



Healthy Worksite • Healthy Workforce • Healthy Communities

The National Healthy Worksite Program Community Training Opportunities

Health care costs cannot be controlled without maintaining and improving the health of employees and reducing employees’ risk of developing costly chronic diseases. For most employers, chronic diseases—such as heart disease, stroke, cancer, obesity, arthritis and diabetes—are among the most prevalent, costly, and preventable of all health problems. Employers can create healthy work environments through workplace health promotion programs, policies, and practices that make it easier for employees to make healthy choices.

The Centers for Disease Control and Prevention’s (CDC’s) National Healthy Worksite Program (NHWP) is designed to assist employers in implementing science and practice-based prevention and health promotion strategies that will lead to specific, measurable health outcomes to reduce chronic disease rates. The NHWP seeks to promote good health through prevention, reduce chronic illness and disability, and improve productivity outcomes that contribute to employers’ competitiveness.

Local training opportunities are available in seven NHWP communities for interested employers and organizations.

While a major focus of the NHWP is on creating employer-based comprehensive healthy worksite programs with up to 15 participating employers in each of seven NHWP communities, interested employers and organizations located in the NHWP communities—but who do not meet the eligibility requirements or are not selected for full program participation—are encouraged to join as “Community Participants.”

NHWP Communities:

- Somerset County, ME (Skowhegan)
- Shelby County, TN (Memphis)
- Marion County, IN (Indianapolis)
- Harris County, TX (Houston)
- Buchanan County, MO (St. Joseph)
- Kern County, CA (Bakersfield)
- Pierce County, WA (Tacoma)



Benefits to Community Participants

Community Participants will be able to take advantage of the following training, networking, and mentoring opportunities beginning in spring 2012:

- Local trainings on the fundamentals of building and maintaining a healthy worksite
- Regular community meetings to build skills and share ideas among NHW Program and Community Participants
- Webinars on subjects such as leadership involvement, assessing your workplace, and implementing healthy worksite programs
- Tools and resources for worksite health program implementation and evaluation
- Links to organizations with similar interests and experience with healthy worksite programs
- Additional forums with national health promotion and safety experts on special interest topics or emerging worksite health issues such as the aging workforce, mental health, or identifying healthy worksite program champions

Registration information, tools, and resources will be available at
www.cdc.gov/NationalHealthyWorksite

Learn how to create comprehensive healthy worksite programs

Beginning in spring 2012, Community Participants will join with NHWP participating employers in the seven NHWP communities to take part in the trainings and community meetings to increase their knowledge, skills, awareness and capacity in building, enhancing, and maintaining healthy worksite programs. Over the course of 12 months, Community Participants will master the fundamentals of implementing a healthy worksite program such as:

- Making the case for a healthy worksite and the importance of leadership support
- Data collection methods and tools
- Creating and implementing a comprehensive healthy worksite plan
- Strategies for employee health improvement and building an organizational culture of health
- Program evaluation
- Integration of health promotion and safety

Assessment and Evaluation Tools Available

Employers and organizations attending the community training sessions will also be provided with the assessment and evaluation tools being used in the NHWP, allowing them to effectively implement and evaluate a comprehensive healthy worksite program. These tools will assess employee knowledge, behavior and productivity, as well as the employer's health and safety culture. Lessons learned from NHWP participating employers—including best practices, ways to overcome barriers, and success factors--will be shared with interested employers throughout the community.

To receive ongoing program communications and announcements for specific training and technical assistance dates and times, please contact us at NationalHealthyWork@cdc.gov.

For more information go to www.cdc.gov/NationalHealthyWorksite/

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health

