



# WORKSITE WELLNESS

## Speaking Menu

The mission of Get Healthy Utah is to create a culture of health through engaging multi-sector stakeholders, building partnerships, providing resources, and connecting efforts that support healthy eating and active living. We believe that health starts where we *live, work and play*. The following presentation topics can be adjusted to meet your needs.

### UTAH HEALTH VALUES STUDY:

The Utah Health Values Study found that Utahns value a high quality of life. However, lack of time, energy, and convenience can be barriers to an active lifestyle. This presentation will incorporate the findings from this study to show the role that worksites play in improving the health of Utahns.



### HEALTH FOR SMALL & LARGE EMPLOYERS:

Health in the worksite doesn't have to be inconvenient, expensive, or time consuming. This presentation will discuss strategies that small and large employers can use to promote health.



### WELLNESS POLICIES:

A wellness policy is a written document that guides and supports an organization's efforts to create a healthy environment. This presentation will outline how to create a wellness policy that best meets the needs of your organization.



### EQUAL ACCESS AND OPPORTUNITY TO HEALTH:

Factors like education, access to healthy food, and reliable transportation can influence employee behavior and work performance. This presentation will discuss social determinants of health in the worksite and what employers can do to impact employees' health.



### THE NATIONAL DIABETES PREVENTION PROGRAM (DPP):

Employees with diabetes are at a greater risk for absenteeism, reduced morale, higher turnover rates, and reduced productivity. This presentation will discuss the National DPP, how it can prevent type 2 diabetes and create healthier worksites.



### CREATING A CULTURE OF HEALTH:

The average American spends one-third of their day in a work setting. This presentation will discuss the importance of healthy living for employees and provide resources on the steps to implementing a worksite wellness program.



## INTERESTED IN LEARNING MORE?

Have Get Healthy Utah come speak at your worksite!

## Contact

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