

well@work

West Virginia

Healthy Worksite Initiative (HWI)

2016 to 2017

Informational Webinar

October 2016

Before we get started!

The screenshot displays the GoToWebinar control panel. On the left, a vertical toolbar contains icons for audio, handouts, and questions, with red arrows pointing to each. The main panel is divided into several sections:

- Audio:** Shows "Sound Check" status, "Computer audio" selected, "Phone call" unselected, and a "MUTED" indicator. A volume slider and speaker icon are visible.
- Handouts: 3:** Lists three documents: "Checklist_Dasheema P. Jarrett_2016.10.12....", "Resouce_CDC workplacehealth model upd...", and "Tool_CDC Worksite HSC manual 2014_201...".
- Questions:** Contains a green message: "You have successfully joined this webinar, please enter any questions you have in the chat box in the control panel". Below is a text input field with the placeholder "[Enter a question for staff]" and a "Send" button.

At the bottom, the text reads: "well@work West Virginia Healthy Worksite Initiative Informational Webinar Webinar ID: 609-220-019" and the "GoToWebinar" logo.

West Virginia HPCD Staff 2016



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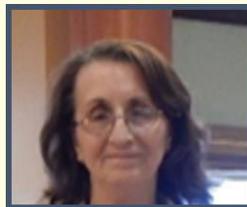
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Part 1: well@work WV Healthy Worksite Initiative (HWI) 2016- 2017

What is well@work WV Healthy Worksite Initiative?



Worksite wellness drives productivity, saves money and creates a healthy workforce.



Space is limited to 25 worksites. Register today!

well@work West Virginia

Building or improving worksite wellness doesn't have to be time-consuming or expensive.

Many employers are struggling with rising healthcare costs. By making small changes in the worksite, like starting a wellness program, employers can reduce healthcare costs for everyone.

FREE Technical Assistance!

The West Virginia Division of Health Promotion and Chronic Disease (HPCD) utilizes an assessment that can be completed by employers or with our assistance. Upon completion of the assessment, HPCD will provide resource options tailored to your results, and technical assistance to support the enhancement of your wellness program.

Through July 2017, HPCD will accept enrollment of up to 25 worksites interested in improving their wellness program. As part of your enrollment, you will receive free technical assistance to enhance your wellness program.

Prevention Pays!

\$1 = \$6 For every \$1 spent on wellness, employers can save up to \$6

-1% A 1% reduction in health risks would save as much as \$83 to \$103 per person annually

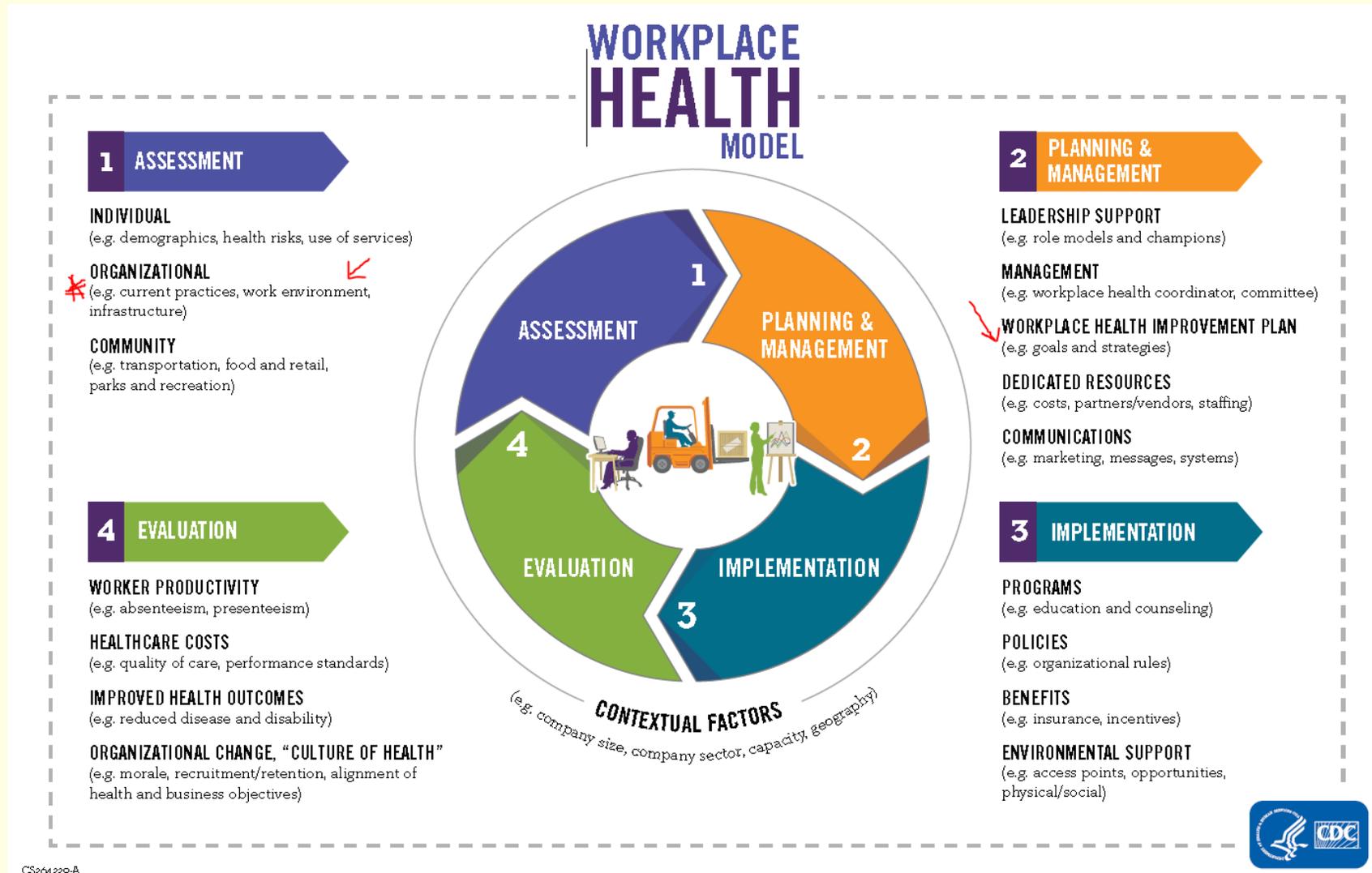
-25% Worksite wellness programs can reduce sick leave and medical costs by as much as 25%

To register, contact Dasheema Jarrett
dasheema.jarrett@wv.gov

Benefits for participating worksites

- **Increased knowledge of evidenced-based health promotion and chronic disease interventions**
- **Improved health and wellness of employees**
- **Increased knowledge of CDC's workplace wellness resources for action and sustainability**

Our Process-CDC Workplace Model



1. **Assess**: complete CDC Worksite Health ScoreCard
2. **Plan**: develop your Health Improvement Plan and identify at least one SMART objective (PA and Nutrition goals are encouraged)
3. **Implement**: participate in technical assistance calls and implement Health Improvement Plan
4. **Evaluate**: share challenges and opportunities, and celebrate successes on processes and outcomes

Timeframe October 2016 to July 2017

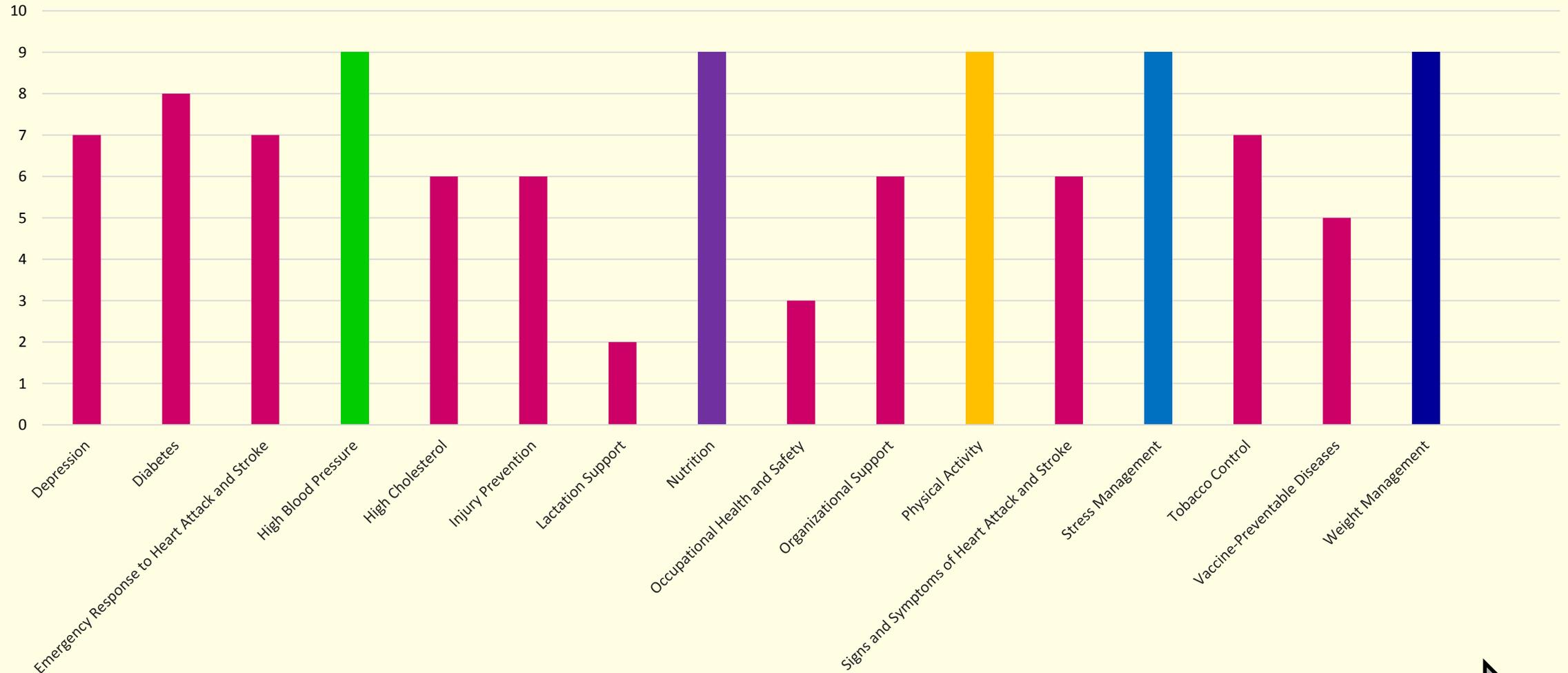
Celebrate, Share Success, Challenges, and Opportunities



Emails, Calls, Meeting, Webinars, Resource Sharing, Technical Assist Calls

Potential Future Discussion Topics

Topics of Interest



Emails, Calls, Meeting, Webinars, Resource Sharing, Technical Assist Calls

Part 2: well@work WV Healthy Worksite Initiative Next Action Steps

Resources!!! Bookmark Me

- well@work WV HWI webpage
<http://www.dhhr.wv.gov/hpcd/Pages/Well@WorkWV.aspx>

Data and Reports | Focus Areas | Libraries | Staff Directory

WV DHHR - Division of Health Promotion and Chronic Disease

well@work West Virginia Healthy Worksite Initiative 2016-2017

HPCD's goals are to reduce the rates of obesity and the prevalence of chronic disease in West Virginia. We undertake several projects to reach these goals, and one is the well@work West Virginia Healthy Worksite Initiative. This initiative promotes and encourages healthy behaviors to reduce obesity and improve the health and well-being of West Virginians.

Want to help your employees AND your bottom line? By making small changes in the worksite, like starting a wellness program, employers can reduce healthcare costs for everyone. We invite your worksite to participate in the well@work West Virginia Healthy Worksite Initiative.

Registration is now closed.

Please contact Dasheema Jarrett for more information.



"Worksite wellness drives productivity, saves money and creates a healthy workforce."



About the Initiative

To help us provide the very best resources to your worksite, HPCD uses the CDC Worksite Health ScoreCard that can be completed by employers or with our help.

Upon submission of your completed Score Card, HPCD will provide you with resources tailored to your worksite and assistance to improve or implement your worksite's wellness program.

What are the benefits for well@work West Virginia participants?

- Increased access to evidence-based ways to prevent and manage chronic diseases like diabetes and heart disease
- Improved health and wellness of employees
- Increased knowledge of resources to take action and help sustain your wellness program

What You Can Expect

To provide technical assistance to your worksite, we will use the CDC workplace model and additional proven resources. The process we use is:

- Assess:** Complete and submit Health ScoreCard.
- Plan:** Develop a Health Improvement Plan with at least one objective.
- Implement:** We'll help through monthly assistance calls and "office hours", time dedicated to helping you implement your wellness plan.
- Evaluate:** Share challenges, opportunities and success. Celebrate your worksite's wellness!

Resources

- [CDC Health ScoreCard Video Tutorials](#) (access to YouTube required)
- [Download the Worksite Health ScoreCard](#)
- [Sodium Reduction Resources for Worksites](#)
- [Download the well@work Flyer](#)
- [CDC National Healthy Worksite Program](#)

For more information, please contact [Dasheema Jarrett](#) or call 304-356-4216.

Technology Requirements

- Phone
- E-mail
- Internet Access
- Microsoft Office

Health Promotion and Chronic Disease
350 Capitol Street, Room 514 - Charleston, WV 25301-3715
Ph: (304) 356-4193, Fax: (304) 558-1553

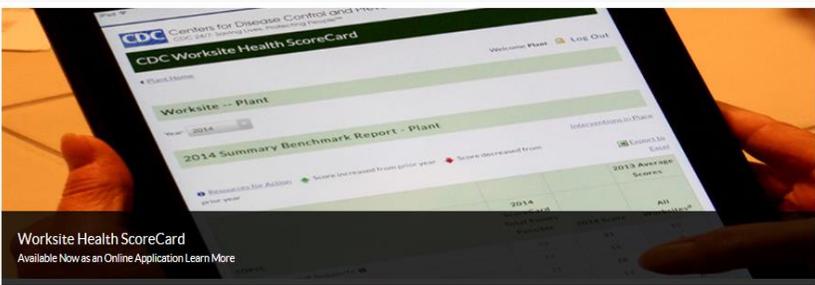
- CDC's Workplace Health Promotion Webpage
<http://www.cdc.gov/workplacehealthpromotion/index.html>

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

SEARCH

CDC A-Z INDEX

Workplace Health Promotion



Worksite Health ScoreCard
Available Now as an Online Application Learn More

f t +

On average, Americans working full-time spend more than one-third of their day, five days per week at the workplace. The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers. Learn more about workplace health promotion and how to design, implement, and evaluate effective workplace health programs.

Workplace Health Model



A comprehensive approach with interventions that address multiple risk factors and health conditions at the same time. The model recognizes that the interventions and strategies chosen influence each employee and the organization as a whole.

Work@Health Program



An employer-based training program to improve the health of participating employers and certified trainers, with an emphasis on reducing chronic disease and injury risk and improving worker productivity.

Worksite Health ScoreCard



A tool designed to help employers assess if they are implementing science-based health promotion interventions in their worksites to prevent heart disease, stroke, and related health conditions such as hypertension, diabetes, and obesity.

WORKPLACE HEALTH STRATEGIES

evidence-based programs, policies, and practices

DATA & SURVEILLANCE

facts, statistics, and the Workplace Health in America survey

RESEARCH

current CDC-supported research projects

How to get started: 5 Easy Steps(Checklist Handout)

- Recruit coworkers to be part of your employee wellness committee (if your committee is unestablished)**
- Review and share the HPCD's well@work HWI initiative webpage**
- Review online CDC Worksite HSC online video tutorials (approximately 40 minutes total)**
- Create an online account and complete CDC Worksite HSC**
- Schedule a follow-up meeting with Dasheema.Jarrett@wv.gov in December to complete Health Improvement Plan**

Completing your CDC Worksite HSC

October – November
2016

Step 1: Assess

Contact Us!

Thank you!

Dasheema Jarrett

304-356-4216

Dasheema.jarrett@wv.gov

December and November Monthly TA Hours

Division of Health Promotion and Chronic Disease

Bureau for Public Health

WV Department of Health and Human Resources

350 Capitol St. Room 514

Charleston, WV 25301



Be creative and make the process fun!!!