



Healthy Worksite • Healthy Workforce • Healthy Communities

## The National Healthy Worksite Program National 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, measureable 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.

While a major focus of the NHWP is on creating employer-based comprehensive healthy worksite programs in seven local sites\*, employers or interested organizations nationwide will have access to the following worksite health promotion trainings and resources beginning in summer 2012:

- Quarterly online trainings to guide employers through the process of building and maintaining a healthy worksite
- Access to tools and resources for worksite health program implementation and evaluation
- Links to organizations with similar interests and experience implementing 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 how to identify healthy worksite program champions

*National training opportunities are available to help employers and organizations build healthier worksites.*

Registration information, tools, and resources will be available at [www.cdc.gov/NationalHealthyWorksite](http://www.cdc.gov/NationalHealthyWorksite)

\*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); and Pierce County, WA (Tacoma)



## Webinars and teleconferences to focus on practical, skill-based training for employers

Employers and organizations can take part in a series of webinars and teleconferences to increase knowledge, skills, awareness, and capacity in building, enhancing, and maintaining worksite health promotion programs. Nationally recognized health promotion and safety experts, including employers who have implemented successful healthy worksite programs, will be part of the training faculty to discuss program implementation and evaluation. Each session will last no longer than 90 minutes. Over the course of 12 months, 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 participating in the training sessions will also be provided with the assessment and evaluation tools being used in the seven local NHWP sites that will allow 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. CDC will also share key lessons learned and updates from the approximately 100 employers in the seven NHWP sites that will receive intensive support to build comprehensive healthy worksite programs. Best practices, barriers, and success factors gleaned from these sites will therefore benefit employers across the nation.

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

**For more information visit [www.cdc.gov/NationalHealthyWorksite/](http://www.cdc.gov/NationalHealthyWorksite/)**