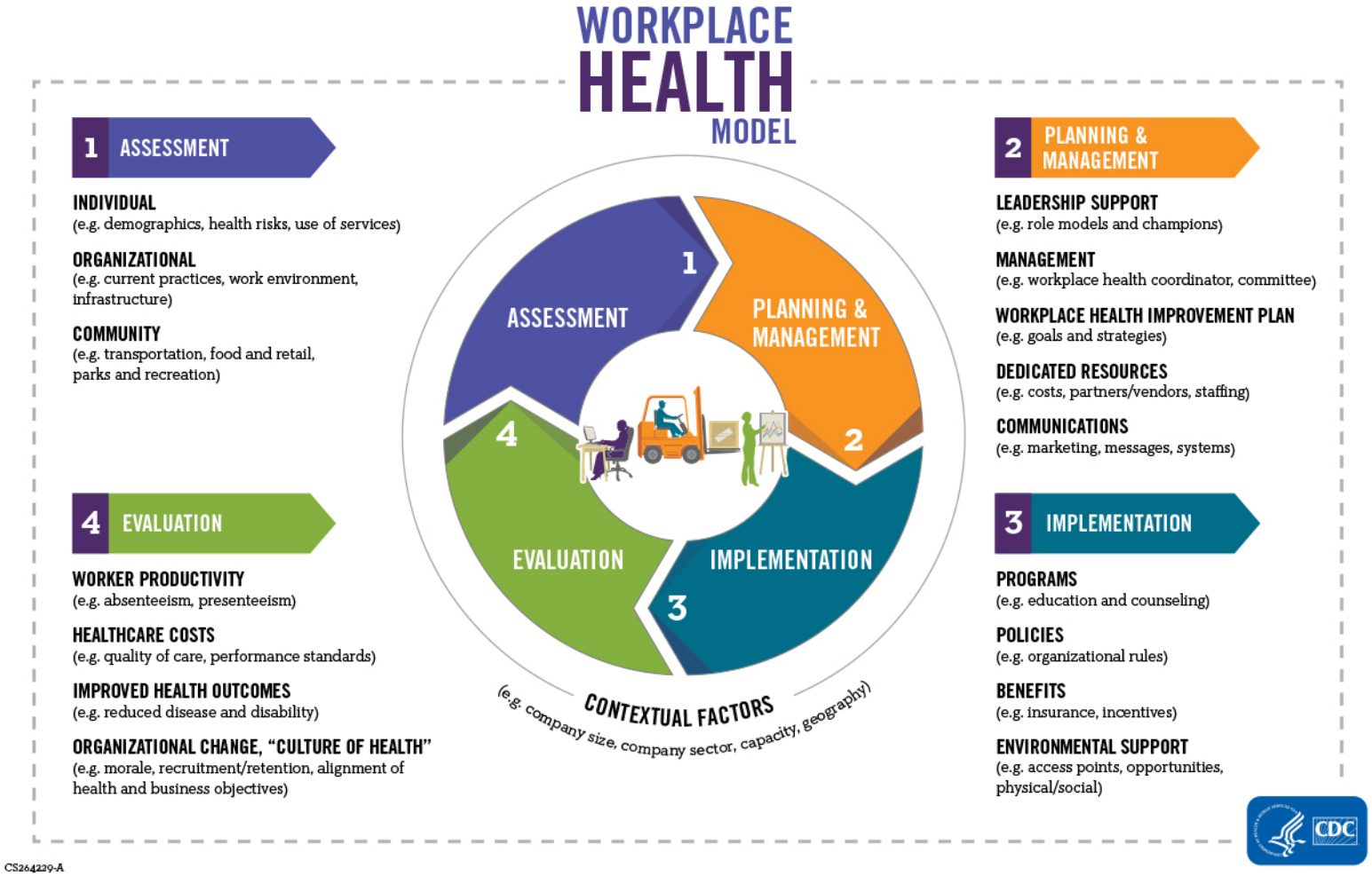
Step 1: Assessment

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
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- 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

CDC Workplace Health Resource Center
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What can I find on the WHRC?

CDC Workplace Health Resource Center
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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?

CDC Workplace Health Resource Center
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How do I navigate the WHRC?

Getting to the WHRC

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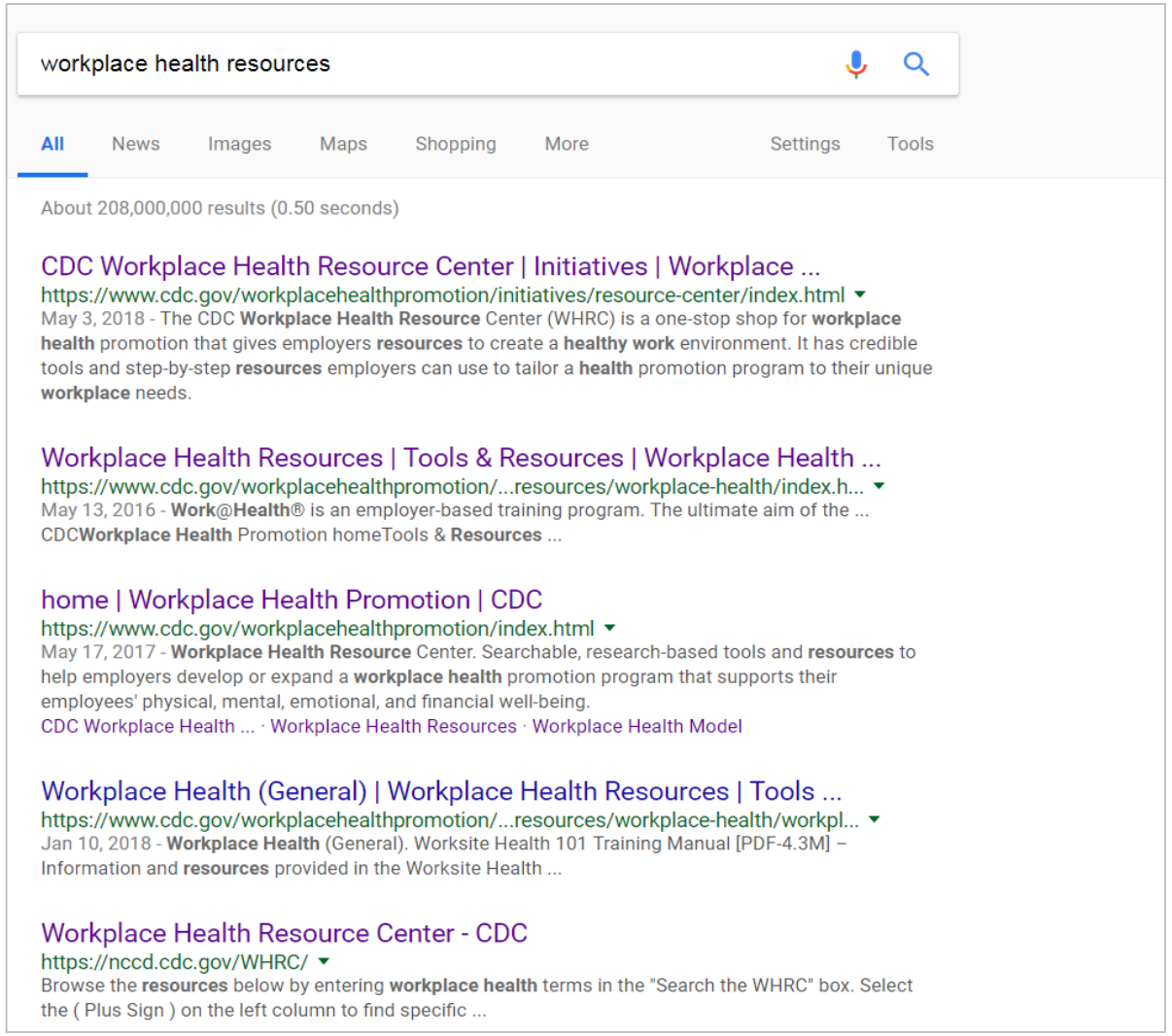
- Online search
  - “CDC Workplace Health”
  - “CDC Workplace Health Resource Center”



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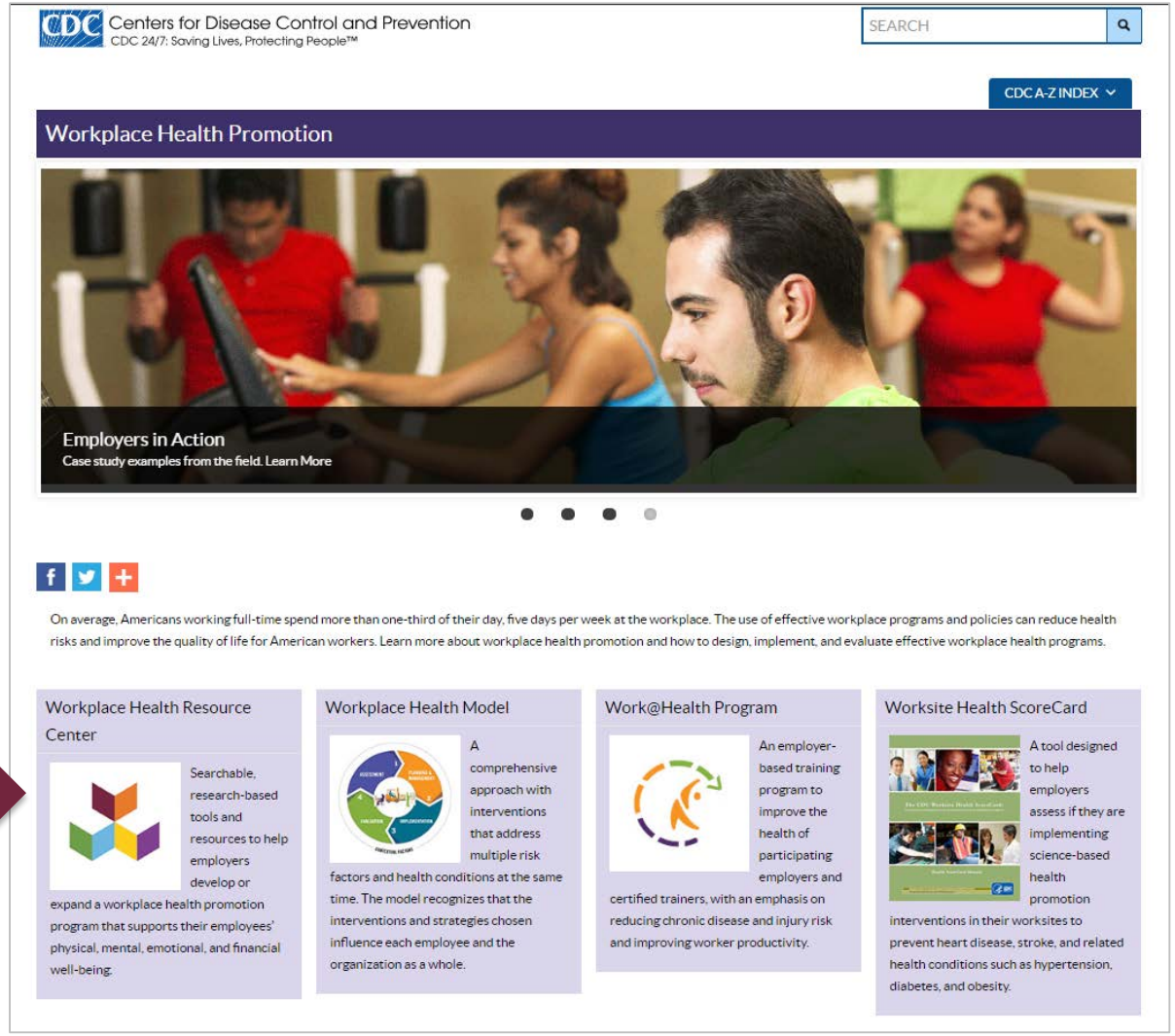

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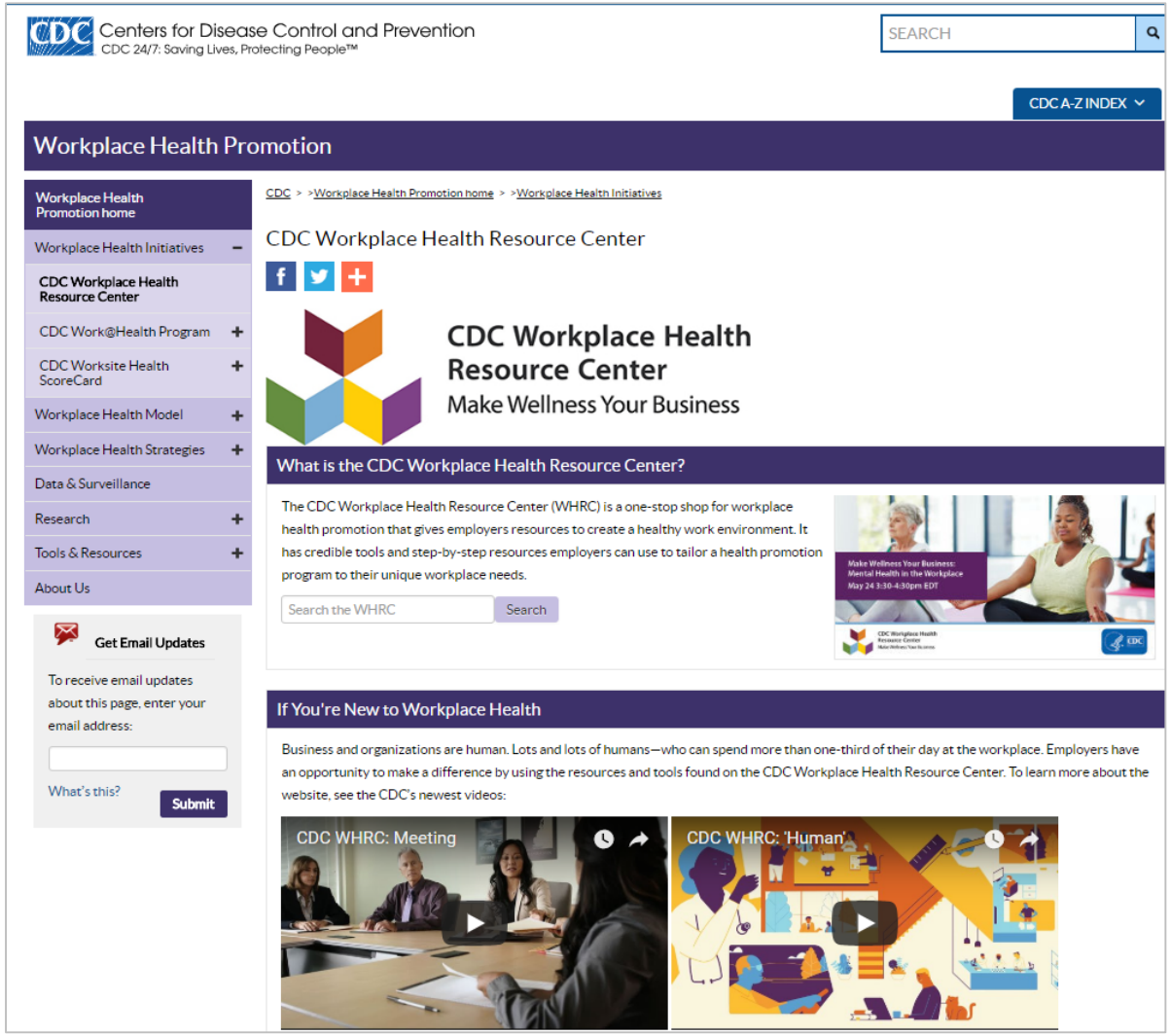
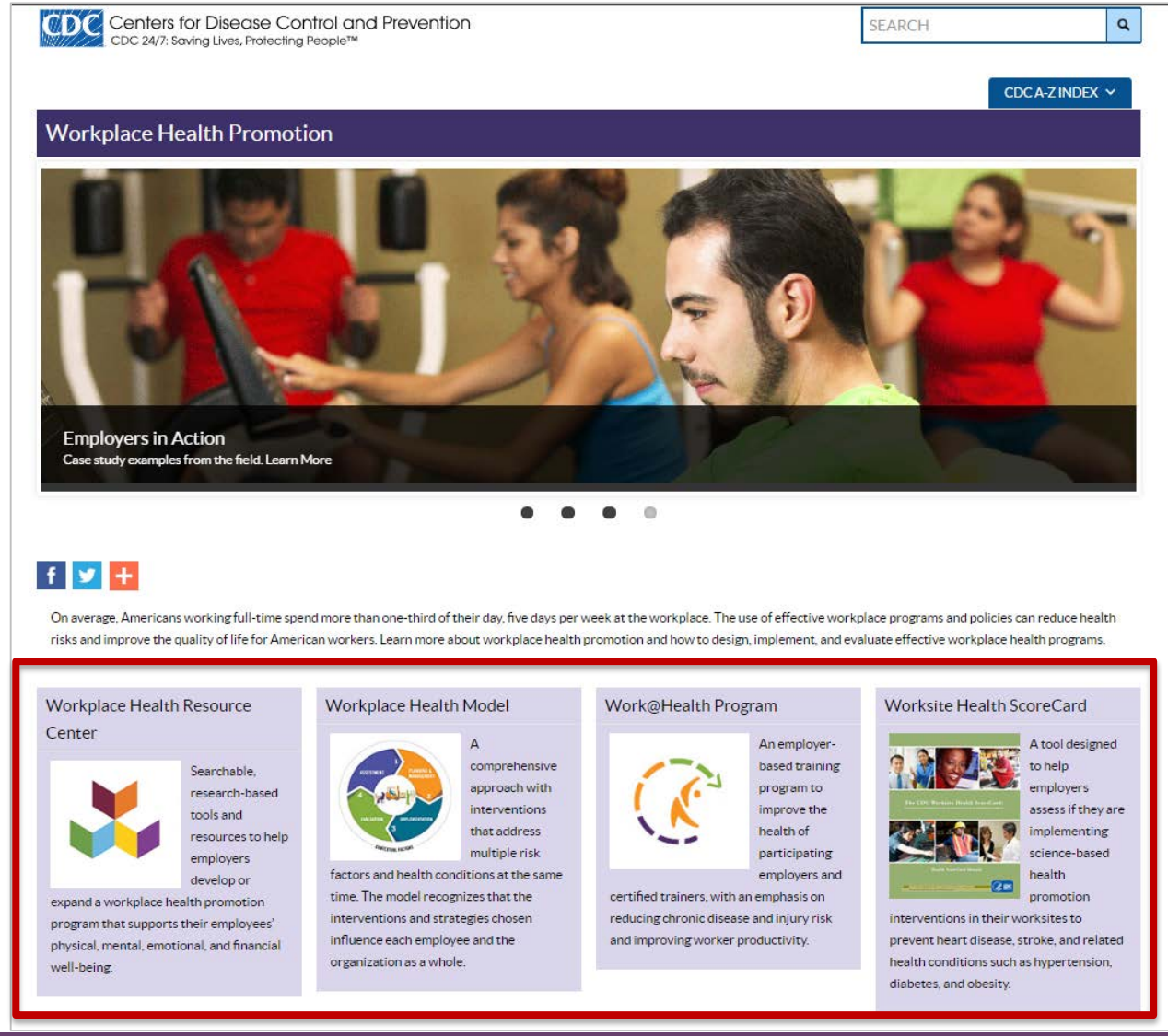


Getting Started

Where to Start?

CDC Workplace Health Promotion page

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



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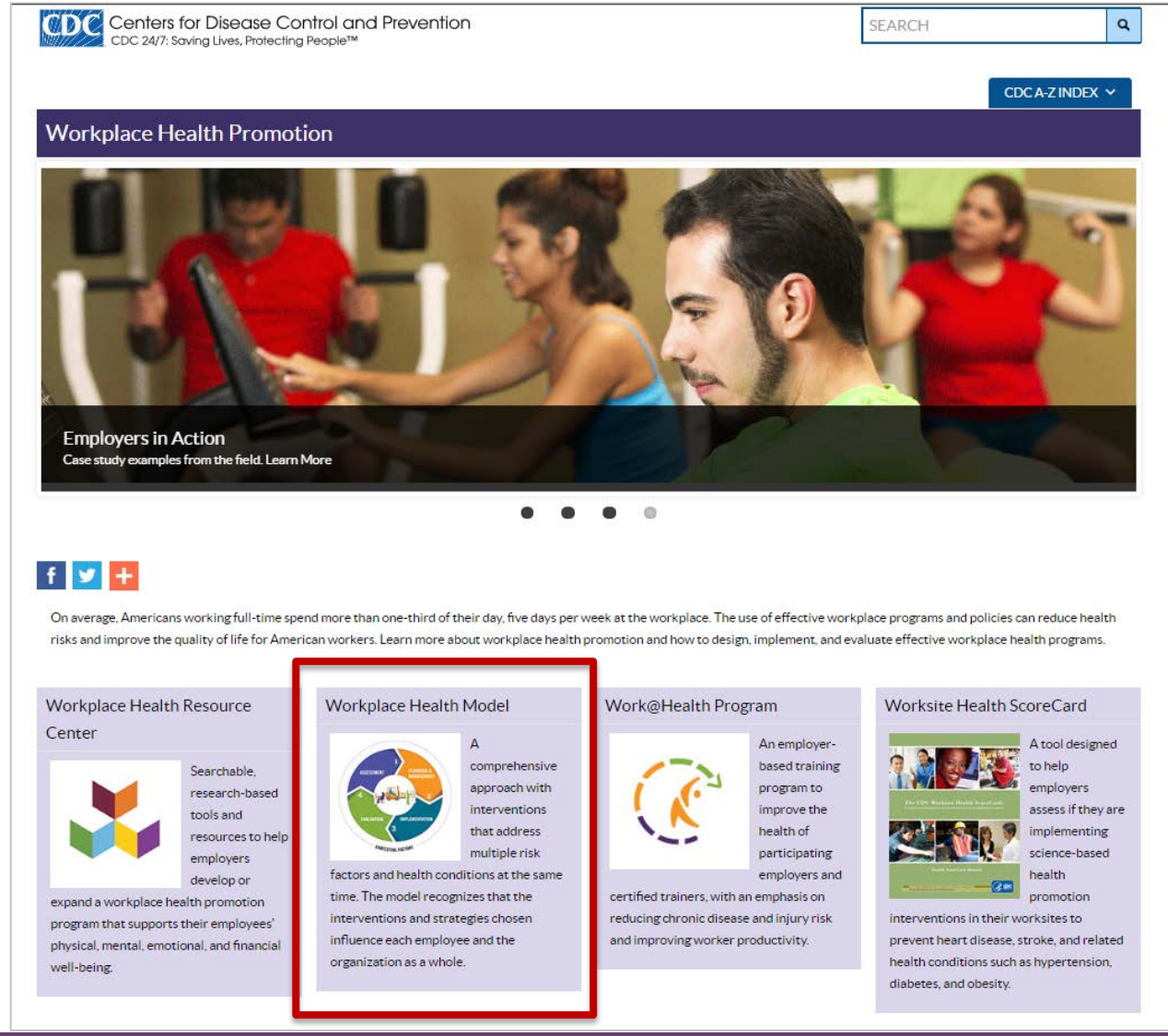

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CDC Workplace Health Model

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Centers for Disease Control and Prevention
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SEARCH

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- Planning/Workplace Governance −
  - Leadership Support
  - Governance Structure & Management
  - Workplace Health Improvement Plan
  - Dedicated Resources
  - Communications
  - Workplace Health Informatics
- Implementation +
- Evaluation +

CDC > >Workplace Health Promotion home

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]

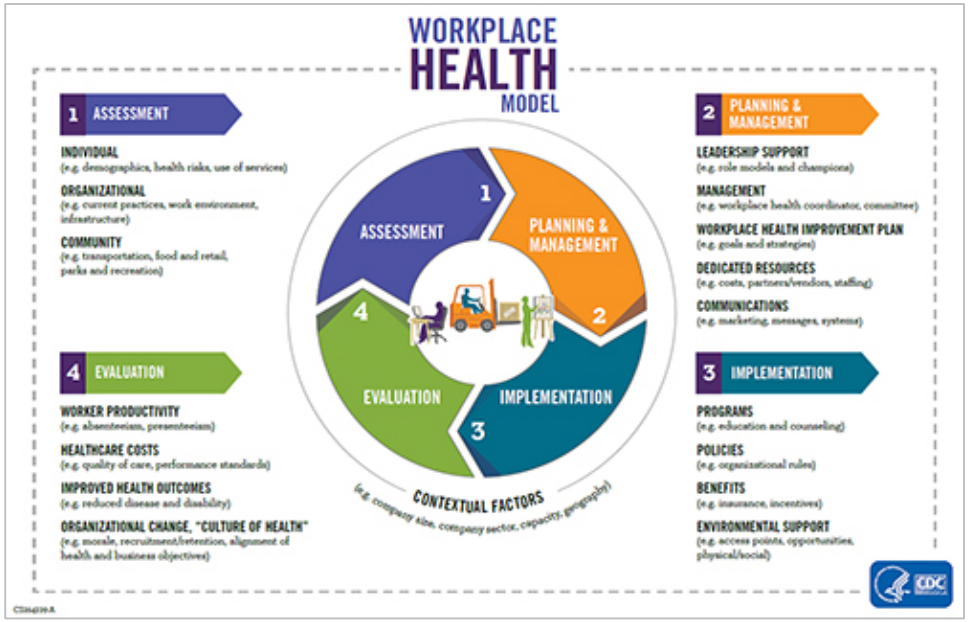
To improve the health of their employees, businesses can create a wellness culture that is employee-centered; provides supportive environments where safety is ensured and health can emerge; and provides access and opportunities for their employers to engage in a variety of workplace health programs.

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



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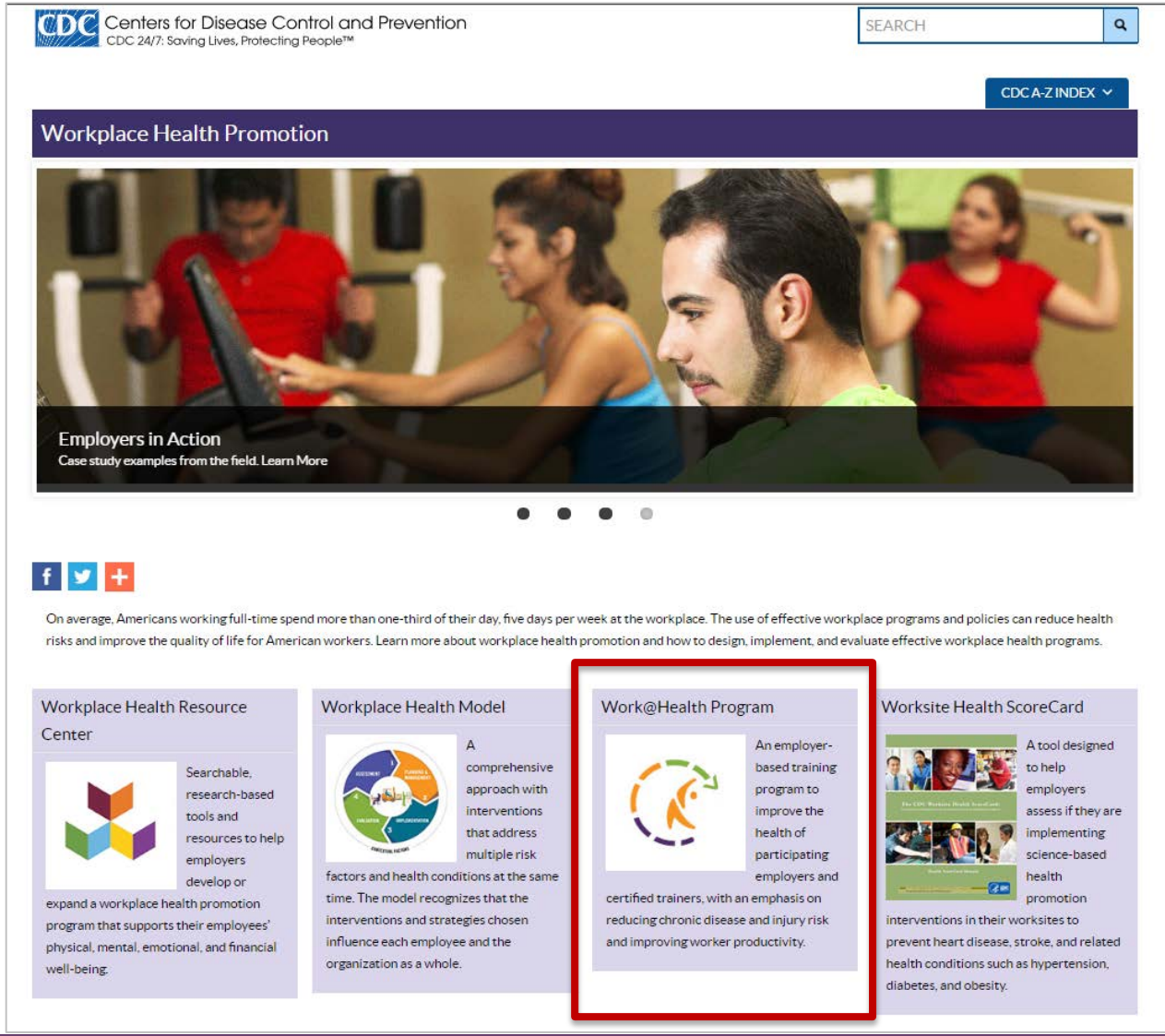

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Work@Health Program

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Workplace Health Promotion

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    - Program News
    - Training and Implementation
  - CDC Worksite Health ScoreCard
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- Data & Surveillance
- Research
- Tools & Resources
- About Us

Get Email Updates

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

CDC > >Workplace Health Promotion home > >Workplace Health Initiatives

CDC Work@Health® Program

work@health®

Training Employers | Promoting Health | Maximizing Performance

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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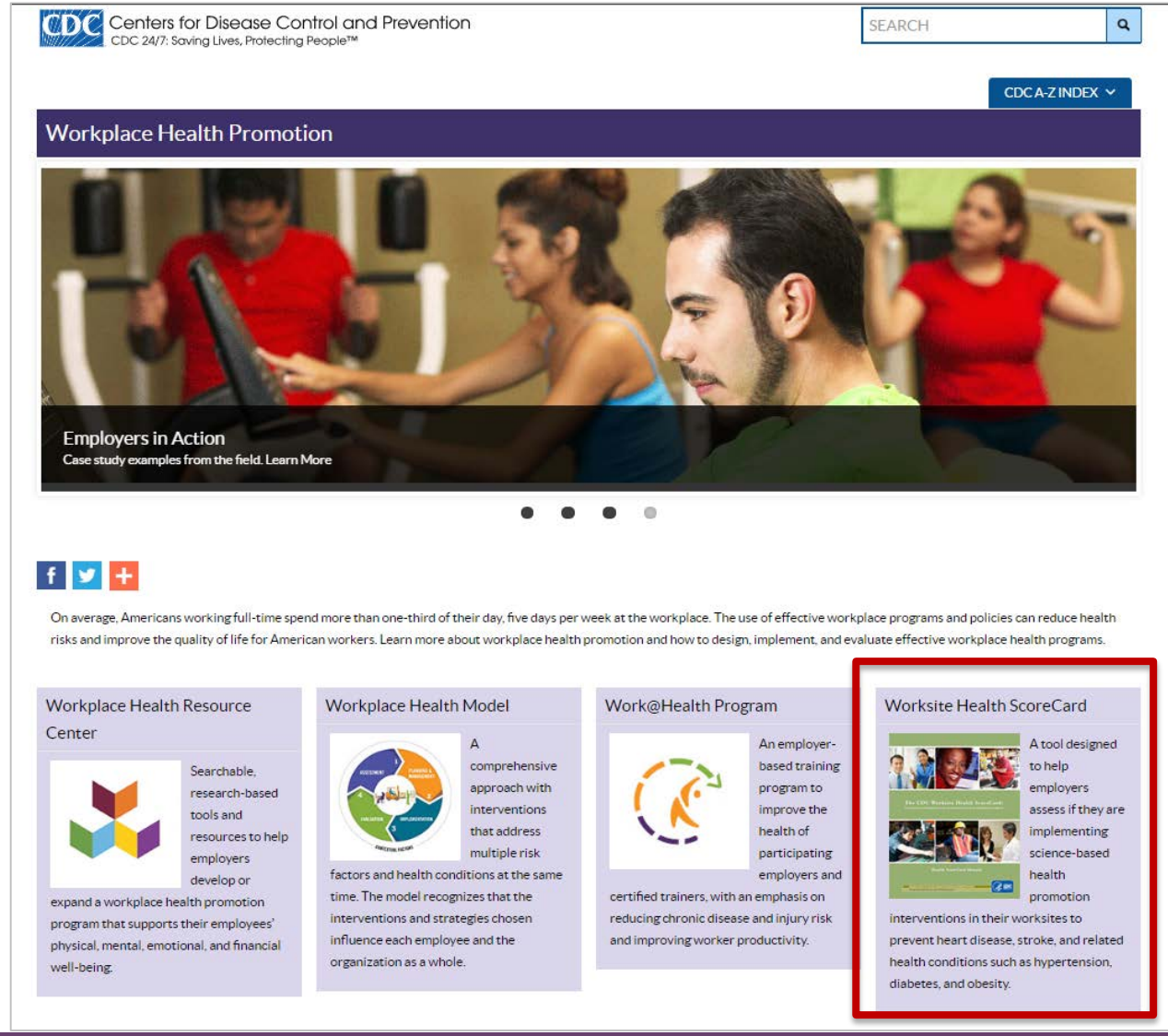

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CDC Worksite Health ScoreCard

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    - Guide to Using the ScoreCard
    - Working with the Online Health ScoreCard
    - Worksite Health ScoreCard Glossary
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- Workplace Health Strategies
- Data & Surveillance
- Research
- Tools & Resources
- About Us

Get Email Updates

To receive email updates

CDC > >Workplace Health Promotion home > >Workplace Health Initiatives

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

CDC Worksite Health ScoreCard

CDC Worksite Health ScoreCard

Create a new account and complete a ScoreCard

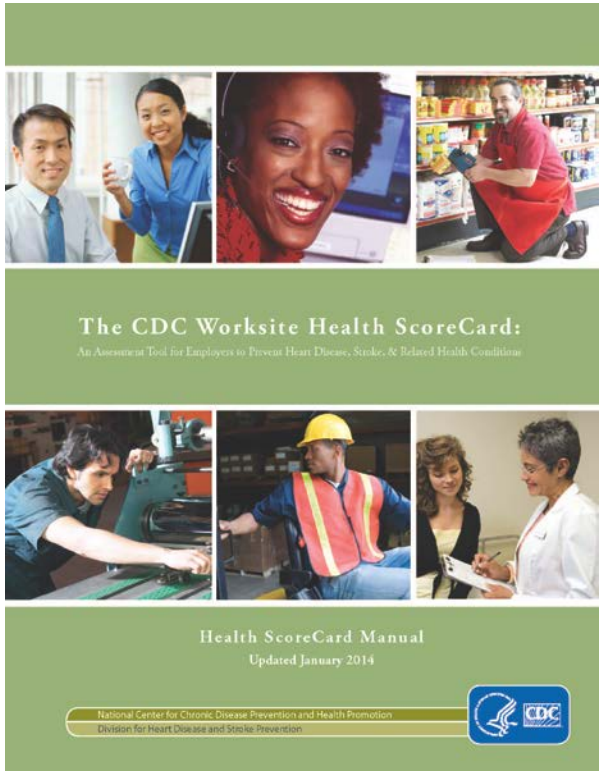
New User

Return to ScoreCard account

Returning User

Related Links

- NIOSH Total Worker Health



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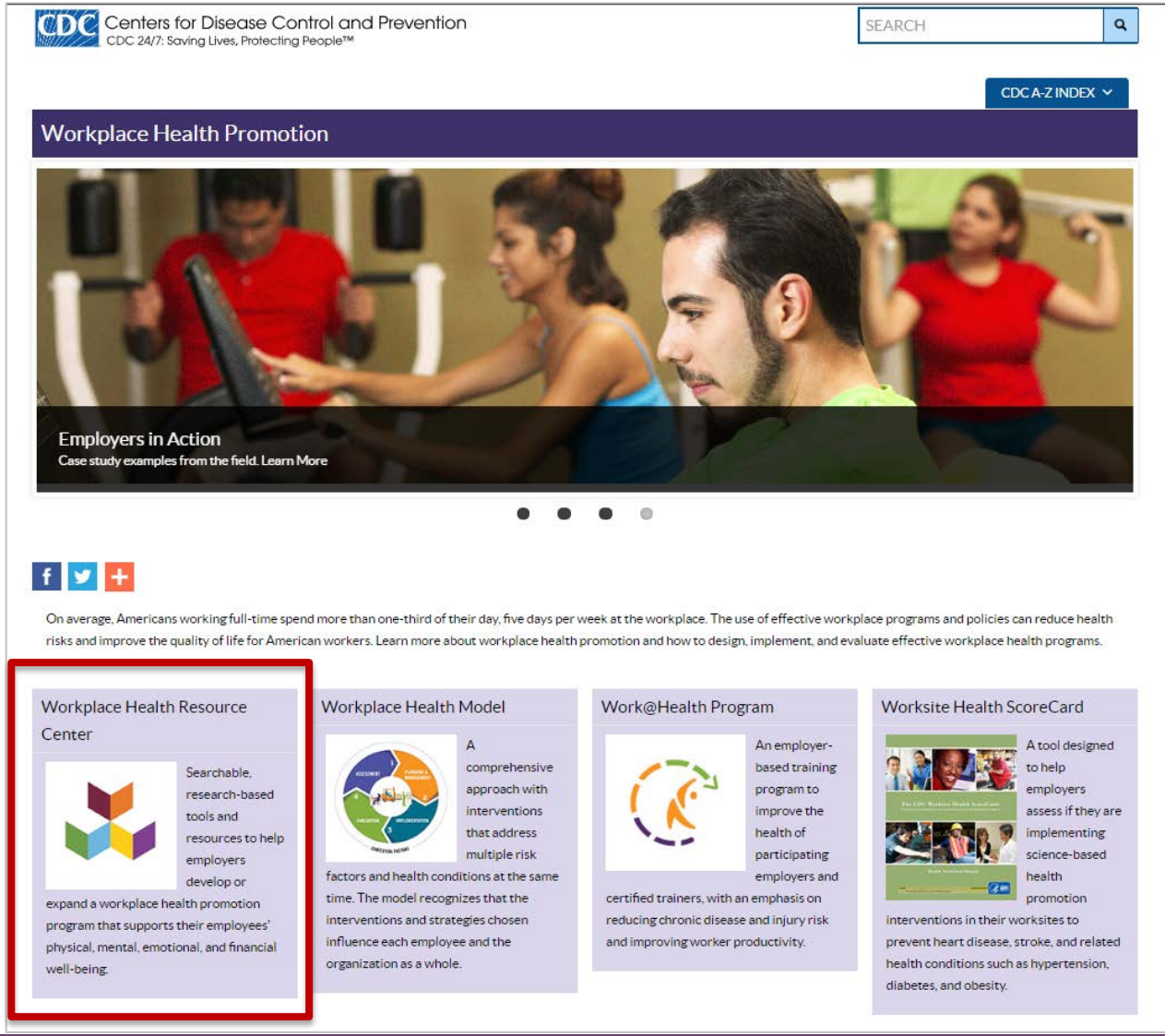

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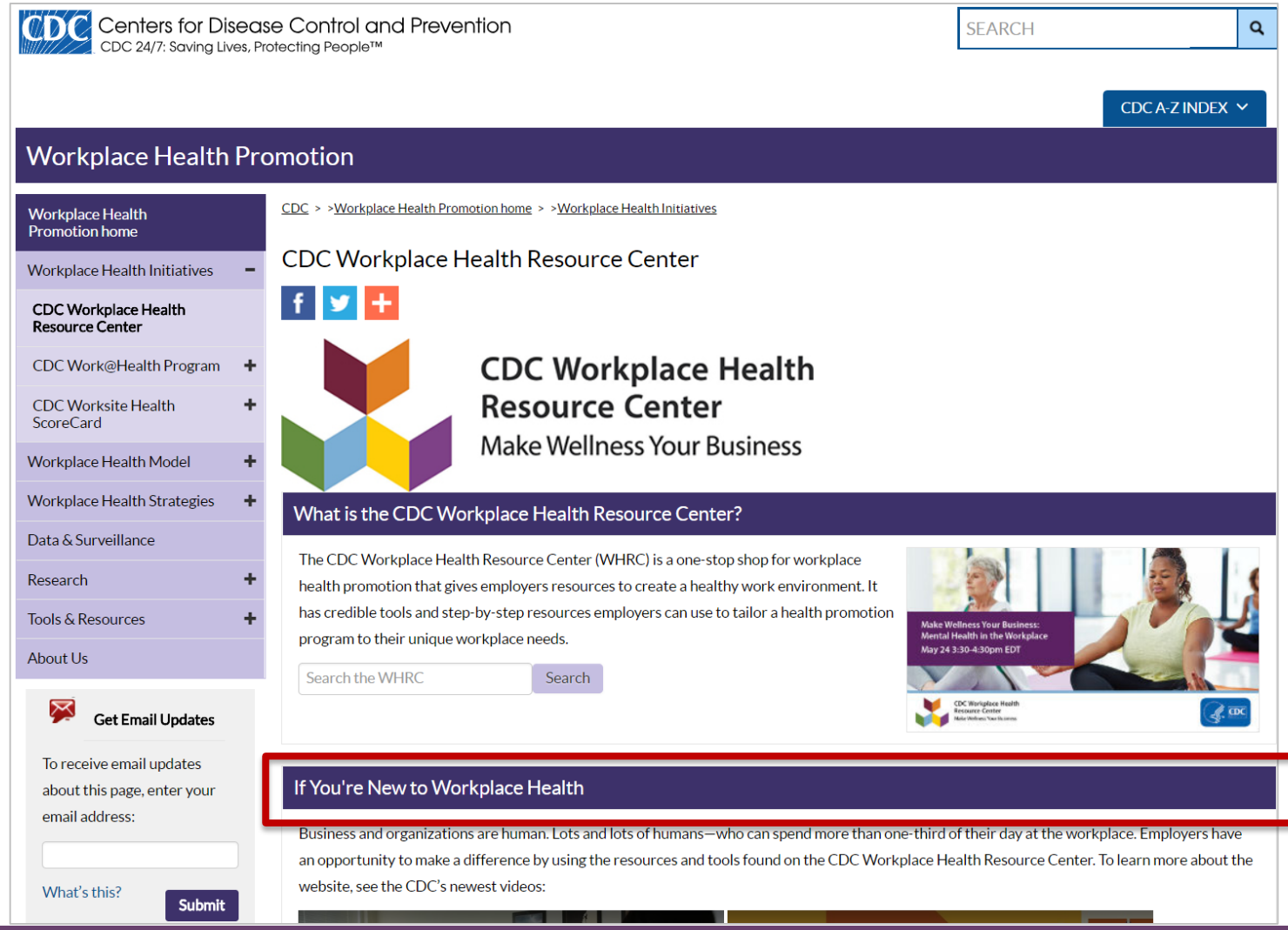

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What's this? Submit

If You're New to Workplace Health

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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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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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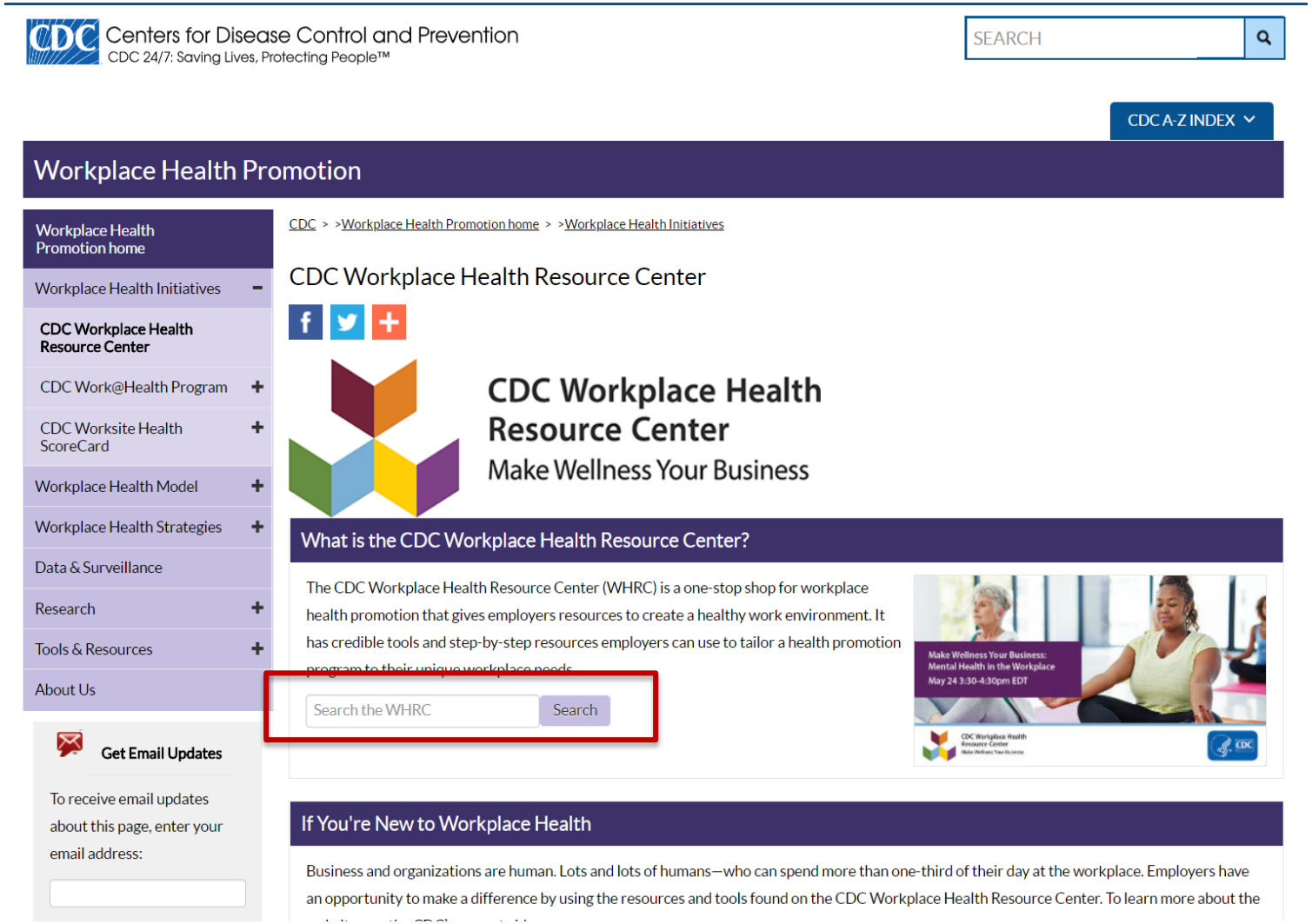

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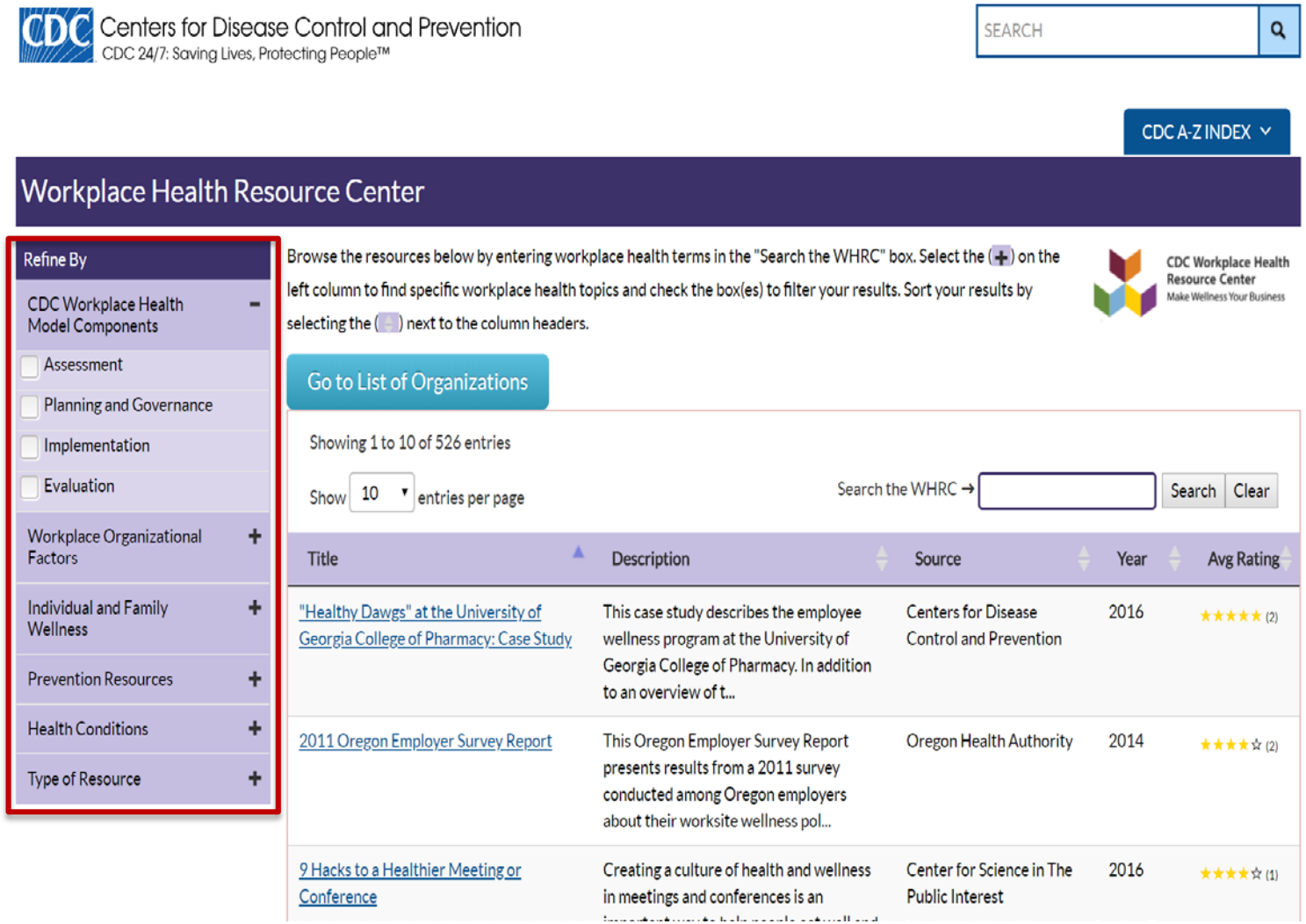

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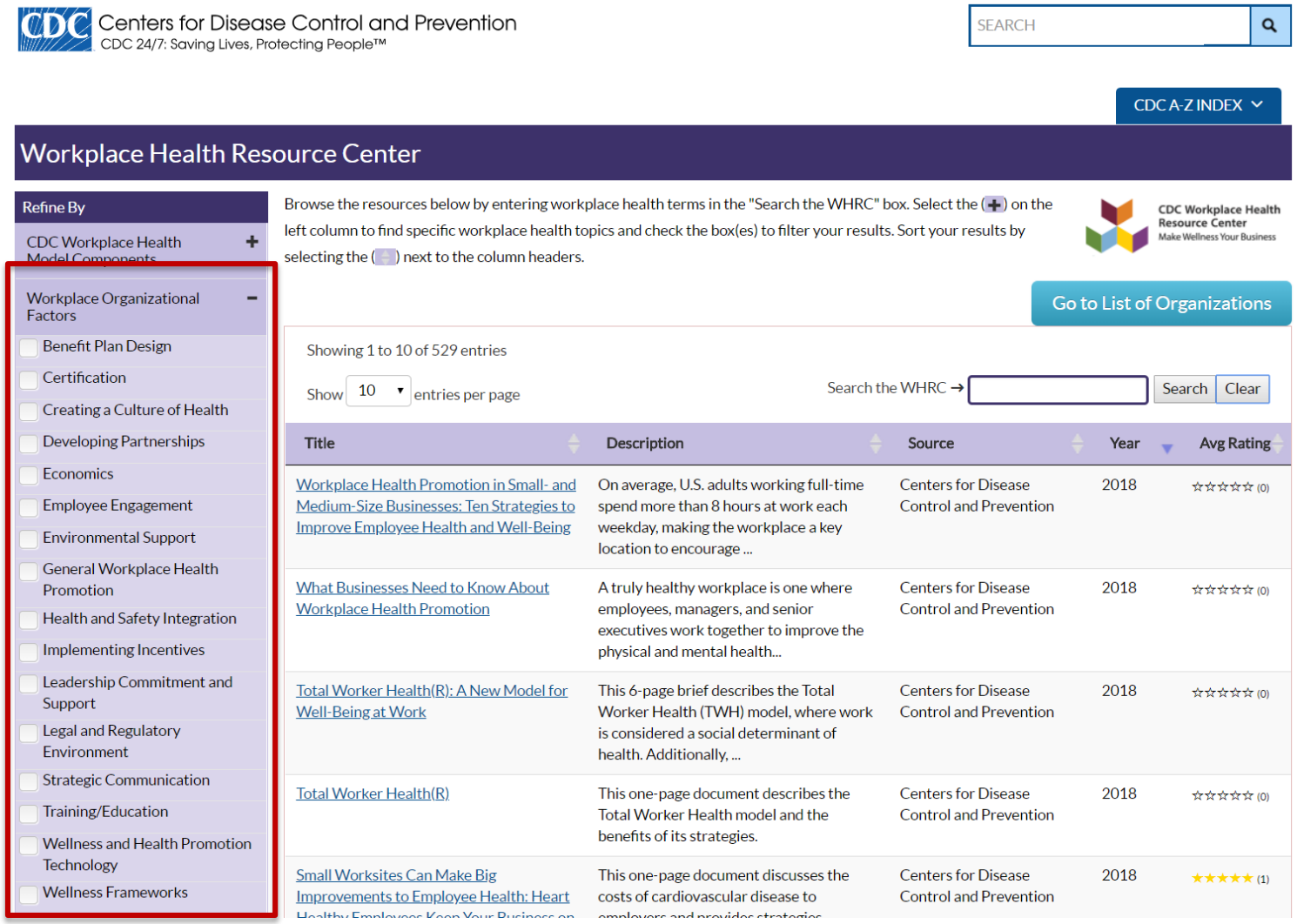

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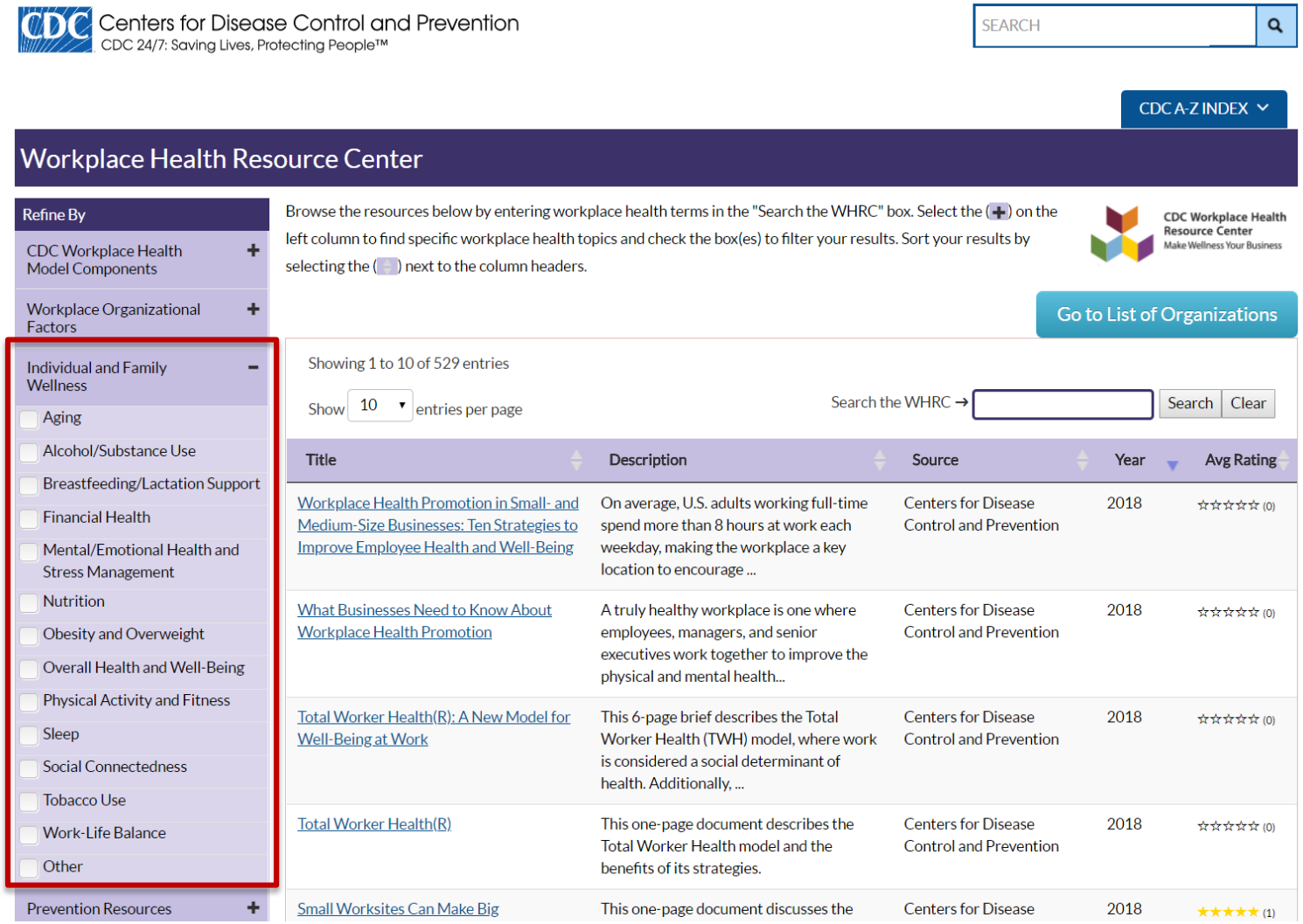

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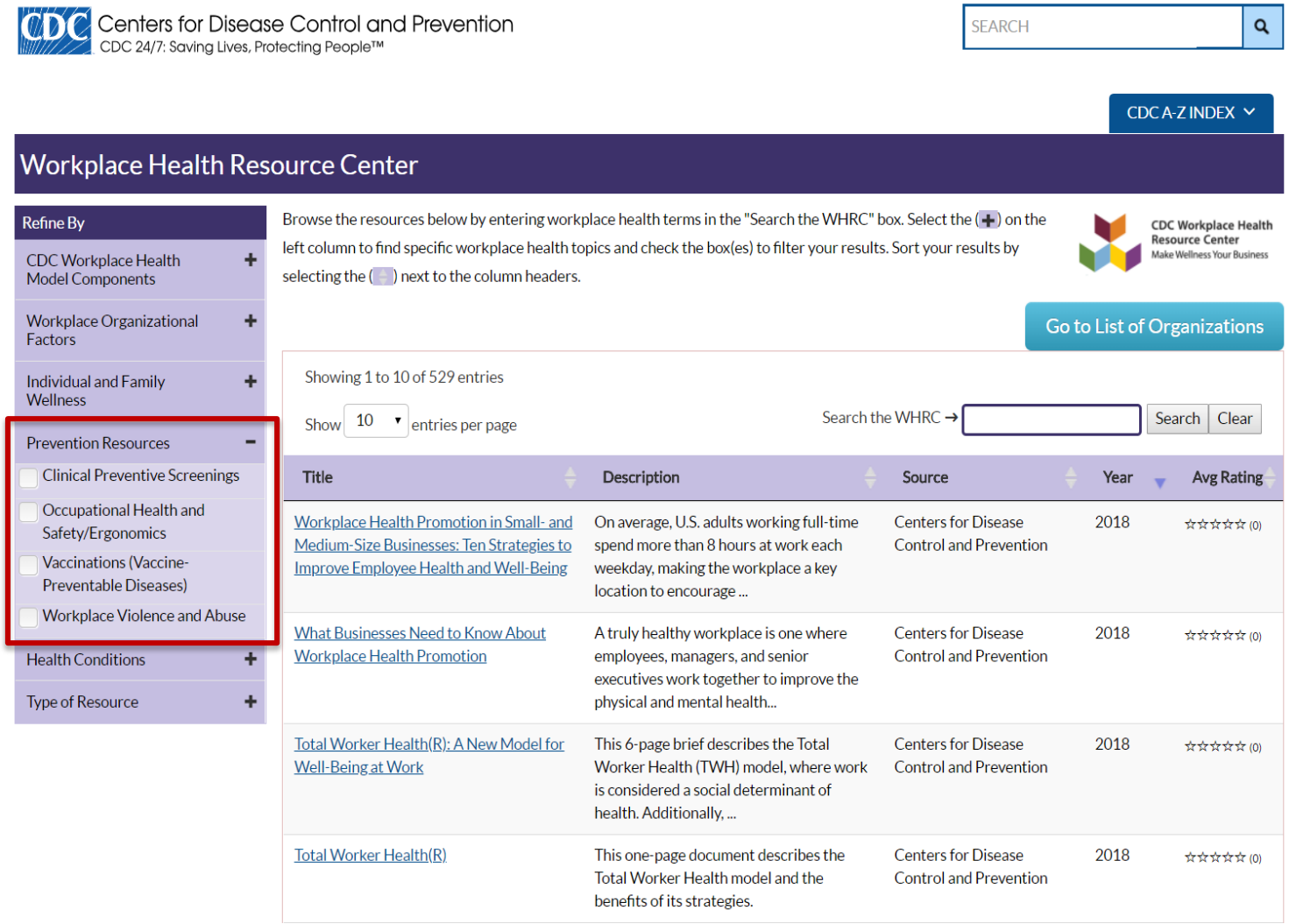

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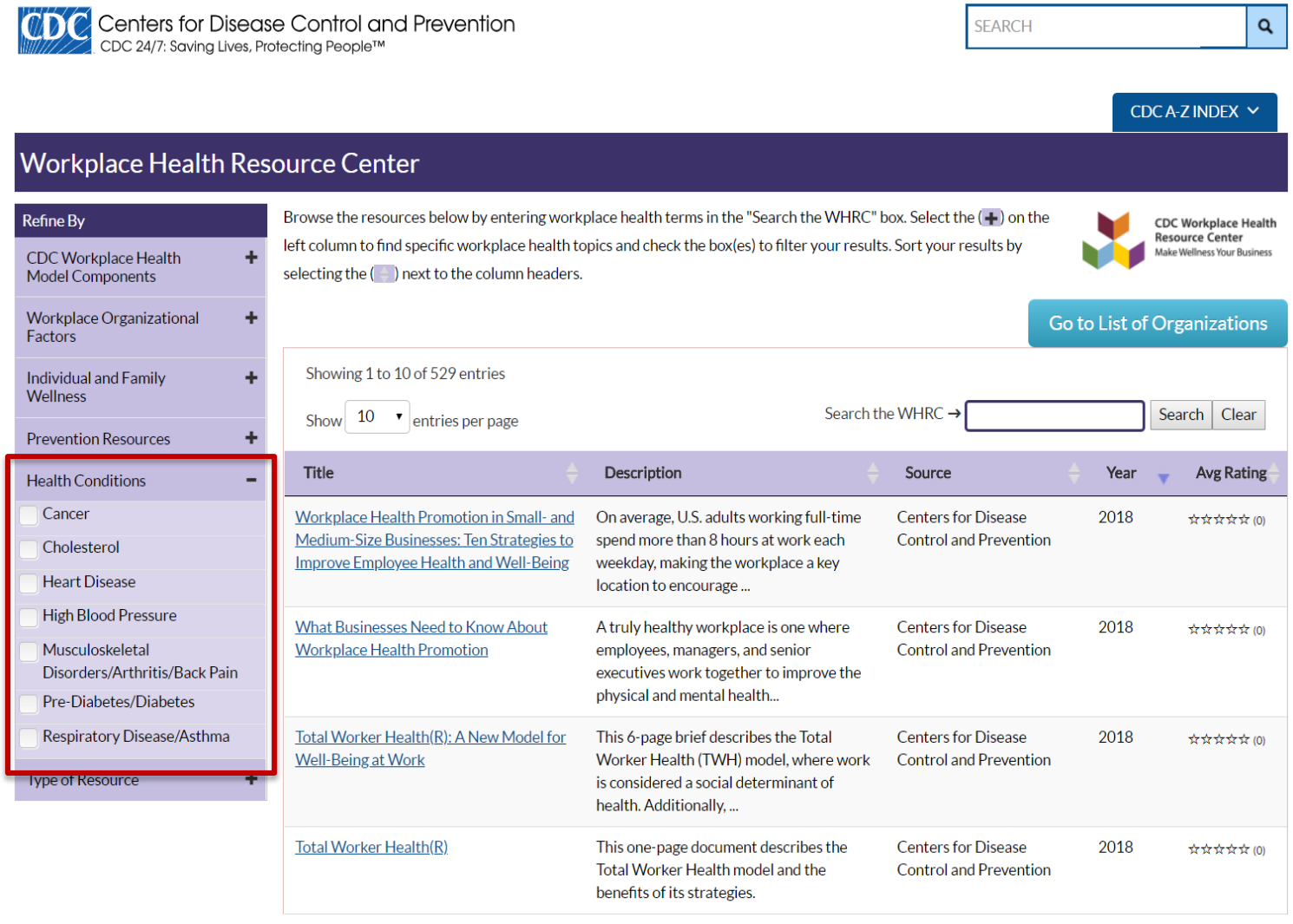

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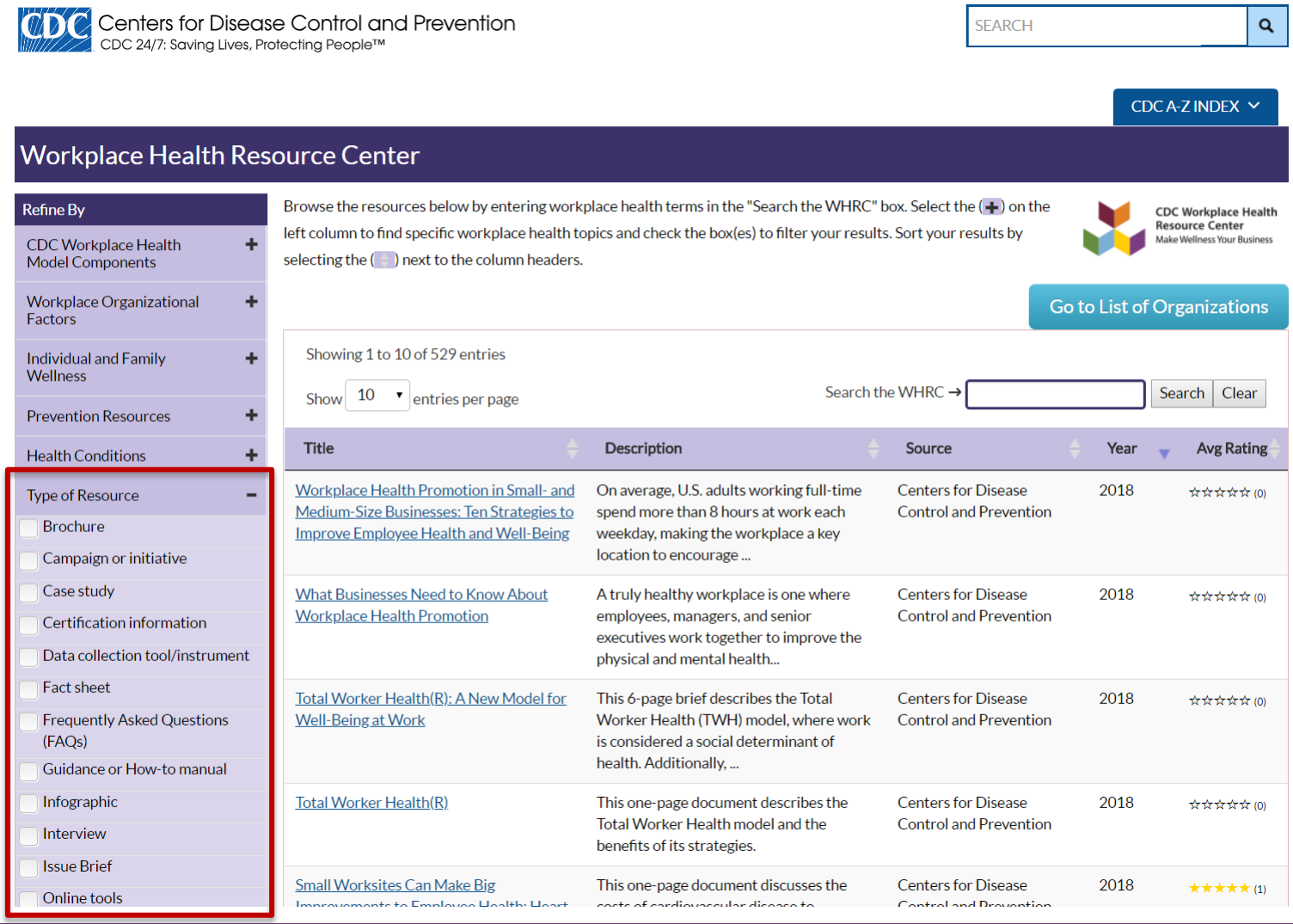

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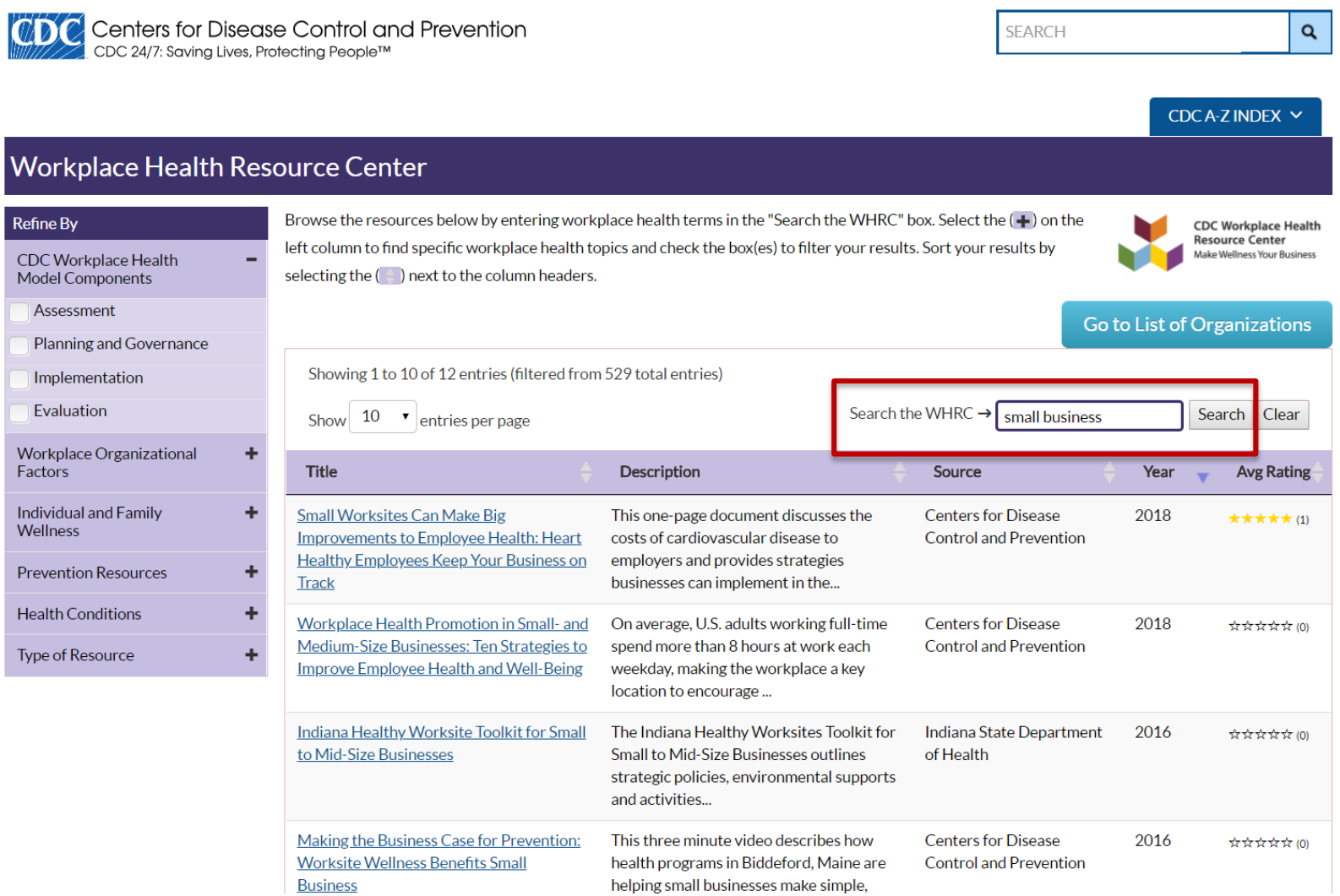

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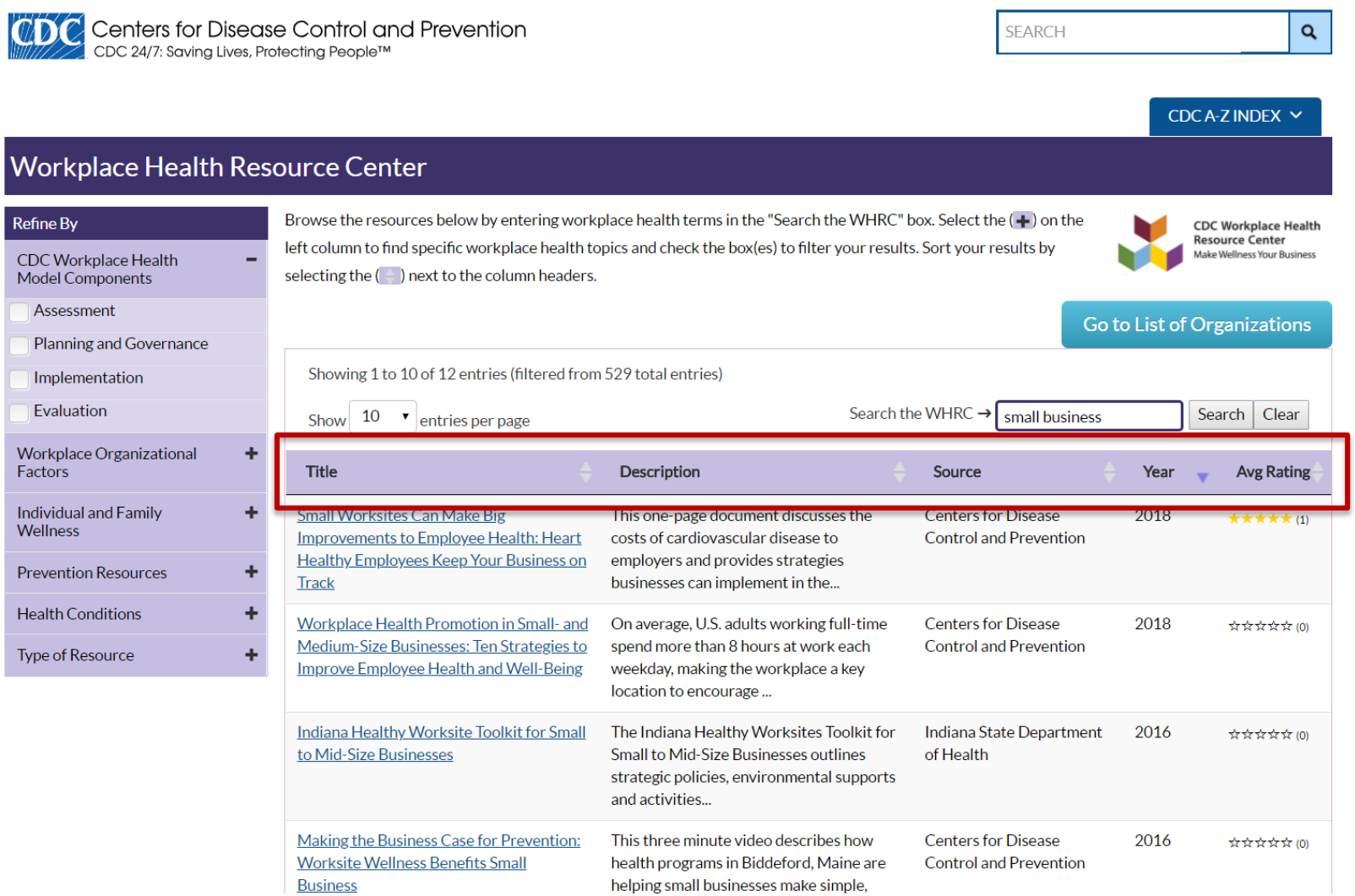

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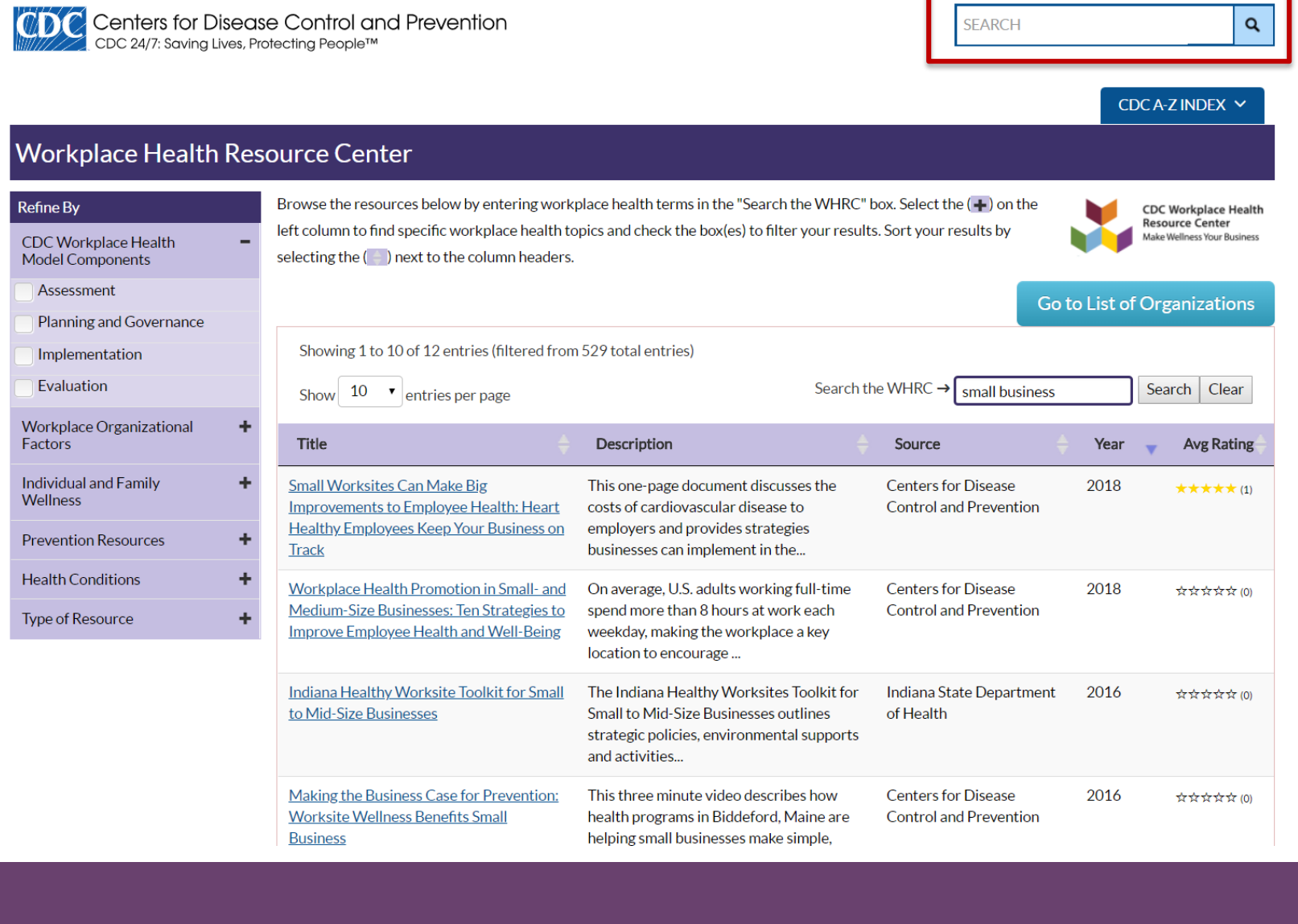
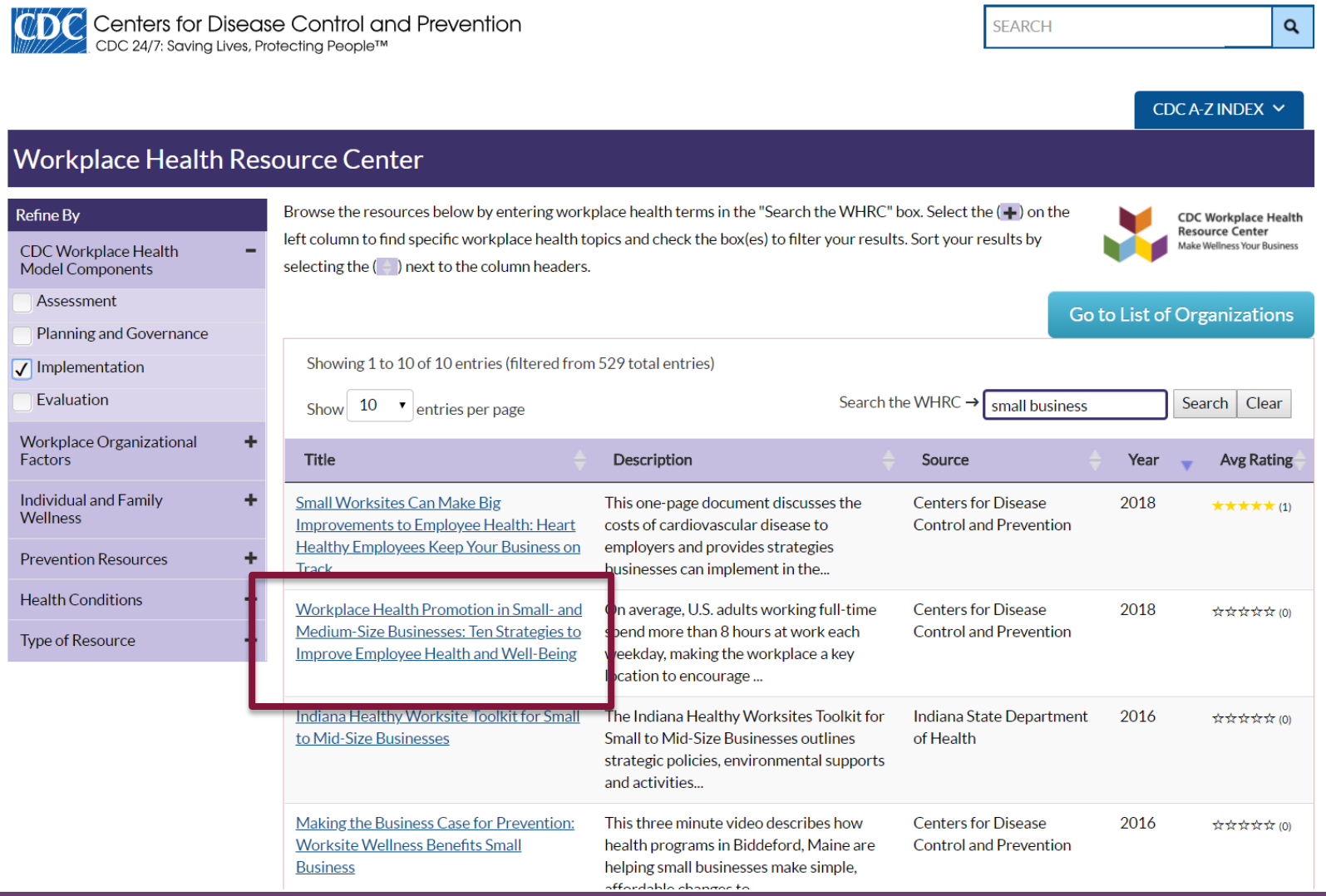


Navigating the WHRC Webpage

CDC Workplace Health Resource Center
Make Wellness Your Business



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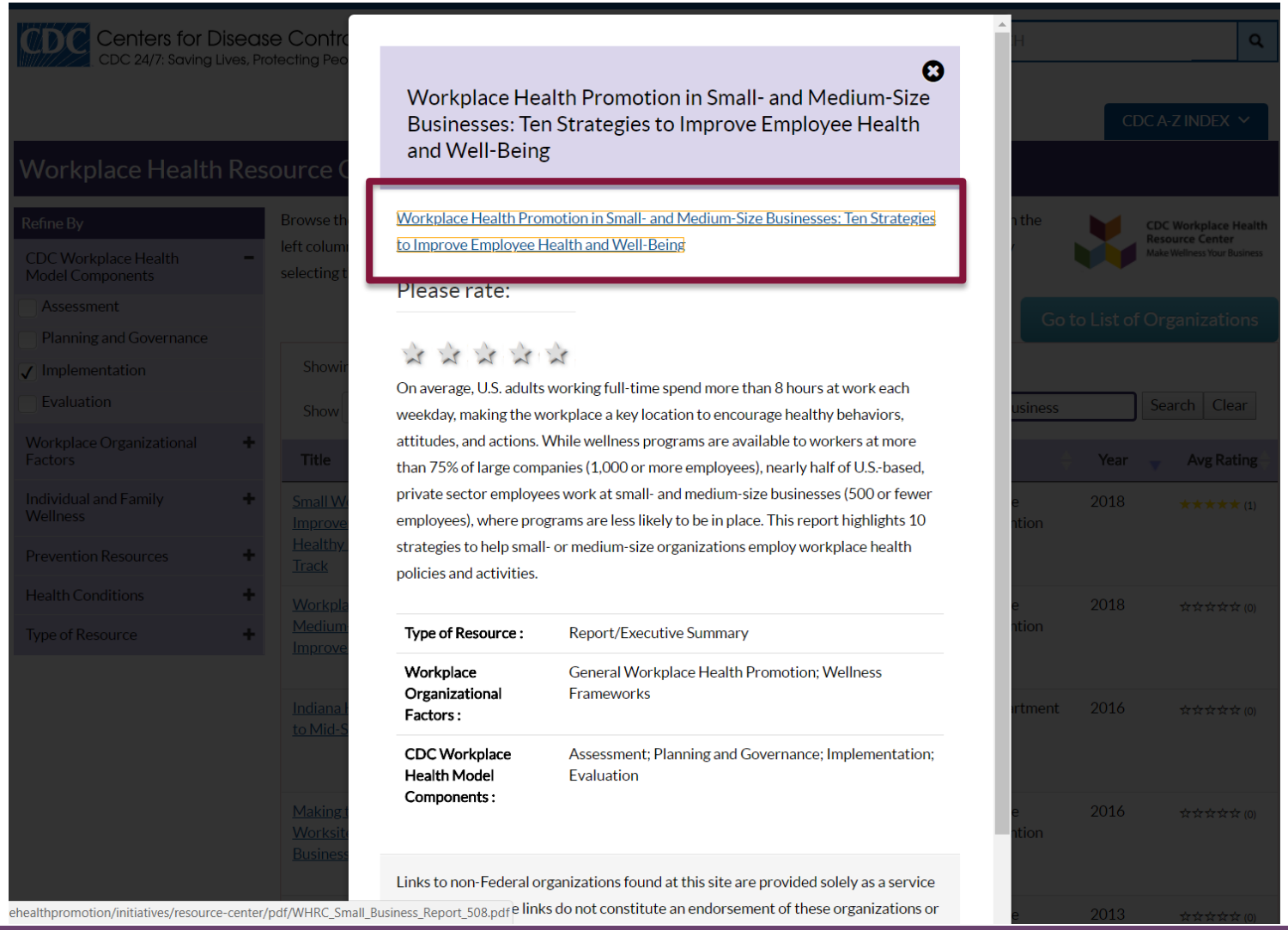

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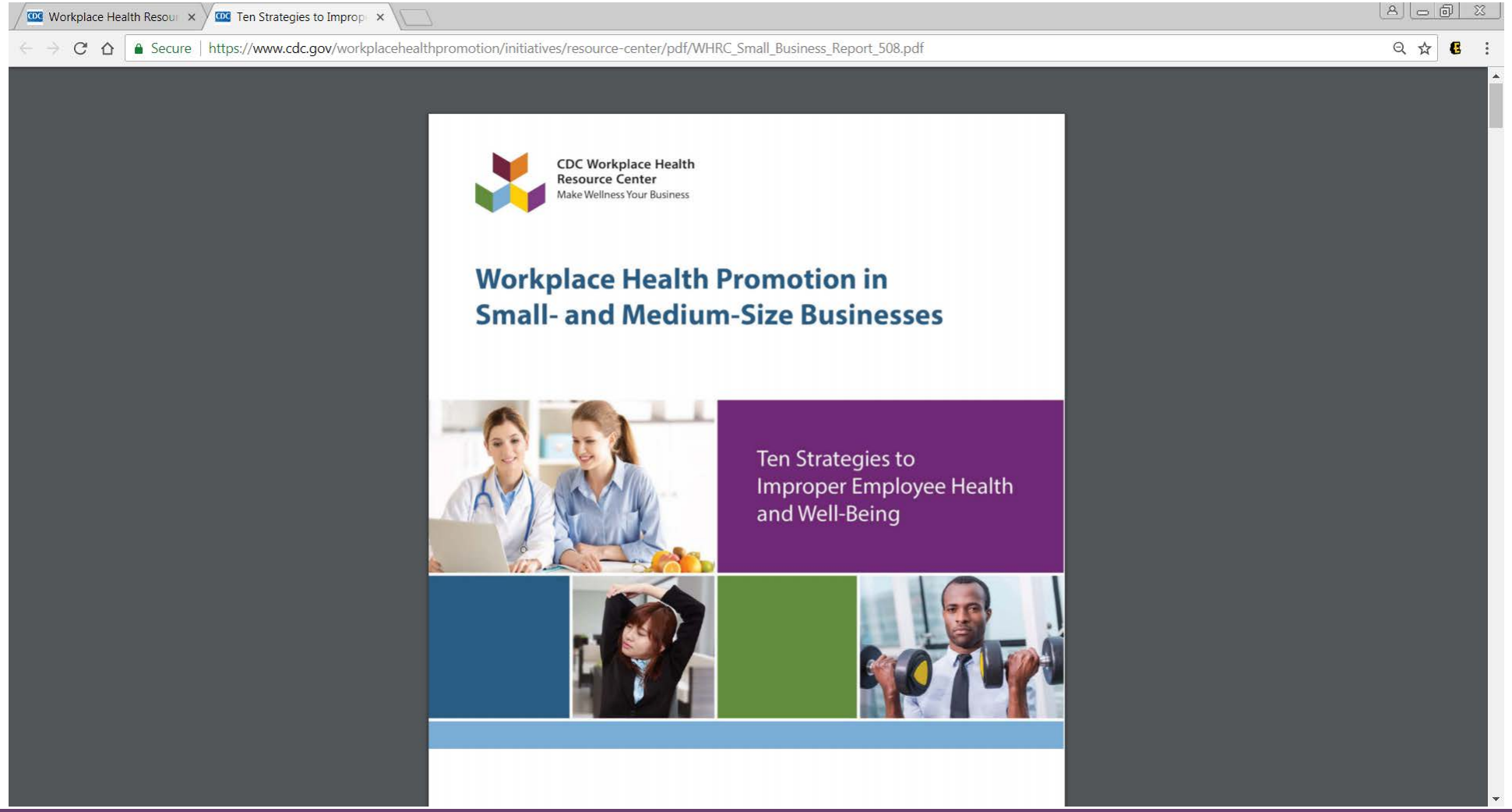

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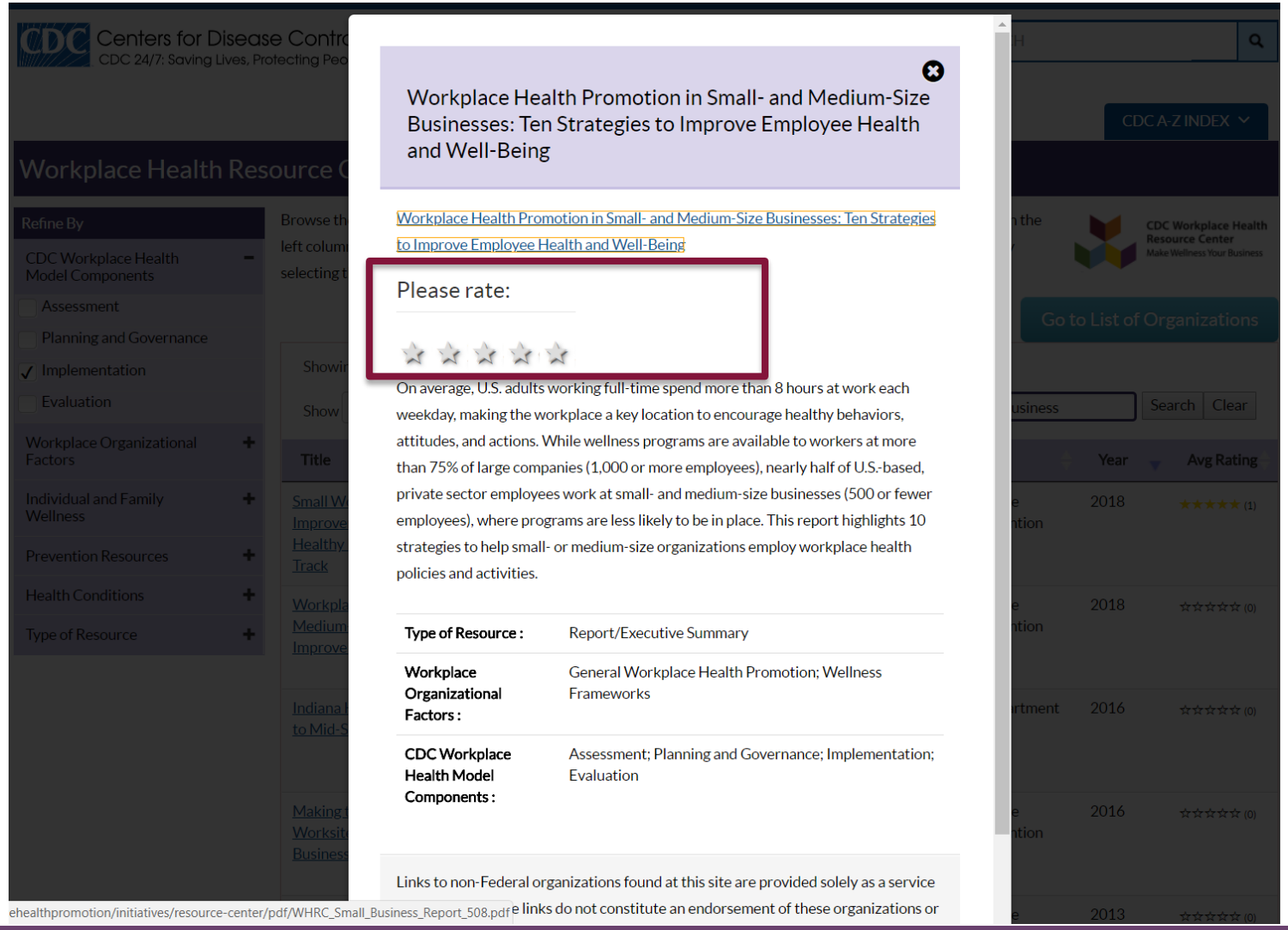

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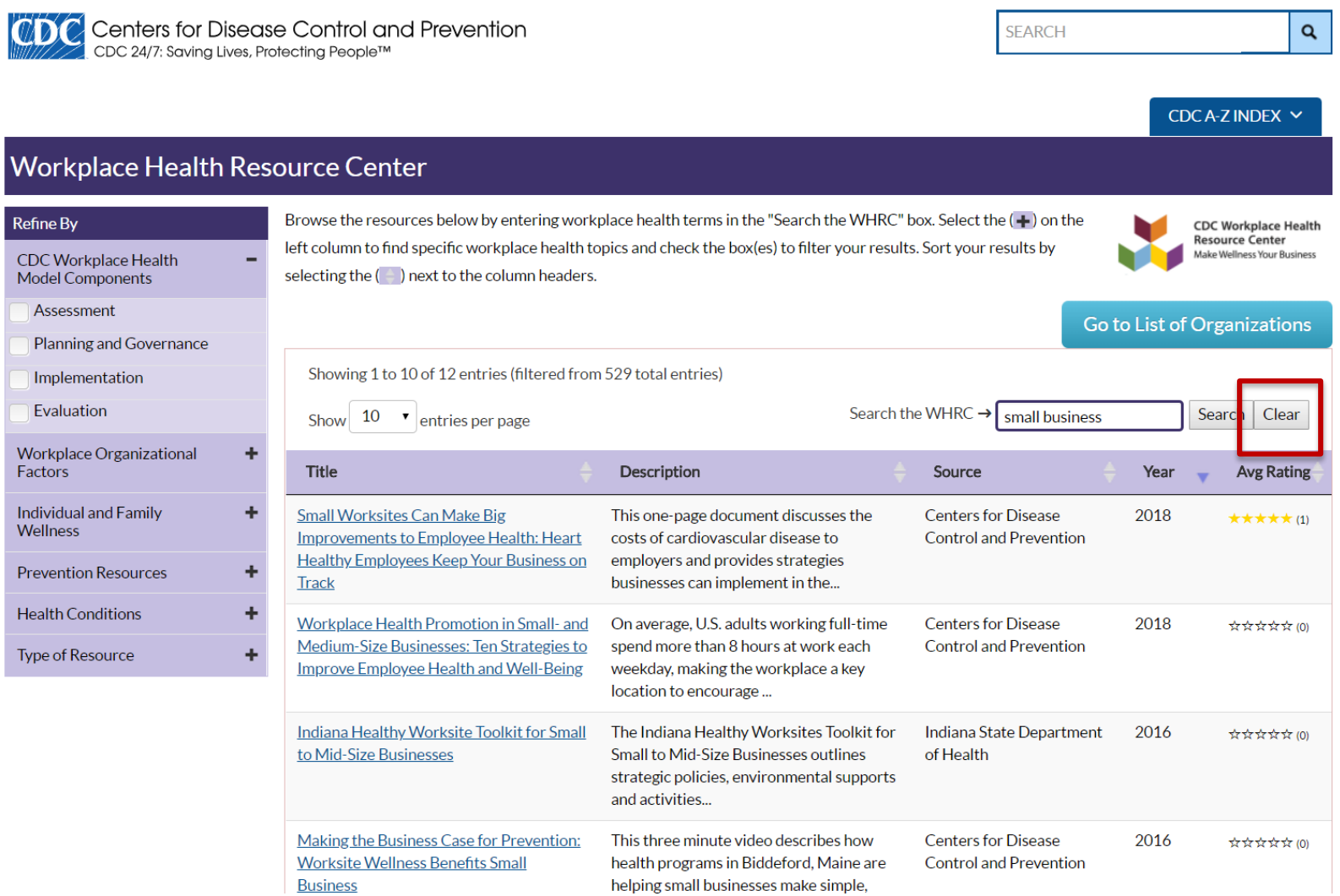

Scenarios

Scenario 1

CDC Workplace Health Resource Center
Make Wellness Your Business

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

CDC Workplace Health Resource Center
Make Wellness Your Business

Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

SEARCH

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Workplace Health Promotion

- 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

Get Email Updates

CDC > >Workplace Health Promotion home > >Workplace Health Initiatives

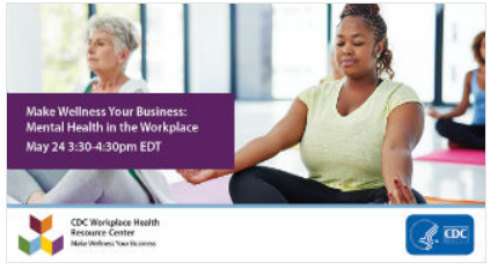
CDC Workplace Health Resource Center

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



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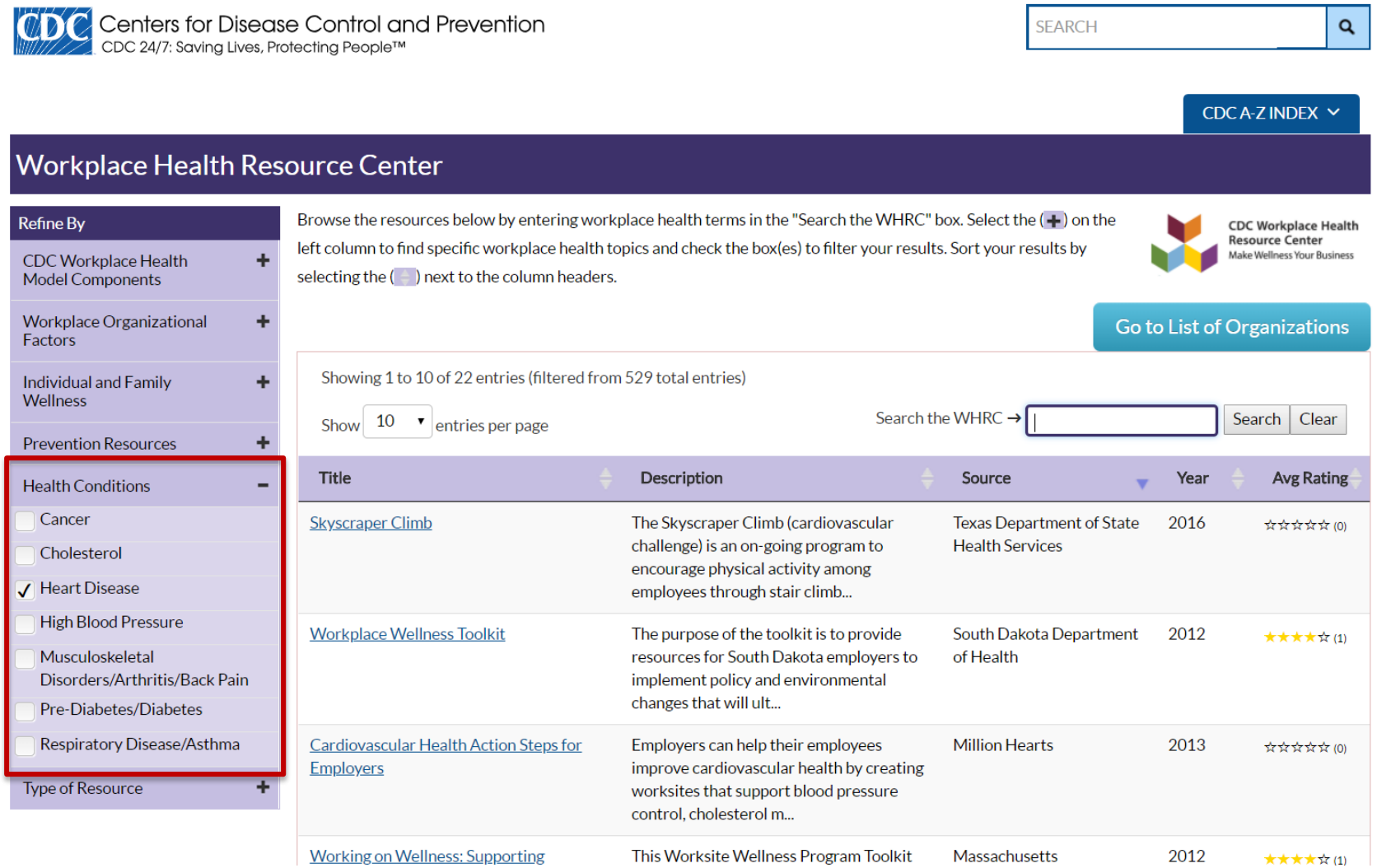
Make Wellness Your Business



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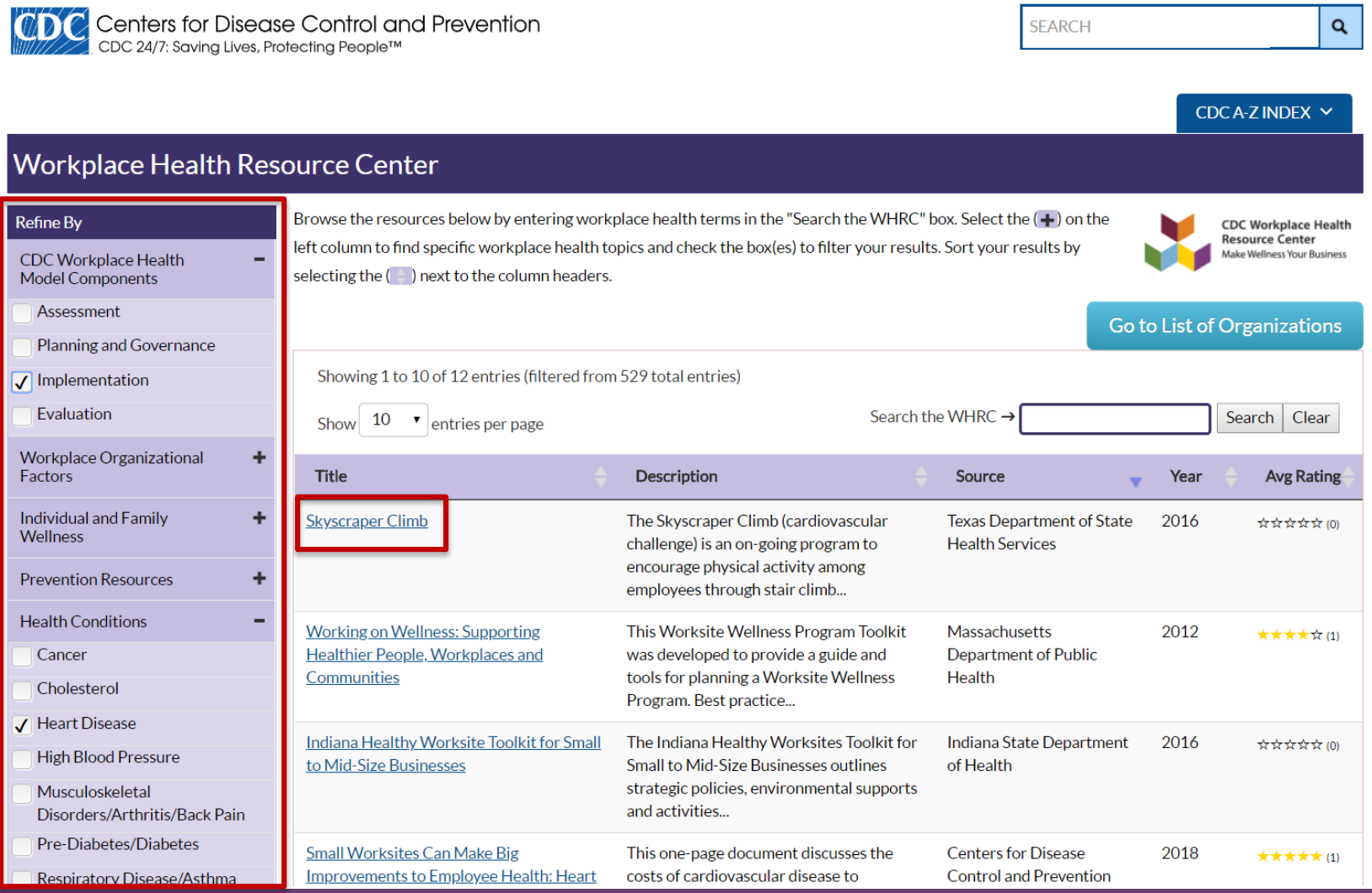

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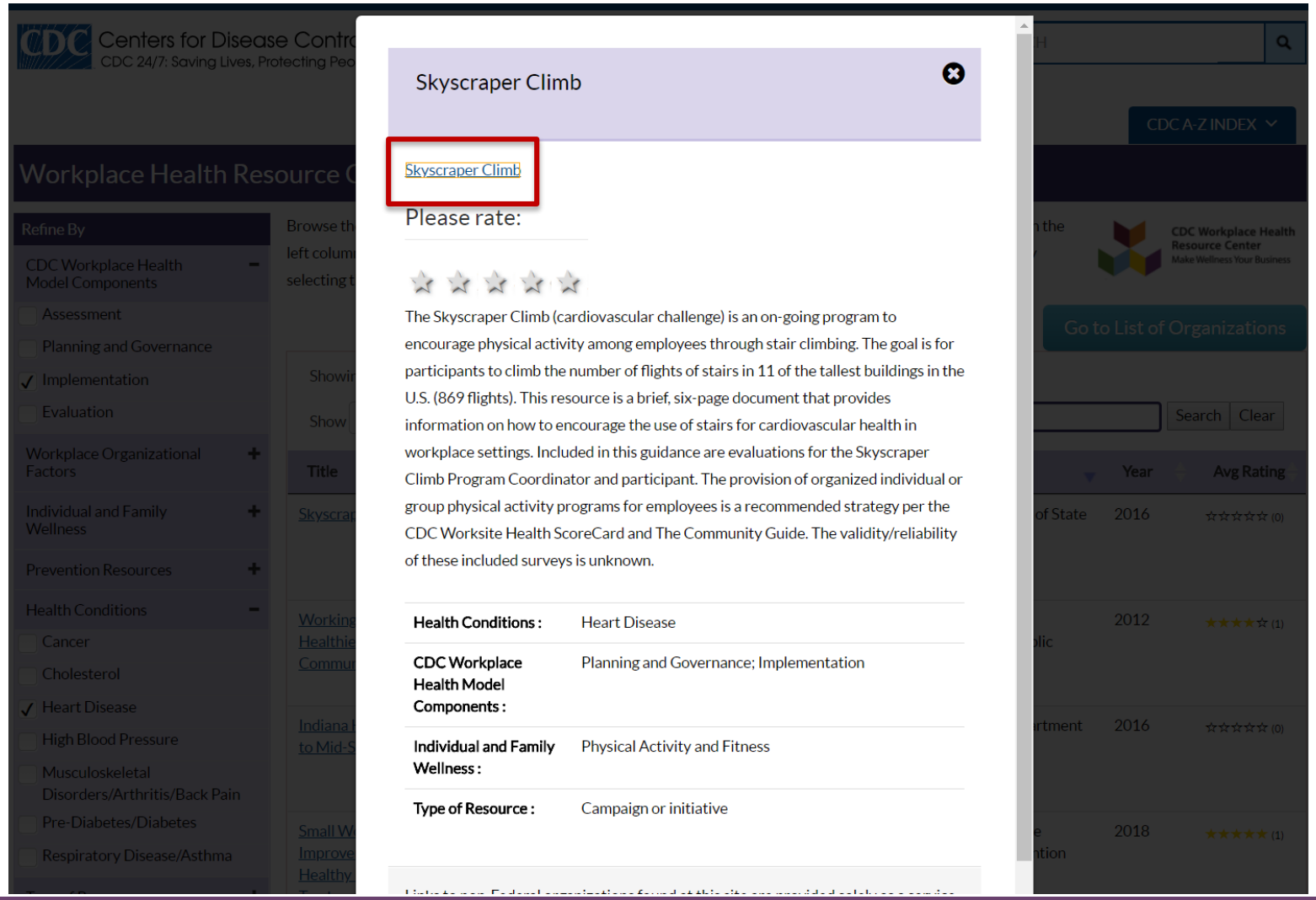

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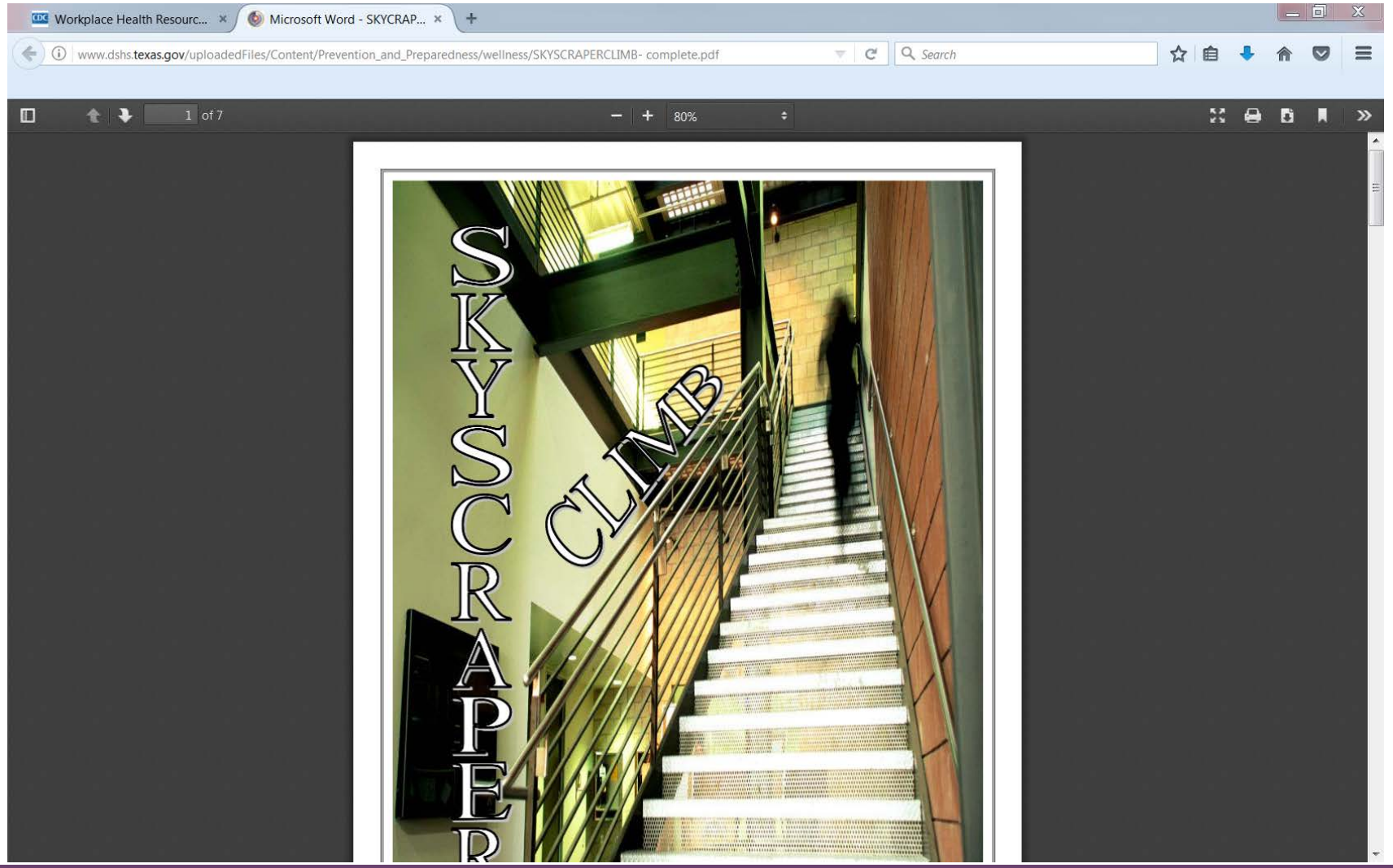

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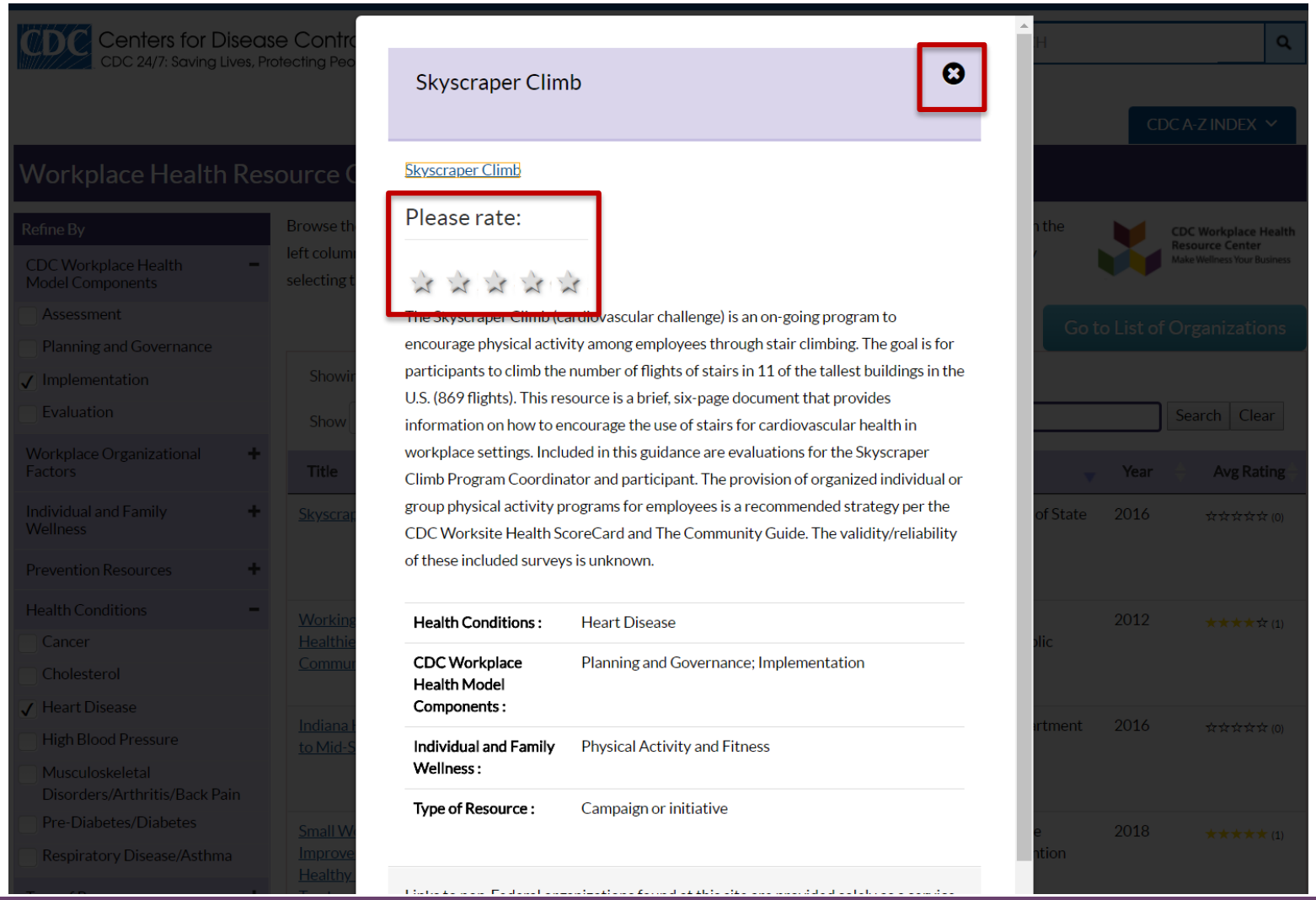

Scenario 2

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
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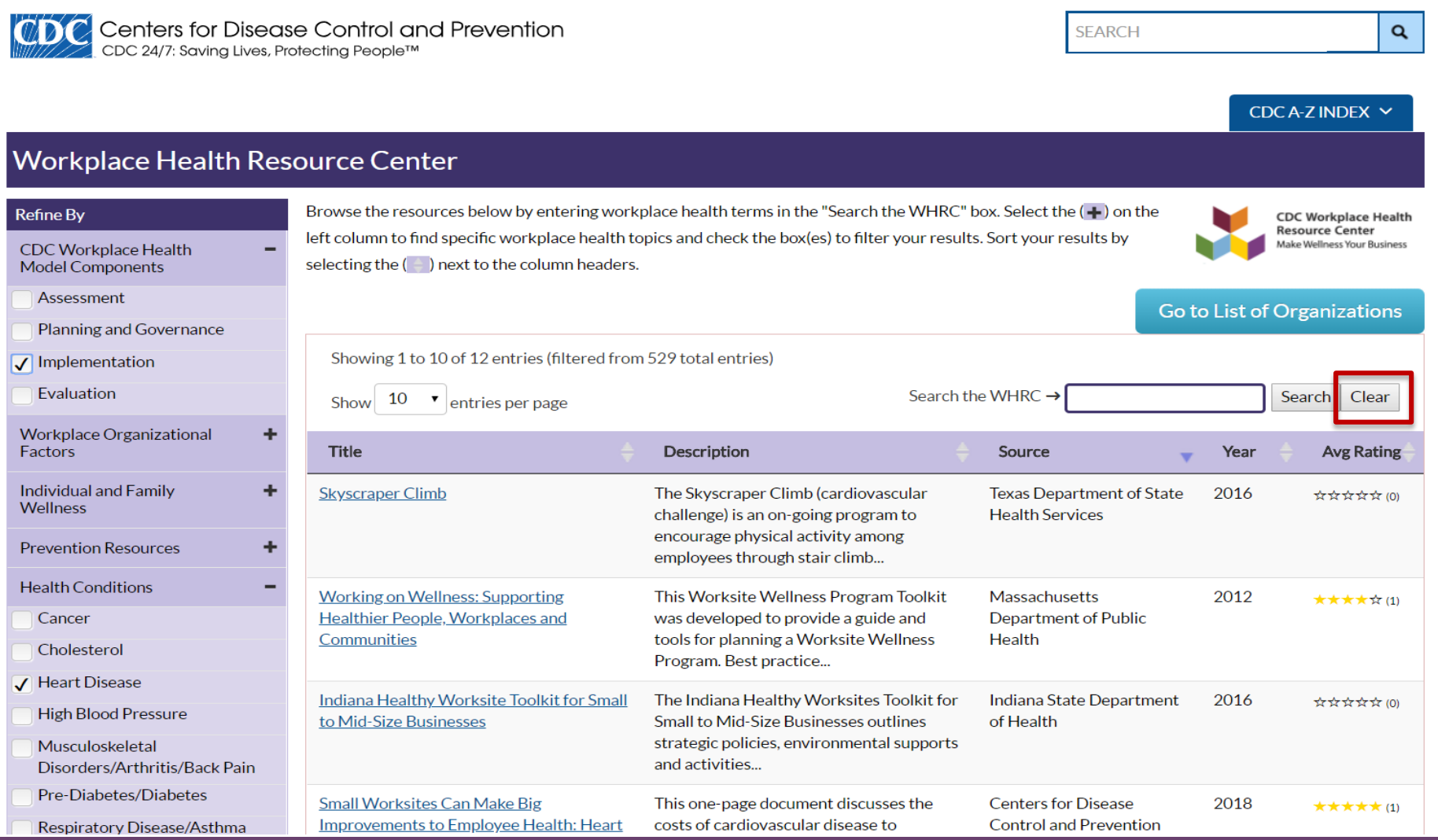

Scenario 2

CDC Workplace Health Resource Center
Make Wellness Your Business

Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

SEARCH

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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.

CDC Workplace Health Resource Center
Make Wellness Your Business

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 → Search Clear

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

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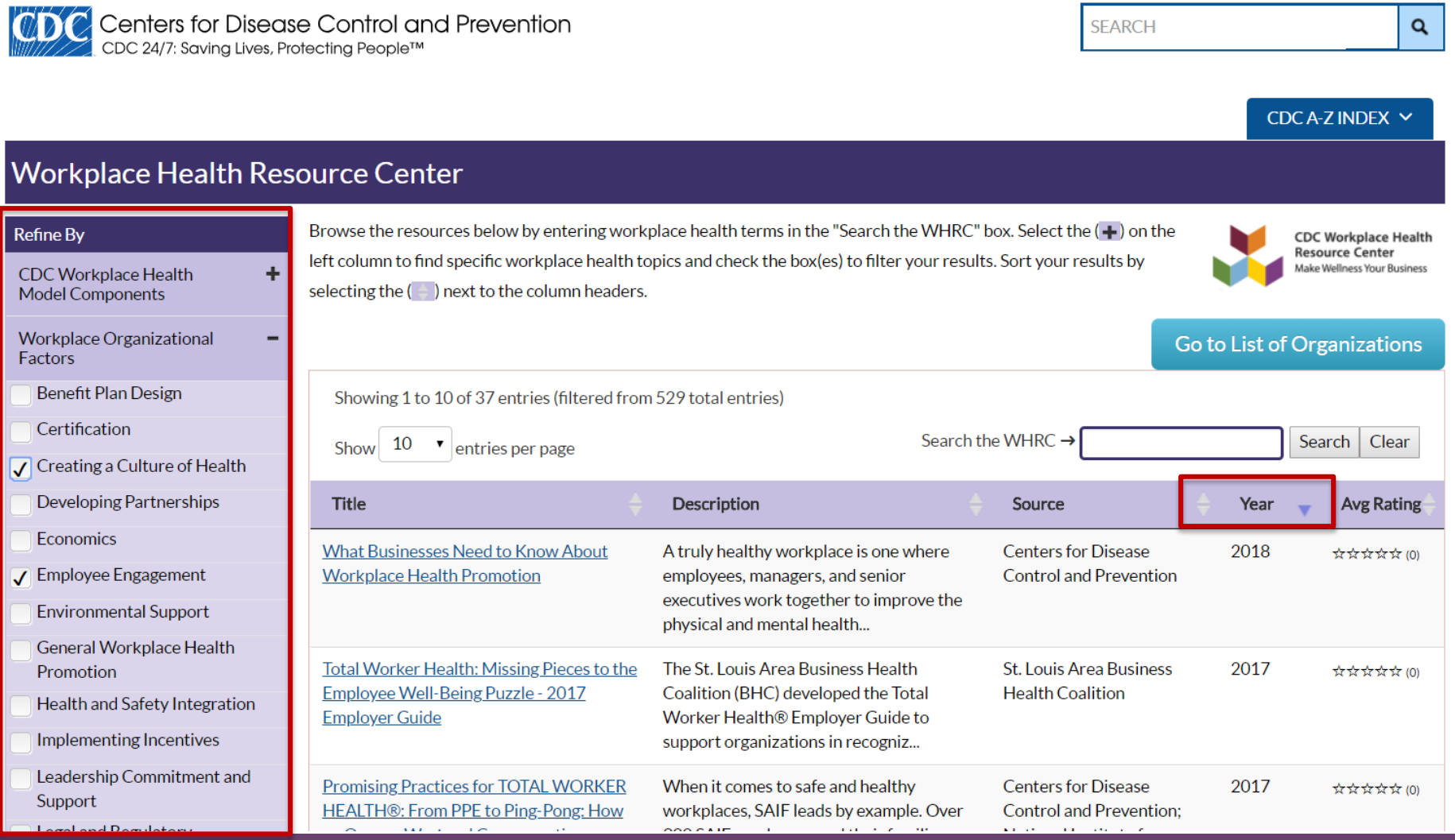
Make Wellness Your Business



Workplace Health Organizations

List of Organizations

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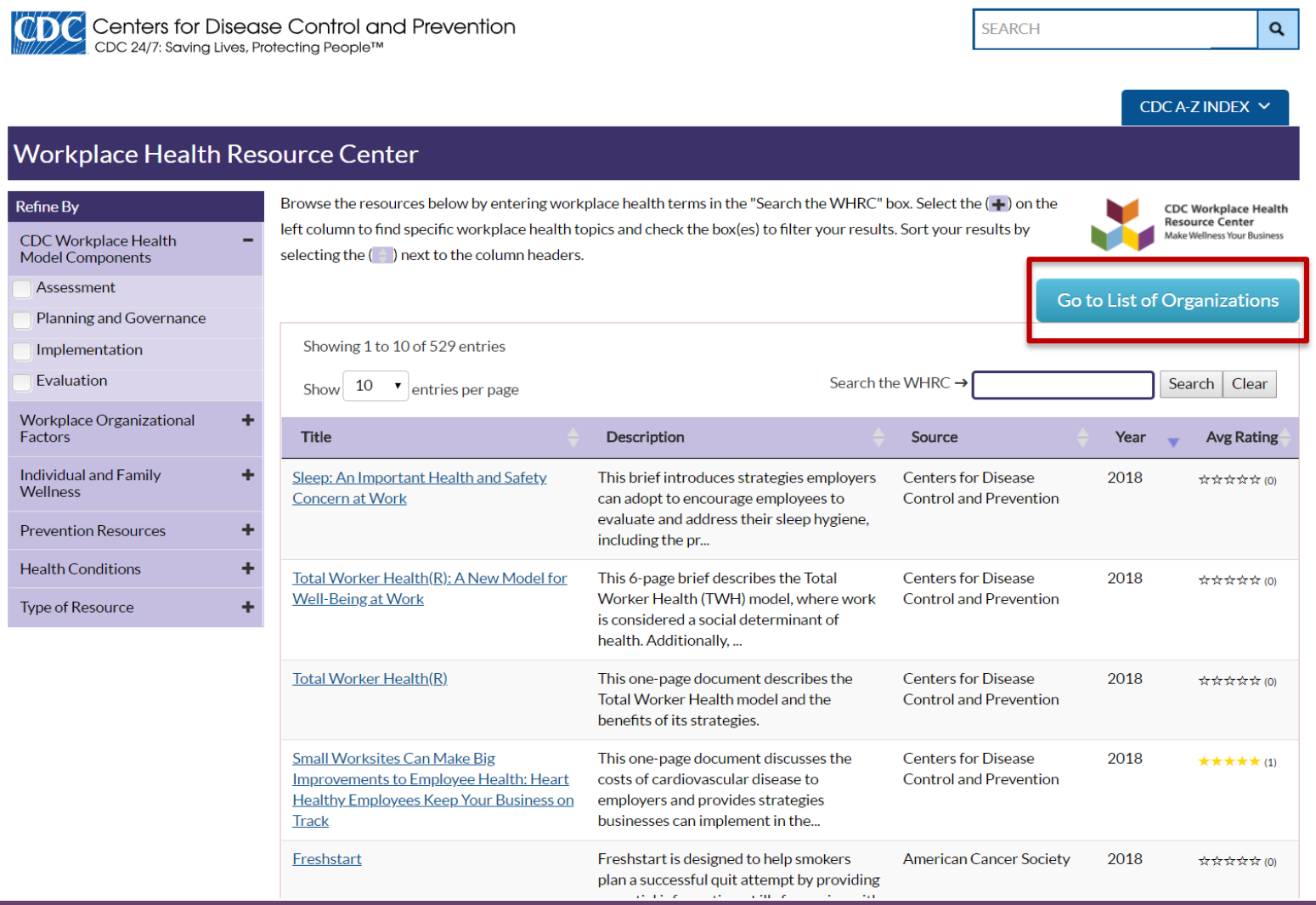

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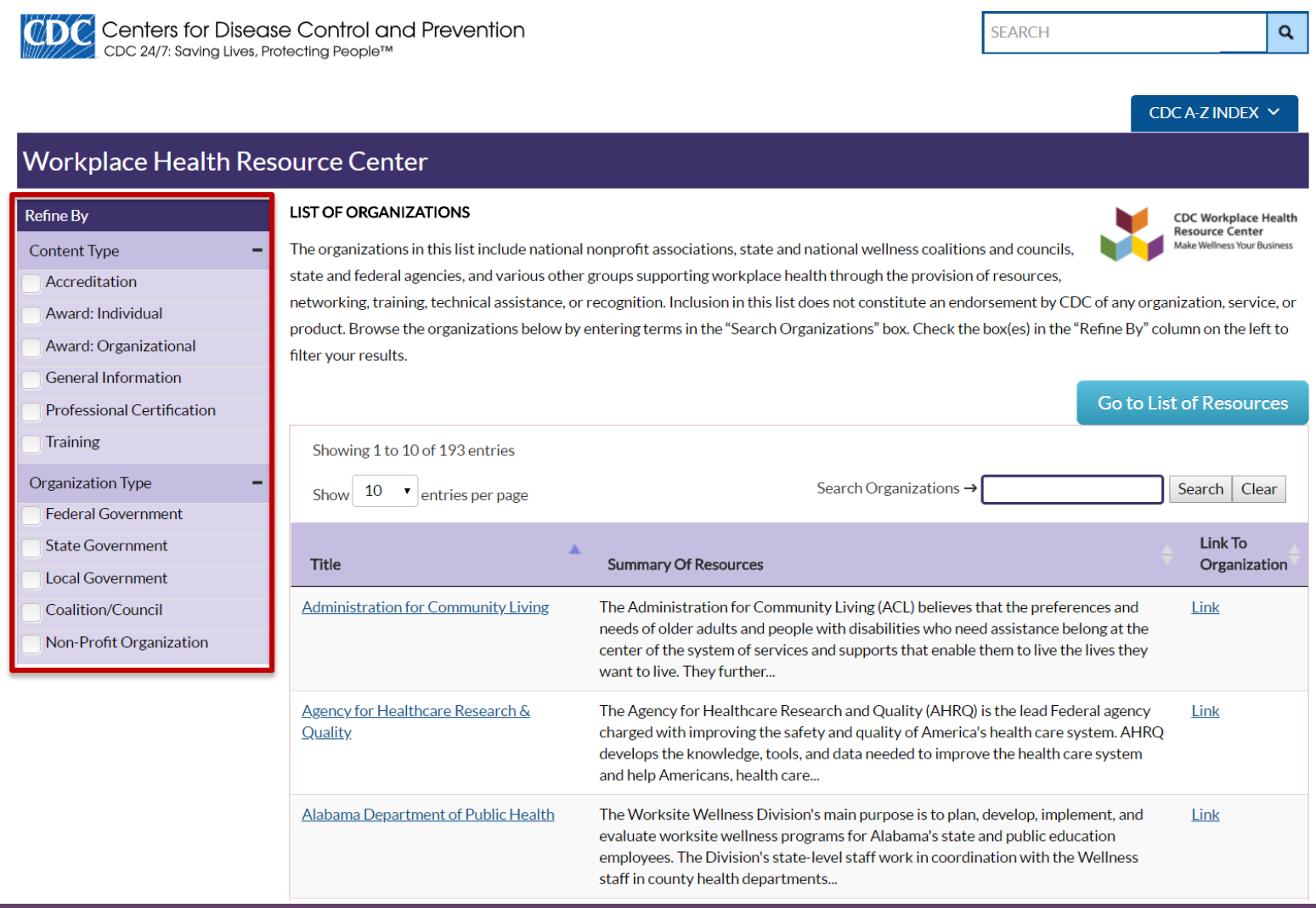

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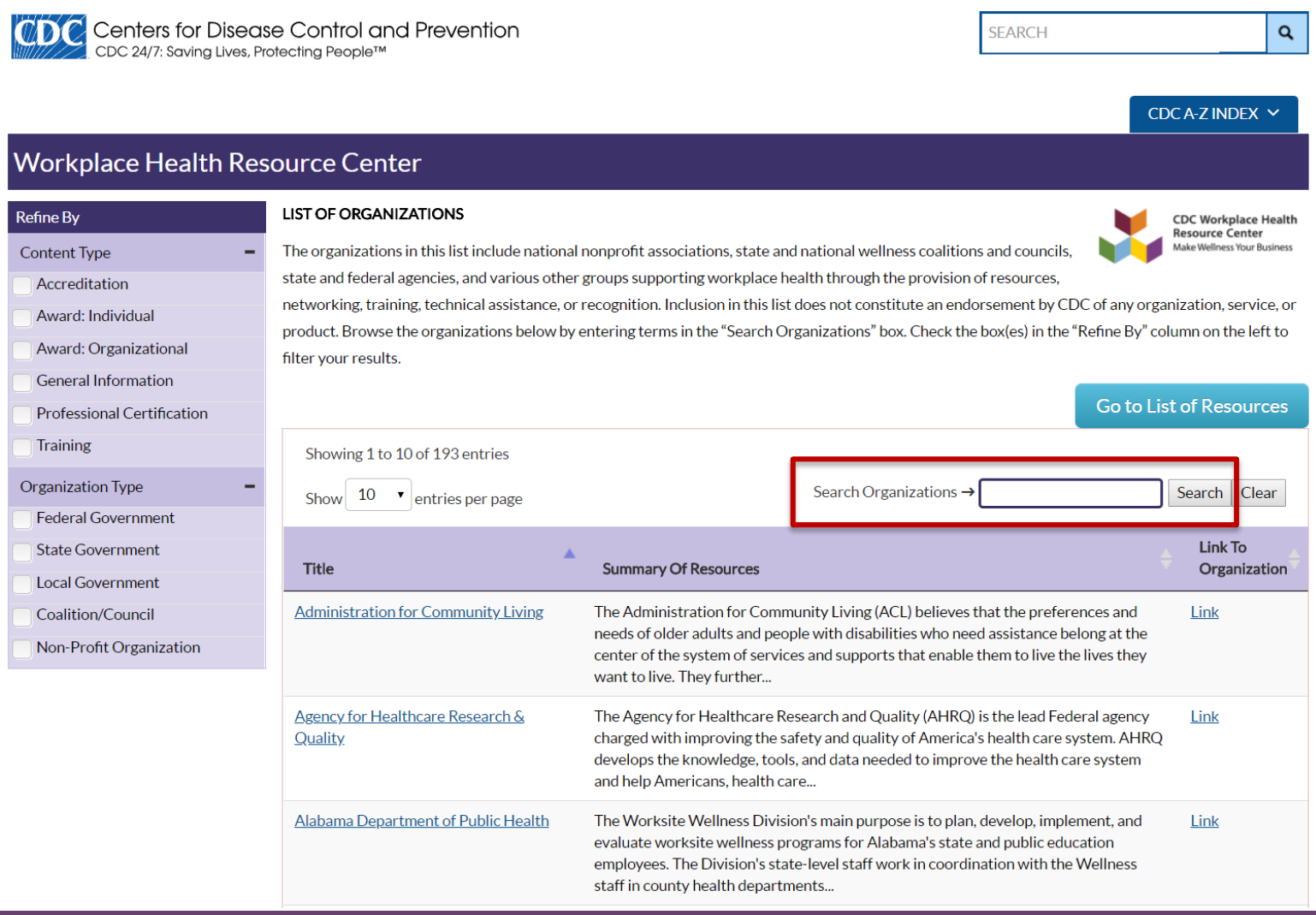

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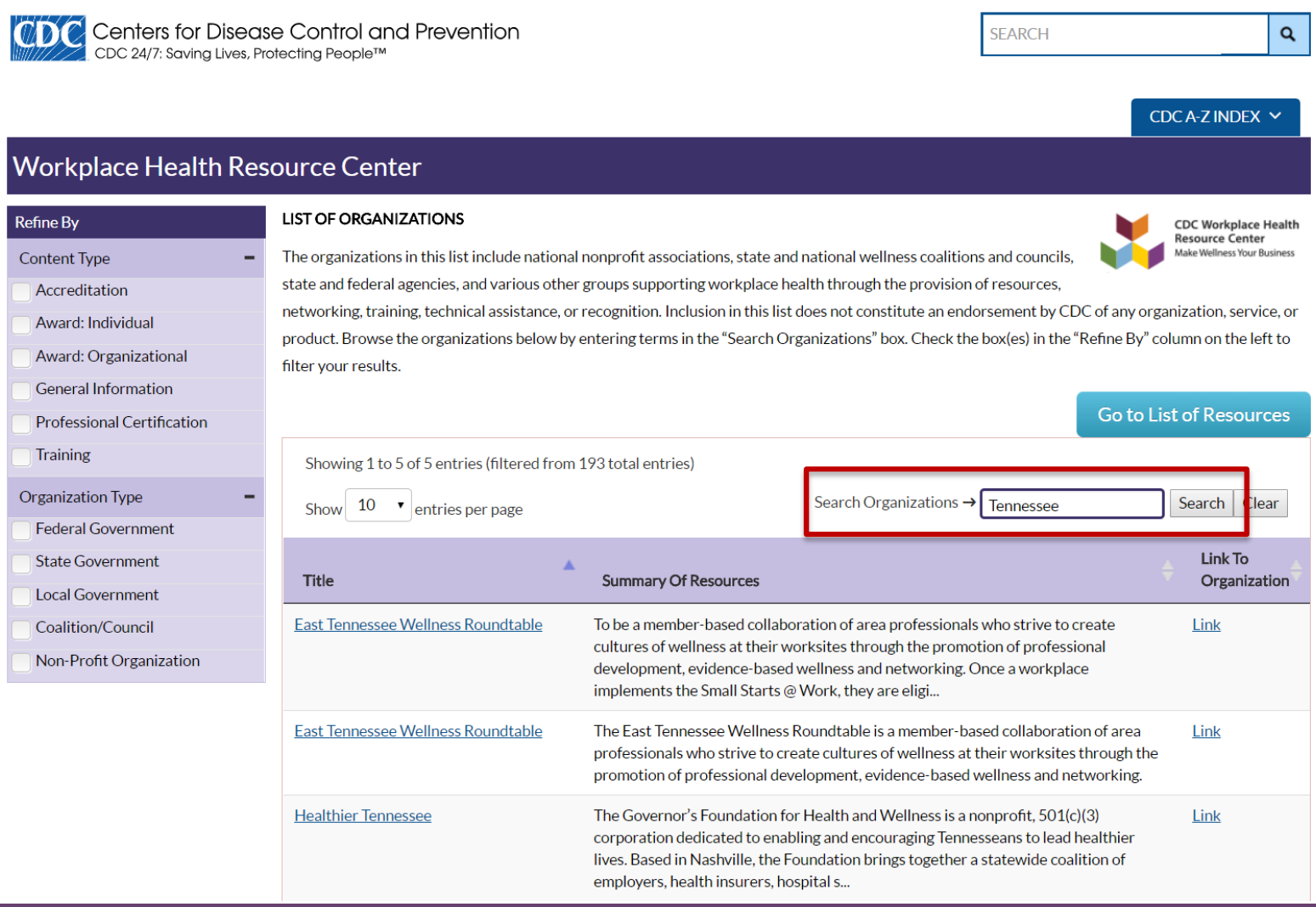

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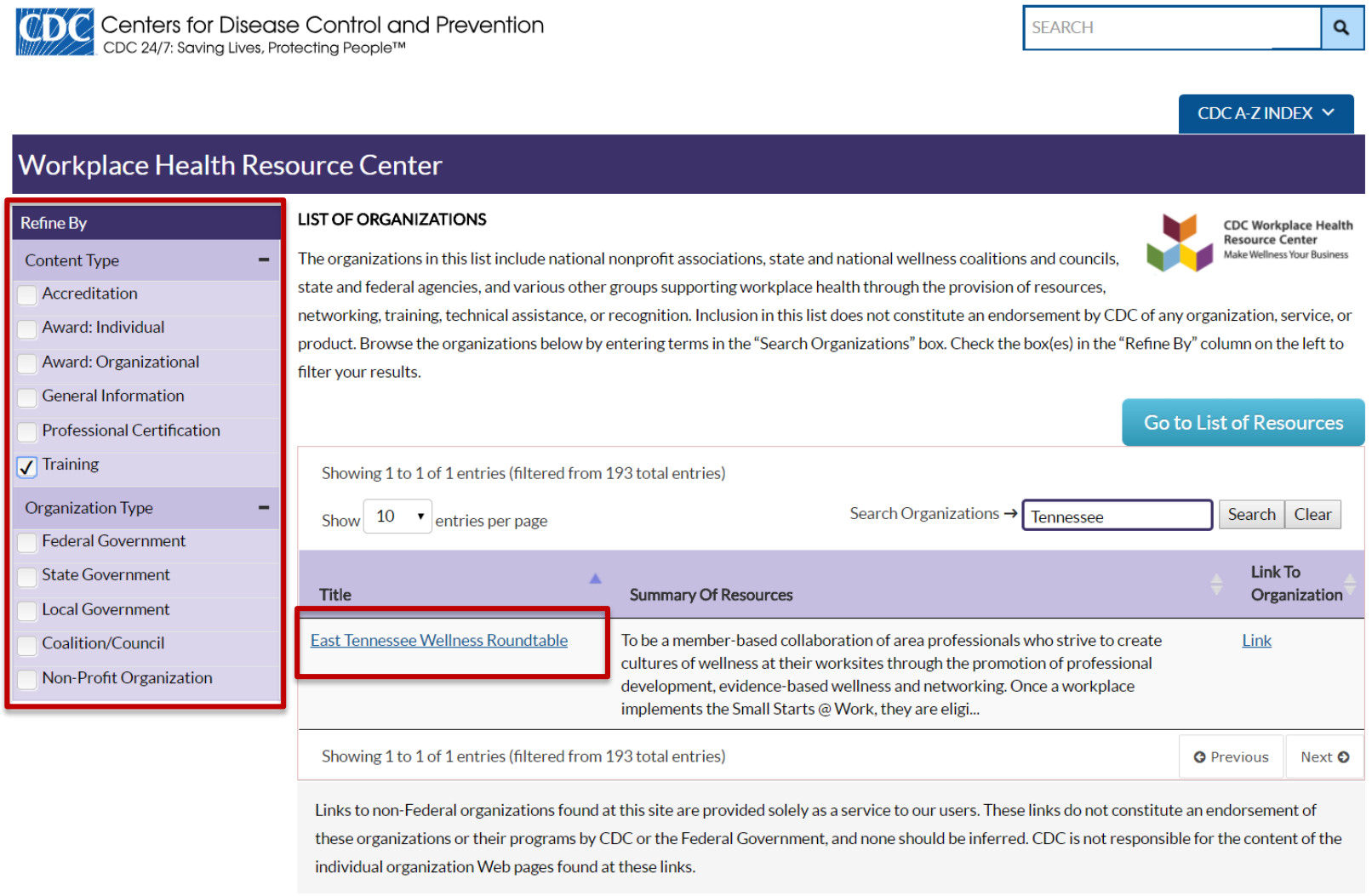

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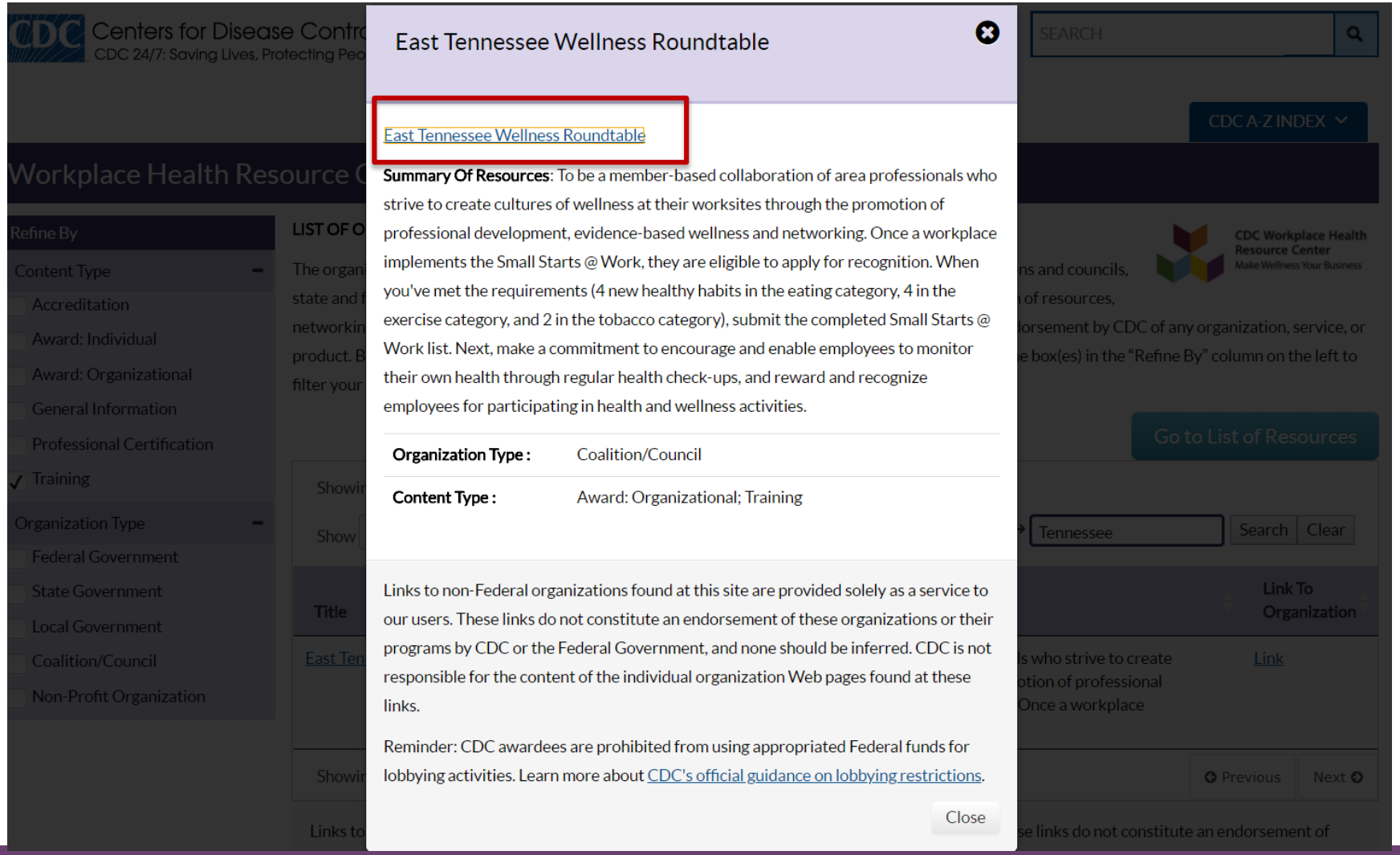

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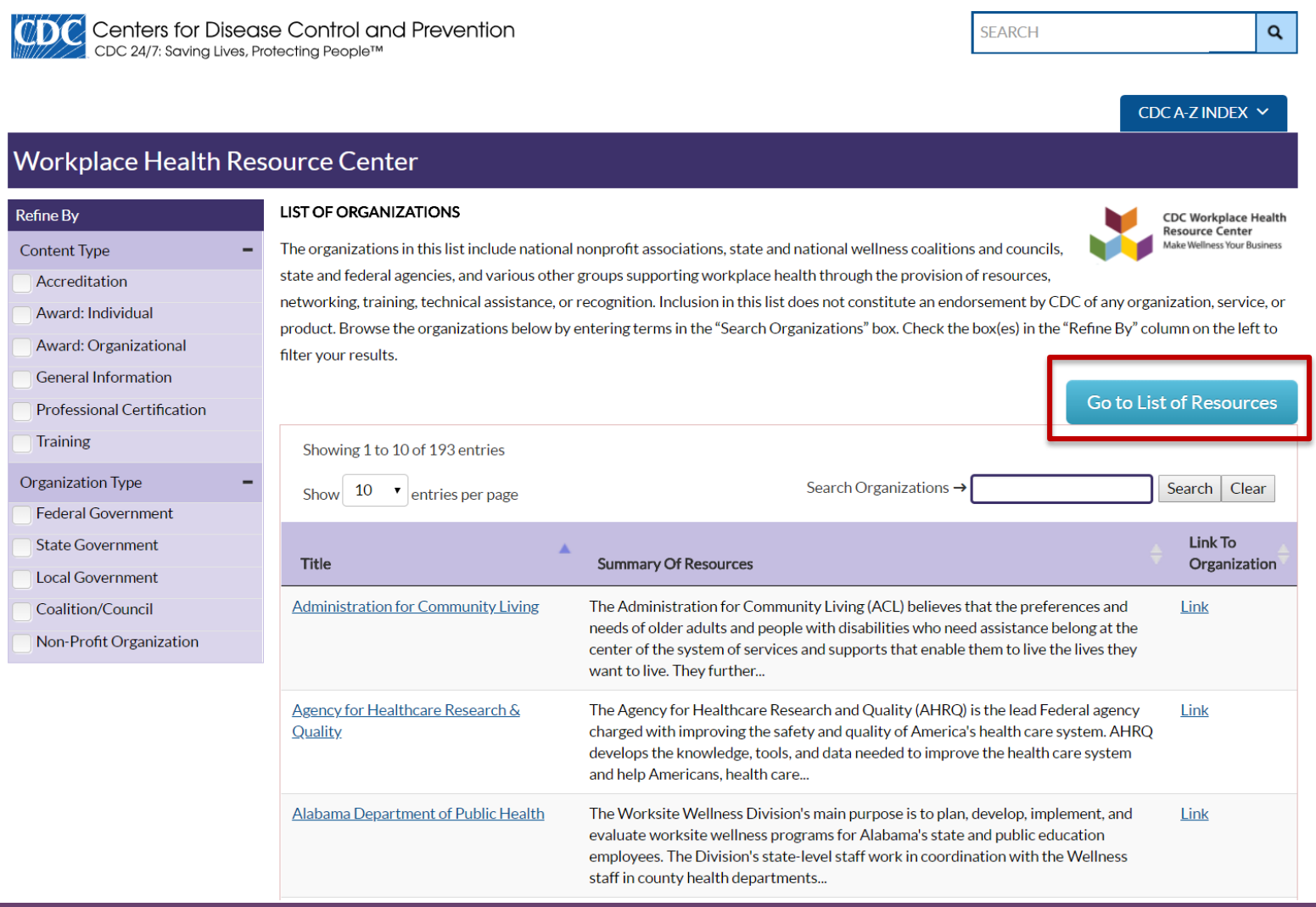


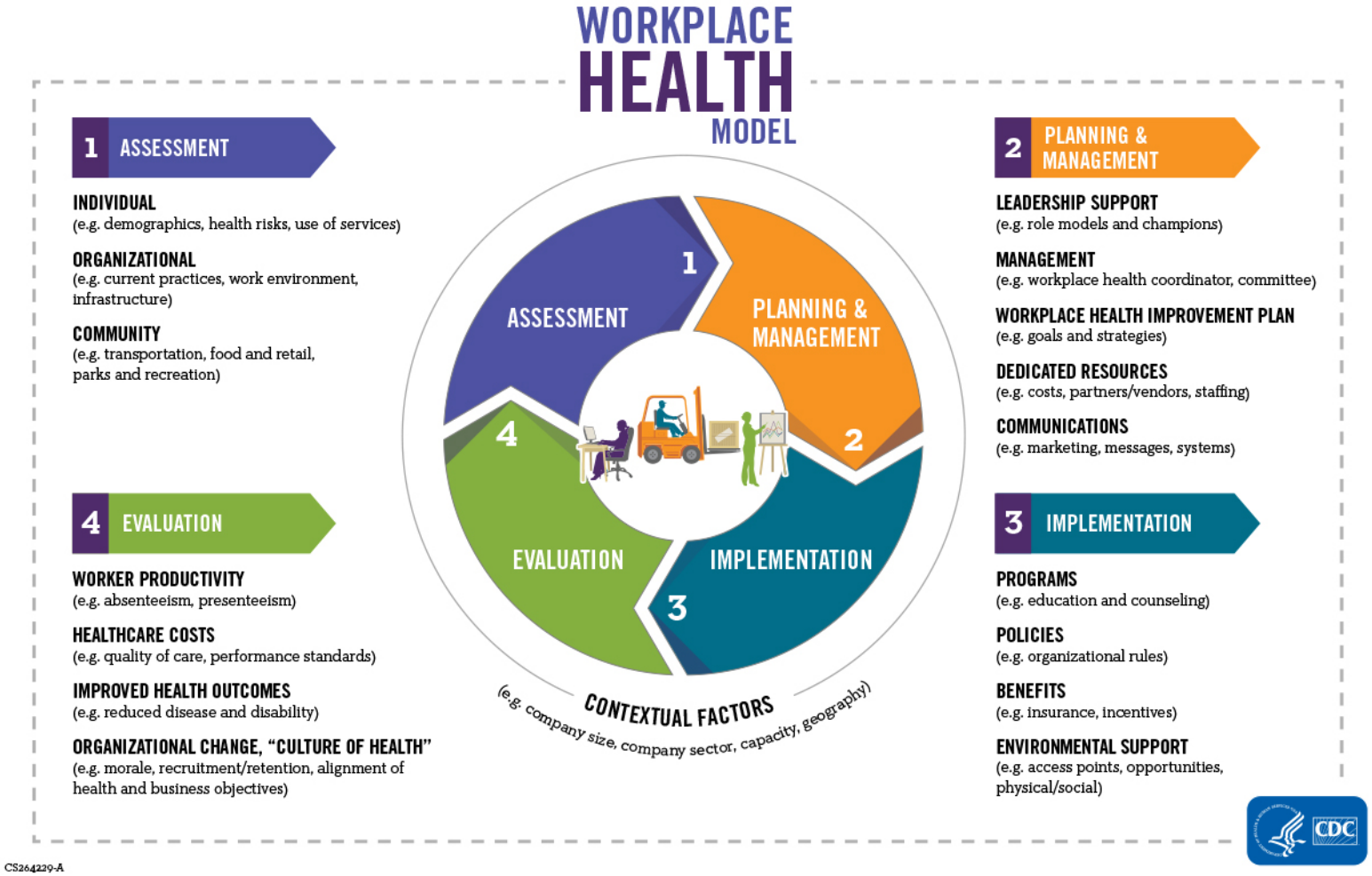
Tips and Tricks for Using the WHRC

Determine your needs

CDC Workplace Health Resource Center
Make Wellness Your Business

Workplace Health Model

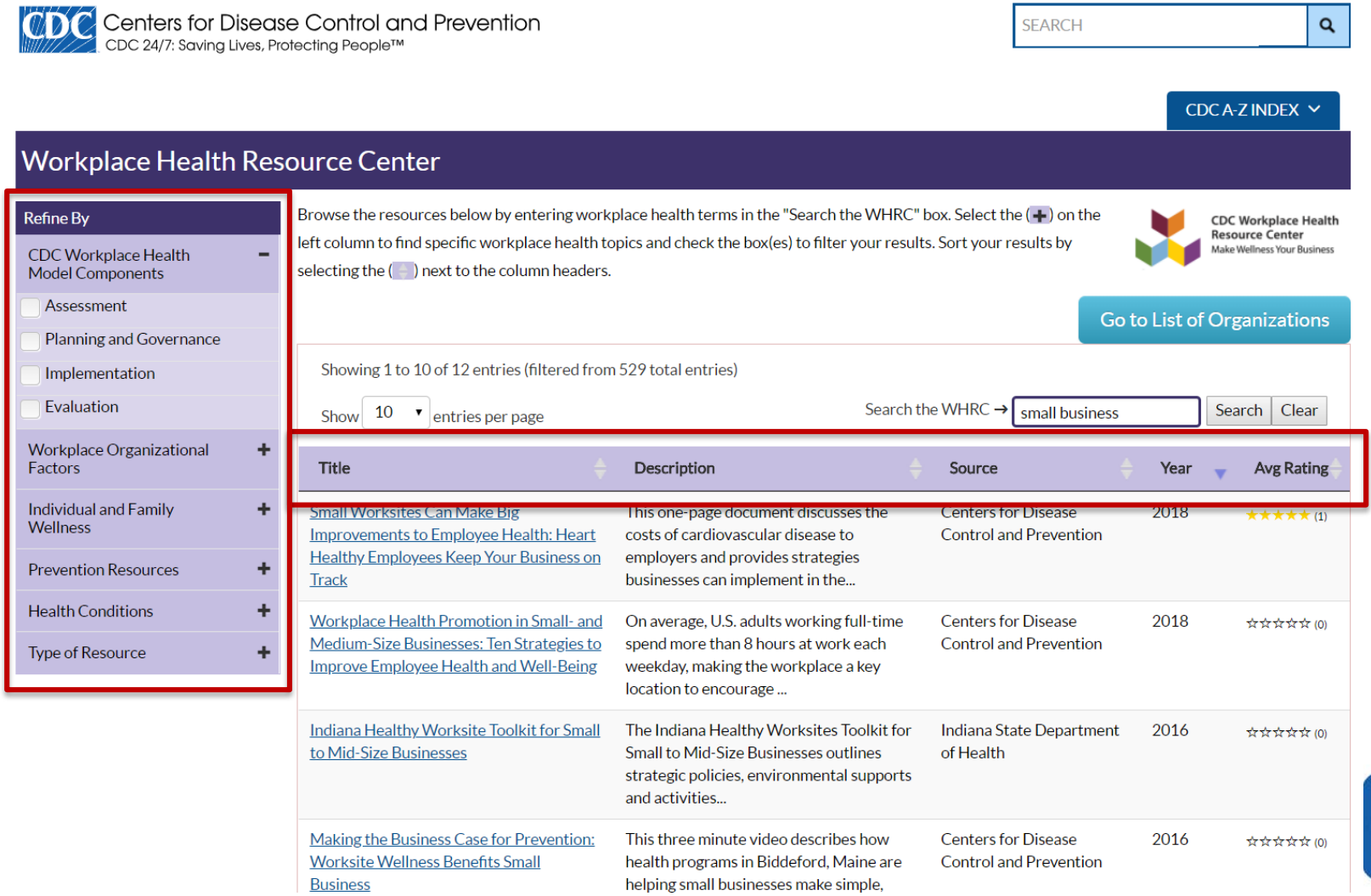
- Identify your organization's stage
- Using identified resources, target your search to areas of need within your organization
- Look forward and start planning for the next stage



Use the features of the WHRC

CDC Workplace Health Resource Center
Make Wellness Your Business

- Filter
- Sort
- Ratings



Next Steps & More Information

For More Information

CDC Workplace Health Resource Center
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Next Steps & More Information

CDC Workplace Health Resource Center
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Have more questions?

- Email: workplacehealth@cdc.gov

Thank You