

WISCONSIN * WORKSITE WELLNESS 2010

Resource Kit
(To prevent obesity & related chronic diseases)

Employee Health
Improve overall fitness and mental alertness

Overall fitness 100%

Payback on Investments 300%
*An Investment in Good Health,
Improved Productivity + Lower healthcare cost*

Improved Morale 100%

Nutrition 100%

Reduced...

- Sudden Illness
- Chronic Health Issues

6 Steps

- Why have a worksite 16.6%
- How to get Started 16.6%
- Assessing my Worksite 16.6%
- Making Decisions 16.6%
- Programming for Worksite 16.6%
- Evaluate Worksite 16.6%

**Department of Health Services
Division of Public Health
Wisconsin Nutrition, Physical Activity and Obesity Program**

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FOREWORD

Did you know that more than 66 percent of Wisconsin adults are overweight or obese? The annual obesity-related medical cost is estimated to be \$1.5 billion dollars, of which \$626 million are Medicaid and Medicare expenditures. Overweight and obesity also increases the risk of many chronic diseases such as diabetes, heart disease, some cancers, arthritis and others. This epidemic is placing a huge burden on our healthcare system and economy.

What can be done? Worksites are an important venue to address nutrition and physical activity issues. The *Wisconsin Worksite Wellness Resource Kit* was developed to assist businesses in starting, adding to or maintaining a wellness program for their staff. The resource kit is a project of the Nutrition and Physical Activity Program, Diabetes Prevention and Control Program, Heart Disease and Stroke Program, Comprehensive Cancer Program, and Arthritis Program. Unlike other resource kits, the focus is on reducing the risk factors to chronic disease: poor nutrition, inactivity and tobacco use. Worksites will have a step-by-step guide to use in assessing their worksite, identifying what types of activities to implement, links to information on how to implement and ways to determine effectiveness. This toolkit has been piloted with six community-business partnerships throughout the state and was expanded to another 10 pilot communities in 2007 through the National Governor's Association Healthy States grant. Lessons learned from these pilot projects and user feedback over the past few years have been incorporated into this latest version of the kit.

We know it will take the active involvement of many public and private partners to change systems, community and individual behaviors. Worksites are one key environment for that change to take place. By working together, the people of Wisconsin have a great opportunity to create communities that support healthy lifestyles and reduce the health and economic burdens of obesity.

The WI Nutrition, Physical Activity and Obesity Program Team

This Worksite Wellness Resource Kit was developed as a collaborative effort of the Wisconsin Partnership for Activity and Nutrition - Business Subcommittee and the Chronic Disease Programs of the Wisconsin Division of Public Health. The resource kit focuses on strategies to offset risk factors that contribute to obesity and chronic diseases.

References to additional resources are for informational purposes and not an endorsement of organizations or products.



NUTRITION, PHYSICAL ACTIVITY & OBESITY PROGRAM

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