Utah Health Improvement Plan
August 2018

WORKSITE WELLNESS TOOLKIT
# TABLE OF CONTENTS

Utah Health Improvement Plan ............................................. 2
Overview ............................................................................. 3
  Assessment Process ....................................................... 3
  Program Planning & Management ..................................... 3
  Process Implementation .................................................. 3
  Evaluation .................................................................... 3
Nutrition ........................................................................... 4
Physical Activity ............................................................... 5
Diabetes Prevention .......................................................... 6
Mental Health .................................................................. 7
Resources ........................................................................ 8
MISSION STATEMENT

To unite the Utah Public Health System and improve the health of the people of Utah. The purpose of the Utah Health Improvement Plan (UHIP) is to promote collaboration and coordination among Utah’s Public Health System partners to improve the health of all who live and work in our beautiful state. The UHIP will be a roadmap to guide collective efforts focused on key priorities and outcomes that, when achieved, will result in a healthier Utah for all. It should promote alignment of individual agency and partner strategic plans and initiatives toward common goals for the health of the people of Utah.

VISION STATEMENT

A unified Utah Public Health System that improves the health of the people of Utah.

PRIORITY AREAS

- Obesity and related chronic conditions (with emphasis on hypertension and diabetes)
- Mental health integration (including suicide and depression)
- Prescription drug misuse and overdose prevention

http://utphpartners.org/ship/ship.html
WHY WORKSITE WELLNESS?

The average American spends one-third of their day in a work setting. Worksite wellness programs can be a winning approach to improve the health and quality of life for employees. Wellness programs also create opportunities for increasing employee engagement. While worksite wellness programs are specific to the needs of each company or agency, the following are important components to include in any wellness program and the bullets can offer some ideas of where to begin.

ASSESSMENT

- An employee interest survey to better understand the needs and desires of employees
- A Health Risk Assessment (HRA) of self-reported and/or medical data
- Gathering of other existing data, such as absentee rate and health claims data

PROGRAM PLANNING AND MANAGEMENT

- Develop a wellness committee that is a cross-section of your company, including management
- Define the overall goal of the worksite wellness program
- List measurable objectives, both short-term and long-term
- Describe activities that will help to achieve objectives
- Include materials, resources, stakeholders, timeline, and evaluation

IMPLEMENTATION

- Health-related programs – opportunities available to employees at the workplace or through outside organizations to begin, change, or maintain health behaviors
- Health-related policies – formal/informal written statements that are designed to protect or promote employee health and affect large groups of employees simultaneously
- Health benefits – part of an overall compensation package including health insurance coverage and other services or discounts regarding health
- Environmental supports – the physical factors at and nearby the workplace that help protect and enhance employee health

EVALUATION

Your program can be evaluated using metrics such as healthcare claims costs, employee productivity, satisfaction surveys, participation rates, and improved health outcomes.
**HOW TO SUPPORT GOOD NUTRITION:**

- Have MyPlate Guidelines visible and present in the office (such as a fridge magnet): [https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/mini_poster.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/mini_poster.pdf)
- Use recommended guidelines for office lunches and food orders: [https://www.choosemyplate.gov/MyPlate](https://www.choosemyplate.gov/MyPlate)
- Provide nutritional information on cafeteria food: [https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels](https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels)
- Host Lunch ‘n Learn workshops with a registered dietitian: [https://www.eatrightutah.org/find_dietitian.cfm](https://www.eatrightutah.org/find_dietitian.cfm)
- Have a written policy that requires most options in vending machines and cafeterias be healthy choices, according to the 2015-2020 Dietary Guidelines for Americans: [https://health.gov/dietaryguidelines/2015/guidelines](https://health.gov/dietaryguidelines/2015/guidelines)
- Provide one-on-one nutrition counseling for employees: [https://healthcare.utah.edu/wellness/services/nutrition](https://healthcare.utah.edu/wellness/services/nutrition)
- Subsidize healthy food in the vending machines and cafeteria
- Provide food preparation and storage facilities

**WHY NUTRITION?**

Unhealthy eating can lead to diseases that can impair mobility, cognitive processing, and productivity. Creating an environment that makes choosing healthy foods easier can help employees feel their best.
WHY PHYSICAL ACTIVITY?

Physical activity can help to maintain physical and emotional health and decrease healthcare costs. Regular physical activity can prevent or manage chronic diseases such as diabetes and heart disease that can lead to reduced productivity and quality of life.

CDC GUIDELINES FOR WEEKLY PHYSICAL ACTIVITY

https://www.cdc.gov/cancer/dcpc/prevention/policies_practices/physical_activity/guidelines.htm

- 150 minutes of moderate physical activity
- 75 minutes of vigorous activity
- Or a combination of both

- 3-5 days of 30-60 minutes of cardiovascular activity
- 2+ days of resistance training, incorporating full-body exercises
- 2+ days of flexibility, such as yoga

HOW TO SUPPORT PHYSICAL ACTIVITY:

- Feature office fitness challenges (steps, 5ks, workouts each week):
- Encourage walking office meetings:
  https://hbr.org/2015/08/how-to-do-walking-meetings-right
- Post signage encouraging employees to use the stairs:
  https://www.npr.org/sections/health-shots/2014/08/04/337126235/one-step-to-combat-obesity-make-stairs-more-attractive
- Post the Physical Activity Guidelines for Americans:
- Offer stand-up desks
- Provide paid release time for employees to exercise
- Offer reimbursement, subsidy, or incentive for a gym membership
- Host lunch-hour workouts
WHY DIABETES PREVENTION?

Type-2 diabetes left untreated can be dangerous and lead to severe complications. Careful management can reverse prediabetes and prevent or delay diabetes. Unfortunately, about one third of adults in the United States have prediabetes, and most of them are undiagnosed. Spreading awareness and practicing diabetes prevention can save money, increase productivity, and improve quality of life for your employees.

WHO'S AT RISK
for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren't any symptoms. That's why it makes sense to know the risk factors:

- Age 45 or older
- Physically active less than 3 times/week
- Family history of type 2 diabetes
- High blood pressure
- History of gestational diabetes

*Diabetes during pregnancy, giving birth to a baby weighing 9 pounds or more is also a risk factor.

DID YOU KNOW... African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

If you have any of the risk factors, ask your doctor about getting your blood sugar tested.

HOW TO SUPPORT DIABETES PREVENTION AND CARE:

- Provide brochures, videos, pamphlets, email and social media content on diabetes: https://www.diabeteswellness.net/diabetes-brochures
- Provide Health Risk Assessments, including a bio-screening for blood sugar levels: https://doihaveprediabetes.org
- Subsidize the cost of prediabetes or diabetes management programs for employees
- Provide a list of local programs in the community that address diabetes and prediabetes
- Offer one-on-one and/or group lifestyle counseling for employees with abnormal glucose levels
MENTAL HEALTH

WHY MENTAL HEALTH?

Mental health encompasses our emotional, psychological, and social wellbeing. About one in five adults in the United States experiences anxiety, depression, or another mental illness each year, and many of them go unnoticed. Mental health disorders account for lost productivity in the workplace, unemployment, and homelessness. They can also lead to higher suicide rates, increased prescription drug abuse, and substance abuse. Spreading awareness about mental health and encouraging regular check-ups helps reduce the stigma surrounding it and promotes happier, healthier and more resilient employees.

HOW TO SUPPORT MENTAL HEALTH:

- Promote or host mental health classes and support groups:  
  https://www.namiut.org/find-resources-by-county
- Implement mindfulness/meditation workshops and apps:  
  https://nccih.nih.gov/health/meditation/overview.htm
- Provide suicide prevention posters, hotline, and other materials:  
  https://utahsuicideprevention.org
- Learn more about mental health:  
  http://www.NAMI.org
- Learn more about how to create a healthier workplace:  
  http://www.who.int/mental_health/in_the_workplace/en
- Offer and promote Employee Assistance Programs:  
- Provide regular mental health check-ups and/or coaching sessions with a counselor
UTAH HEALTH IMPROVEMENT PLAN CONTACTS

Rebecca Fronberg: rfronberg@utah.gov
Dustin Jones: dustinjones@utah.gov

SOURCES

- Get Healthy Utah:
  http://gethealthyutah.org/toolkit
- Utah Department of Health:
  http://choosehealth.utah.gov
- Centers For Disease Control and Prevention:
  https://www.cdc.gov/workplacehealthpromotion/index.html

ADDITIONAL RESOURCES

- Utah Worksite Wellness Council:
  https://www.utahworksitewellness.org
- CDC Workplace Health Promotion:
  https://www.cdc.gov/workplacehealthpromotion/index.html
- Worksite Wellness Campaign Example:
  https://www.oregon.gov/oha/ph/PreventionWellness/HealthyCommunities/HealthyWorksites/Documents/campaign-kits.pdf
- WELCOA Wellness Organization and Annual Conference:
  https://www.welcoa.org
- Steps for creating a wellness program:
  http://www.wellness.state.tx.us/Create-Program.htm#Step