



Worksite Health Intervention Strategy Resource Links

Tobacco

CDC Worksite Health Promotion Site: Tobacco-Use Cessation Intervention Strategies

<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/tobacco-use.html>

Map and Listing of State and National Quitline— North American Quitline Consortium

<http://map.naquitline.org/>

CDC Healthier Worksite Initiative—Tobacco Free Campus Policy

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/example.htm>

Nutrition

CDC Worksite Health Promotion Site: Nutrition Intervention Strategies

<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/nutrition.html>

American Cancer Society— Meeting Well

<http://www.acsworkplacesolutions.com/meetingwell.asp>

Eat Smart Move More NC—Healthy Meeting Guide

<http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>

Physical Activity:

CDC Worksite Health Promotion Site: Physical Activity Intervention Strategies

<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/physical-activity.html>

CDC StairWELL to Better Health

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm>

Eat Smart Move More NC—Move More Stairwell Guide

<http://www.eatsmartmovemorenc.com/StairwellGuide/StairwellGuide.html>

Maine Cardiovascular Health Program—Physical Activity on Company Time Case Study

http://mainehearthealth.org/sites/default/files/downloads/Physical_Activity_Break.pdf

Weight Management:

CDC Worksite Health Promotion Site: Obesity Prevention and Control Intervention Strategies
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/obesity.html>

National Heart Lung and Blood Institute (NHLBI)—Aim For a Healthy Weight

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Depression and Stress Management:

CDC Worksite Health Promotion Site: Depression Related Intervention Strategies
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/depression.html>

Heart Disease and Stroke:

CDC— Successful Business Strategies to Prevent Heart Disease and Stroke Toolkit

http://www.cdc.gov/dhdsp/pubs/employers_toolkit.htm

High Blood Pressure:

CDC Worksite Health Promotion Site: High Blood Pressure Intervention Strategies
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/blood-pressure.html>

High Cholesterol:

CDC Worksite Health Promotion Site: High Blood Cholesterol Intervention Strategies
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/cholesterol.html>

Diabetes:

CDC Worksite Health Promotion Site: Type 2 Diabetes Prevention and Control Intervention Strategies
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/type2-diabetes.html>

Lactation Support:

CDC Worksite Health Promotion Site Lactation Support Intervention Strategies
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/nutrition.html>

Occupational Health and Safety:

CDC Worksite Health Promotion Site: Work-Related Musculoskeletal Disorders (WMSD) Prevention Intervention Strategies
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/disorders.html>

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This resource listing is updated regularly and is available at electronically at the following Web site:
www.cdc.gov/nationalhealthyworksite