




Connecting Work to Wellness

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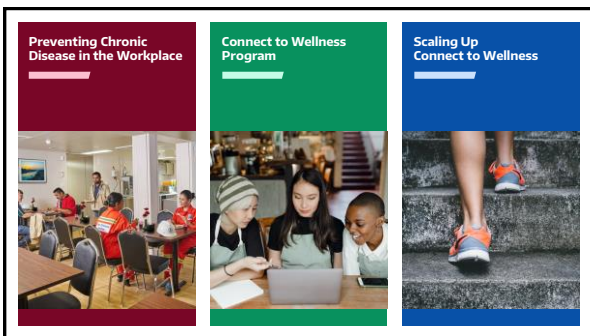
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FOR PUBLIC HEALTH PRACTICE

Question for the Viewers

1

Describe your level of experience with workplace wellness programs:

- A. Significant experience
- B. Some experience
- C. Not much experience
- D. No experience
- E. Other (type in box)



Preventing Chronic Disease in the Workplace

Connect to Wellness Program

Scaling Up Connect to Wellness



Preventing Chronic Disease in the Workplace

Why Workplace Wellness?

- Workplace wellness concerns most adults on most days
- Health behavior happens—or doesn't—while working
- Effective wellness strategies exist to help us:
 - Access preventive care
 - Eat better
 - Move more
 - Stop smoking

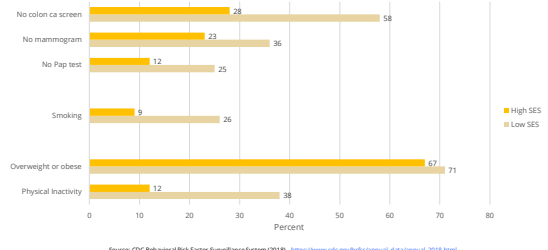


Why Small Worksites?

- Nearly **half** of all US employees work for small businesses
- Small businesses are underrepresented in the workplace wellness market
- Employees in small businesses are more at-risk for health disparities



Why Workplaces in Low-Wage Industries?





Connect to Wellness

Who is it for?

- Small worksites (20 - 250 employees)
- Low-wage industries, tested in rural and urban areas

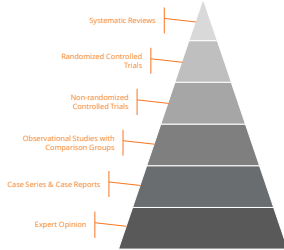
What behaviors does it address?

- Cancer screening, healthy eating, physical activity, tobacco use
- Emerging: stress reduction, infectious disease



Evidence-Based Wellness Interventions

- Connect to Wellness includes best practices recommended by the CDC Community Guide to Preventive Services
- Toolkits for best practices make these approaches more concrete, and easier to implement

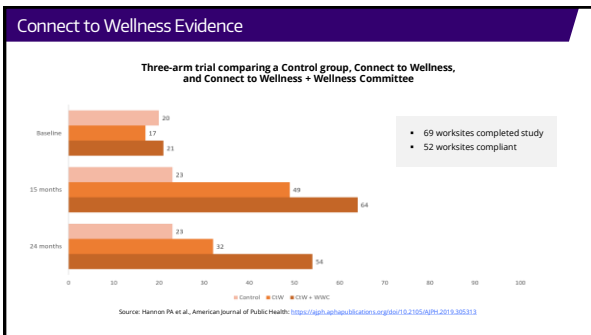


Connect to Wellness Best Practices

- ✓ Make healthy choices easier
- ✓ Offer information, programs, and tools
- ✓ Connect employees with free resources

Connect to Wellness Approach





Connect to Wellness and Local Health Departments

- ✓ LHDs reached 39 workites, 7,000+ employees
- ✓ Workites adopted new best practices
- ✓ Our team met TA requests and needs
- ✓ Training, TA, and materials were provided free

Question for the Viewers

In your work, which area of community wellness promotion is currently the highest priority?

- A. Forming or maintaining relationships with local businesses
- B. Helping businesses use evidence-based interventions
- C. Training staff to reach local businesses and deliver workplace wellness programs
- D. Getting access to expert technical assistance to support local businesses
- E. Other (please type in chat)



Scaling Up Participation

UW provides:

- Connect to Wellness materials
- Training webinars
- Monthly check-ins by phone
- Technical assistance by e-mail or phone

Health department provides:

- Staff time for training, intervention, delivery
- Data for worksites
- Data to support process evaluation



Benefits to Health Departments



- ✓ Building positive relationships with community businesses
- ✓ Flexibility – Connect to Wellness adds new tools as evidence and need emerges
 - **Examples:** Stress reduction, infectious disease
- ✓ New or enhanced skills for staff
- ✓ Program meets demand to use evidence-based interventions

Key Takeaways

- ✓ Small workplaces in low wage industries are a **key opportunity** for LHDs to address health equity
- ✓ Several **evidence-based interventions** are a good fit for workplace wellness
- ✓ Small workplaces have limited capacity - **most need tools** and technical assistance for these interventions
- ✓ Connect to Wellness **helps small workplaces** improve their wellness efforts and do evidence-based interventions
- ✓ Connect to Wellness is **scaling up training and supporting LHDs** to deliver services in local communities

A Chat with Wendy Krause



Peggy Hannon



Wendy Krause

QUESTIONS?



To ask a question, please click the  icon in the Zoom toolbar to open your Q&A Pod.

Resources

The Community Guide

Guide to Community Preventive Services
<https://www.thecommunityguide.org/>

Connect to Wellness

Health Promotion Research Center at the University of Washington
<https://depts.washington.edu/hprc/evidence-based-programs/connect-to-wellness/>

Health Promotion Research Center (HPRC)

Promoting the Use of Best Practices Workbook
<https://depts.washington.edu/hprc/wp-content/uploads/HPRC-Dissemination-Workbook.pdf>

Tri-Cities Cancer Center

Cancer Crushing Executives
<https://tccancer.org/cce/>
