

# HEALTHIEST NATION IN 1 GENERATION

## Your Workplace:

Our nation's health is in poor shape, even though we spend more on health care than any other country. We spend just as much, if not more, time in our workplaces than at home. Health and safety in the workplace are just as important as health and safety in our homes. From worksite wellness programs aimed at helping workers live healthy lives to safety regulations aimed at keeping them safe on the job, public health works to address health concerns facing us in all aspects of our lives.

**Think about how public health provides the foundation for the health and well-being of people in the workplace. How can you take this information and join those working to create healthier workplaces?**

### Did you know...

- Well-constructed workplace wellness programs can reduce costs to the employer and improve employee health and morale.<sup>1</sup>
- Evidence has shown that smoke-free policies in enclosed workplace settings are associated with reduced daily cigarette consumption among employees and possibly with increased cessation among employees.<sup>2</sup>
- Thousands of workers suffer occupational injuries and illnesses each year that require days away from work.<sup>3</sup>
- 70,000 workers are permanently disabled each year due to accidents or exposure to harmful elements at work.<sup>4</sup>
- Workers who remain sedentary during their workday would have to spend most of their evenings in motion to meet the 10,000 steps a day recommended by walking advocates.<sup>5</sup>

### Take action...

- ✓ Encourage your workplace to offer tobacco-free incentives to employees. Across the country, companies have already instituted tobacco-free policies and incentive programs for employees to quit smoking.
- ✓ Stress the importance of healthy meal choices in your company cafeteria and vending machines.
- ✓ Start a walking group with your work colleagues.
- ✓ Research local environmental factors that may affect outdoor workplaces.
- ✓ Survey local businesses to determine what they do to keep their employees healthy and ask your local paper to promote those successes.

1 Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion. Division of Nutrition, Physical Activity, and Obesity. Healthy Workplace Initiative. Atlanta, GA: May 2007.

2 Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion. Division of Nutrition, Physical Activity, and Obesity. Implementing a Tobacco-Free Campus Initiative in Your Workplace. Atlanta, GA: May 2007.

3 United States Department of Labor. Bureau of Labor Statistics. Injury, Illnesses, and Fatality. Washington, DC: 2008.

4 Anderson, M. The Caring Company: Health in the American workplace. Selfhelp Magazine. May 26 1998.

5 Fenton, M. Walking for Fitness. eMedicineHealth.com: Practical Guide to Health. 2003.