

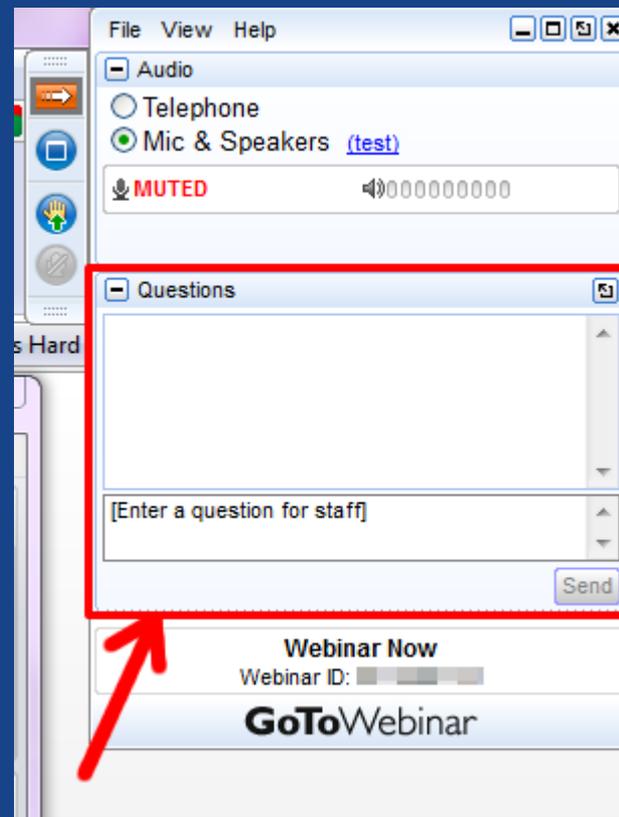
# CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

## WEBINAR SERIES

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

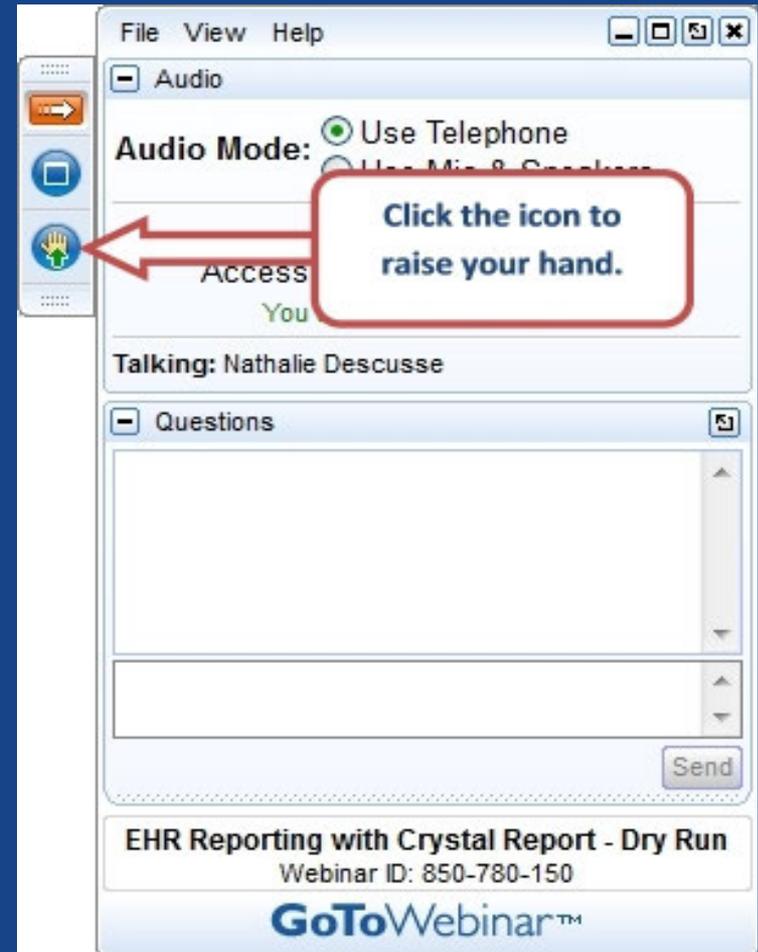
# About this Webinar

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# About this Webinar

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# WORK WELL ALASKA

**Alaska Department of Health and Social Services  
Division of Public Health**

[hss.workwellak@alaska.gov](mailto:hss.workwellak@alaska.gov)

Section of Chronic Disease Prevention and Health Promotion webinar series  
May 16, 2017

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

# Objectives

- ✓ Evolution of the Work Well Alaska program
- ✓ Define workplace wellness
- ✓ Discuss benefits of worksite wellness programs
- ✓ Discuss steps to develop a worksite wellness program
- ✓ Discover Work Well Alaska resources

# Evolution of Work Well Alaska

- Launched this year by the Alaska Section of Chronic Disease Prevention and Health Promotion to provide resources and support to agencies interested in planning and implementing effective worksite wellness programs. The program builds off the state worksite wellness work conducted in the early 2000s.



# Worksite Wellness Programs are...



...coordinated and comprehensive strategies designed to meet the health and safety needs of all employees.

# Why Focus on Workplace Wellness?

- ❑ 67% of Alaska adults are obese or overweight.
- ❑ 4 out of 10 Alaska adults do not get the recommended weekly amount of physical activity.
- ❑ 28% of Alaska adults have high blood pressure.

## The Cost

To the Nation



66 cents of each dollar spent on health care treat the 25% of Americans with one or more chronic conditions.<sup>2</sup>

# Why Promote Health at Work?



- During the average day, Alaska adults spend more time in the work setting than any other setting, making worksites a great place to promote behavior change.

# Benefits of Worksite Wellness Programs

## For Employers

- ❑ Lower health care costs
- ❑ Reduce absenteeism
- ❑ Increase productivity
- ❑ Improve employee morale

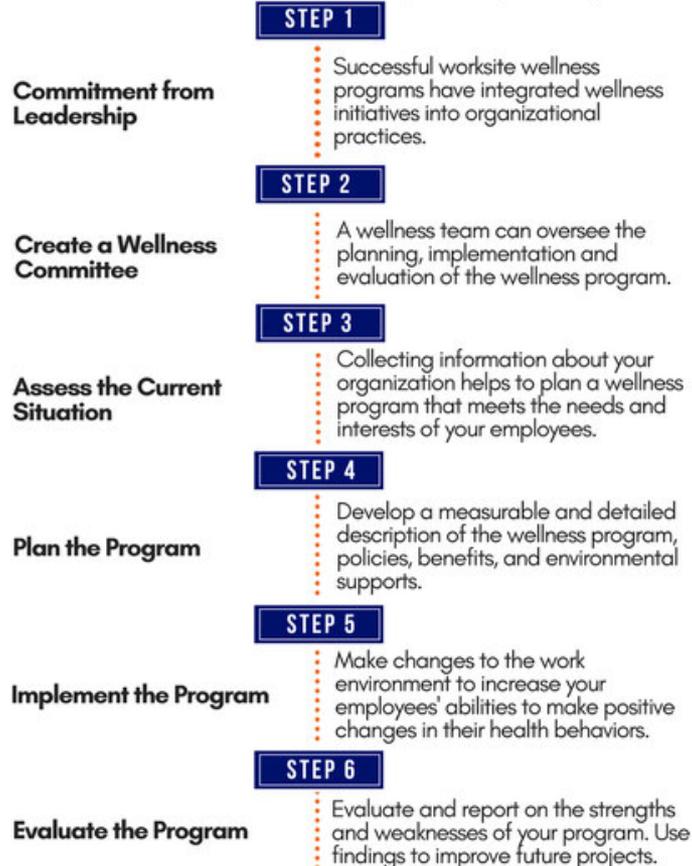
## For Employees

- ❑ Increase physical activity levels
- ❑ Improve dietary habits
- ❑ Reduce tobacco use
- ❑ Reduce stress
- ❑ Lower health care costs

# The Work Well Alaska Process



Follow these 6 steps to build a comprehensive, results-oriented wellness program at your worksite. The following steps have been adapted from the CDC Workplace Health Model and the Wellness Council of America (WELCOA) Well Workplace model.



**You did it! Congratulations!**

For more information, visit: [workwell.dhss.alaska.gov](http://workwell.dhss.alaska.gov)

- 6 steps to building a comprehensive, results-oriented wellness program

# Alaska Specific Resources

- Work Well Alaska can assist with:
  - Promoting healthy eating and physical activity.
  - Supporting employees with chronic conditions.
  - Going tobacco free.
  - Supporting breastfeeding mothers.
  - Promoting occupational safety.



**WORK WELL ALASKA**

**The Problem**  
More than half of Alaska adults report that they have one or more of the following: obesity, inactivity, smoking, history of diabetes, history of cardiovascular disease, or cancer. - AK BRFSS (2009-2011)

Alaskans spend more time in the work setting than any other setting, making worksites a great place to promote behavior change.

Did you know that chronic diseases such as cancer, heart disease, stroke, and diabetes are among the most prevalent, costly, and preventable health problems?

**Health at Work**  
Worksite wellness programs are designed by employers to meet the health and safety needs of employees. Worksite wellness programs not only improve employee health, but are good for business!

Worksite wellness programs can lower health care costs, reduce absenteeism, increase productivity, and improve employee morale!

Work Well Alaska can assist with developing a worksite wellness program that best meets your business's needs. Work Well Alaska can provide resources and referrals in several different areas.

**Tobacco Control**  
(907) 269-8895  
tobacco@alaska.gov

**Nutrition & Physical Activity**  
(907) 269-2020  
obesity@alaska.gov

**Diabetes Prevention**  
(907) 269-8035  
diabetes@alaska.gov

**Occupational Health & Safety**  
1-800-656-4972  
Anchorage: LSS-OSH@alaska.gov

**Depression & Stress Management**  
(907) 269-3600  
careline@alaska.com

**Heart Disease & Stroke Prevention**  
(907) 465-8670  
heart@alaska.gov

**Vaccine-Preventable Diseases**  
(907) 563-7868  
immune@alaska.gov

**Lactation Support**  
(907) 269-3405  
stephanie.holmquist@alaska.gov

Visit our website for more information: [workwell.dhss.alaska.gov](http://workwell.dhss.alaska.gov).

# Alaska Specific Resources

- Low-or no-cost strategies that can help create a culture of wellness at your worksite.

**WORKSITE WELLNESS**  
FOR BUSINESSES WITH LIMITED RESOURCES

MANY WORKSITES DO NOT HAVE THE RESOURCES TO DEVELOP A COMPREHENSIVE WELLNESS PROGRAM. THE FOLLOWING IDEAS HAVE BEEN FOUND TO HELP EMPLOYEES IMPROVE OR MAINTAIN HEALTH, AND CAN BE IMPLEMENTED AT WORKSITES WITH LIMITED RESOURCES.

**20 LOW COST WORKSITE WELLNESS IDEAS**

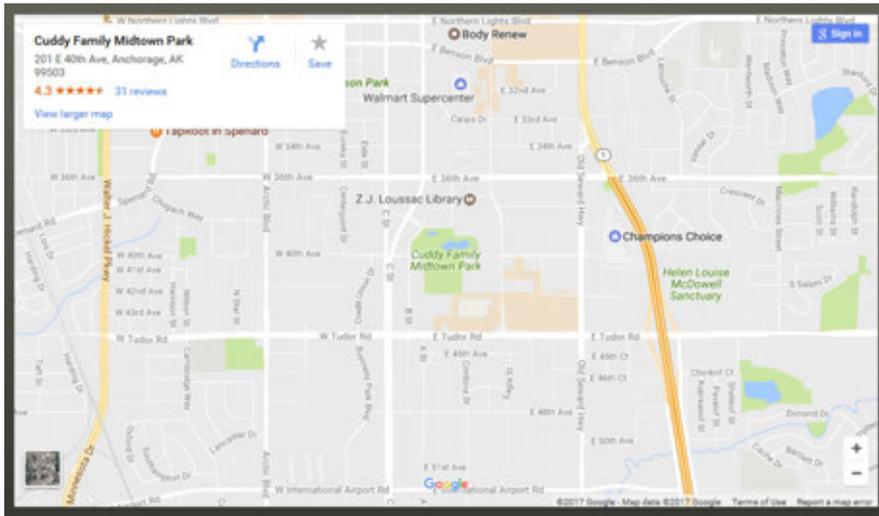
- Convert stairwells to walking areas or develop a workplace walking program
- Hold walking meetings
- Encourage employees to do desk stretches or desk exercises
- Identify places within the worksite or around the building for physical activities
- Participate in local community walks (i.e. March of Dimes)
- Send out emails or newsletters with health information
- Ask your vending machine company to add healthy foods
- Create a healthy meeting policy
- Provide bicycle racks or covered areas for bicyclists
- Participate in a Bike to Work Day
- Repair and maintain sidewalks and paths around the worksite
- Encourage employees to take stress relief breaks
- Conduct a "Wash Your Hands" campaign
- Encourage physical activity breaks during long meetings and conferences
- Promote a smoke-free worksite
- Provide a bulletin board for health information exchange
- Start a running club, biking club, or line dancing club
- Hold lunchtime exercises or weight management classes
- Announce and publicize a monthly health theme or National Health Observance
- Negotiate corporate discounts for health club memberships

Adapted from Modis Health's 101 Low-cost ideas for worksite wellness

Additional resources available at [workwell.dhss.alaska.gov](http://workwell.dhss.alaska.gov).

# Partner Resources

□ Wellness Trail Maps



□ Bike to Work Day



# Promotion – New Resources

- › [WORK WELL ALASKA HOME](#)
- › [ABOUT >](#)
- › [BENEFITS](#)
- › [FOR BUSINESSES](#)
- › [RESOURCES](#)



#### Work Well Alaska can assist with:

- Tobacco Control
- Nutrition & Physical Activity
- Diabetes Prevention
- Occupational Health and Safety
- Depression & Stress Management
- Heart Disease & Stroke Prevention
- Vaccine-Preventable Diseases
- Lactation Support

We can help your worksite develop a health and wellness program.

Email [hss.workwellak@alaska.gov](mailto:hss.workwellak@alaska.gov) for more information.

[Click here to download a flyer with program specific resources offered by Work Well Alaska >](#)

## Work Well Alaska About the Program

Work Well Alaska can assist your organization with developing a worksite wellness program that best meets your needs. Regardless of the size of your organization, we can assist you with:

- › Promoting healthy eating and physical activity.
- › Supporting employees with chronic conditions.
- › Going tobacco free.
- › Supporting breastfeeding mothers.
- › Promoting occupational safety.

Work time and profit loss to illness and injury affects the bottom line of both large and small businesses in Alaska. Creating a culture of wellness at your worksite can make a huge difference in improving employee health while also reducing the costs of disease and unhealthy behaviors. Let Work Well Alaska help your organization get started on the road to worksite health!

Do you have a business, but you don't have the time or resources to develop a comprehensive wellness program? No need to worry. [Click here to learn about low-or no-cost strategies that can help create a culture of wellness at your worksite!](#)

For help or more information, email [hss.workwellak@alaska.gov](mailto:hss.workwellak@alaska.gov).

New web page featuring our new worksite wellness resources – handouts and graphics.

[WorkWell.dhss.alaska.gov](http://WorkWell.dhss.alaska.gov)

# Additional Resources

Additional resources by content area available on the Work Well Alaska web page!



## Work Well Alaska Resources

### **Disclaimer:**

The information contained on this webpage is provided only as general information. The Alaska Section of Chronic Disease Prevention and Health Promotion does not support or endorse the content on linked external sites.

# Current Work

- Providing technical assistance to worksites across the state to promote physical activity in the workplace.



# Questions?

State of Alaska

Department of Health and Social  
Services

[hss.workwellak@alaska.gov](mailto:hss.workwellak@alaska.gov)

[WorkWell.dhss.alaska.gov](http://WorkWell.dhss.alaska.gov)



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# Discussion

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