



# Connecting Work to Wellness

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# Question for the Viewers

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*Describe your level of experience  
with workplace wellness programs:*

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

# Preventing Chronic Disease in the Workplace

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# Connect to Wellness Program


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# Scaling Up Connect to Wellness

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# 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

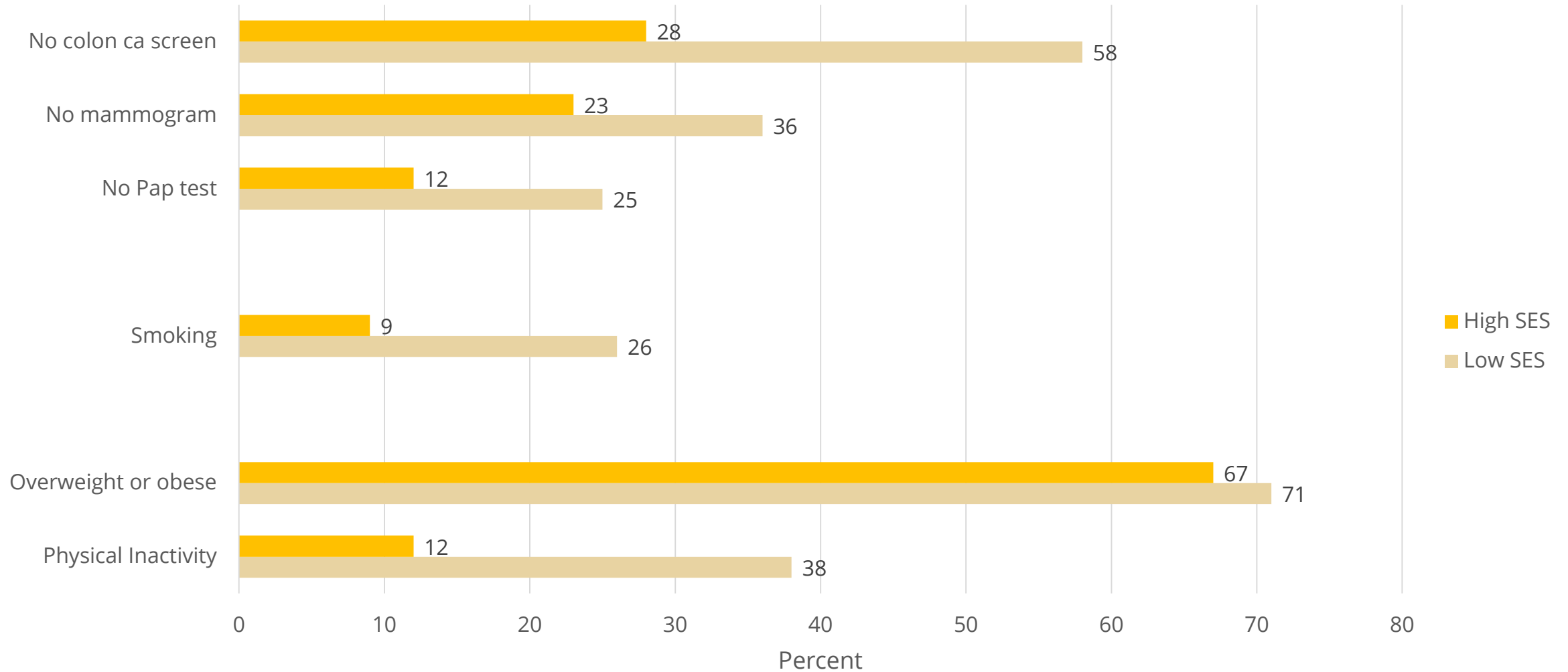


# Why Small Worksites?

- 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?



Source: CDC Behavioral Risk Factor Surveillance System (2018) - [https://www.cdc.gov/brfss/annual\\_data/annual\\_2018.html](https://www.cdc.gov/brfss/annual_data/annual_2018.html)

# Connect to Wellness Program

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## **Who is it for?**

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

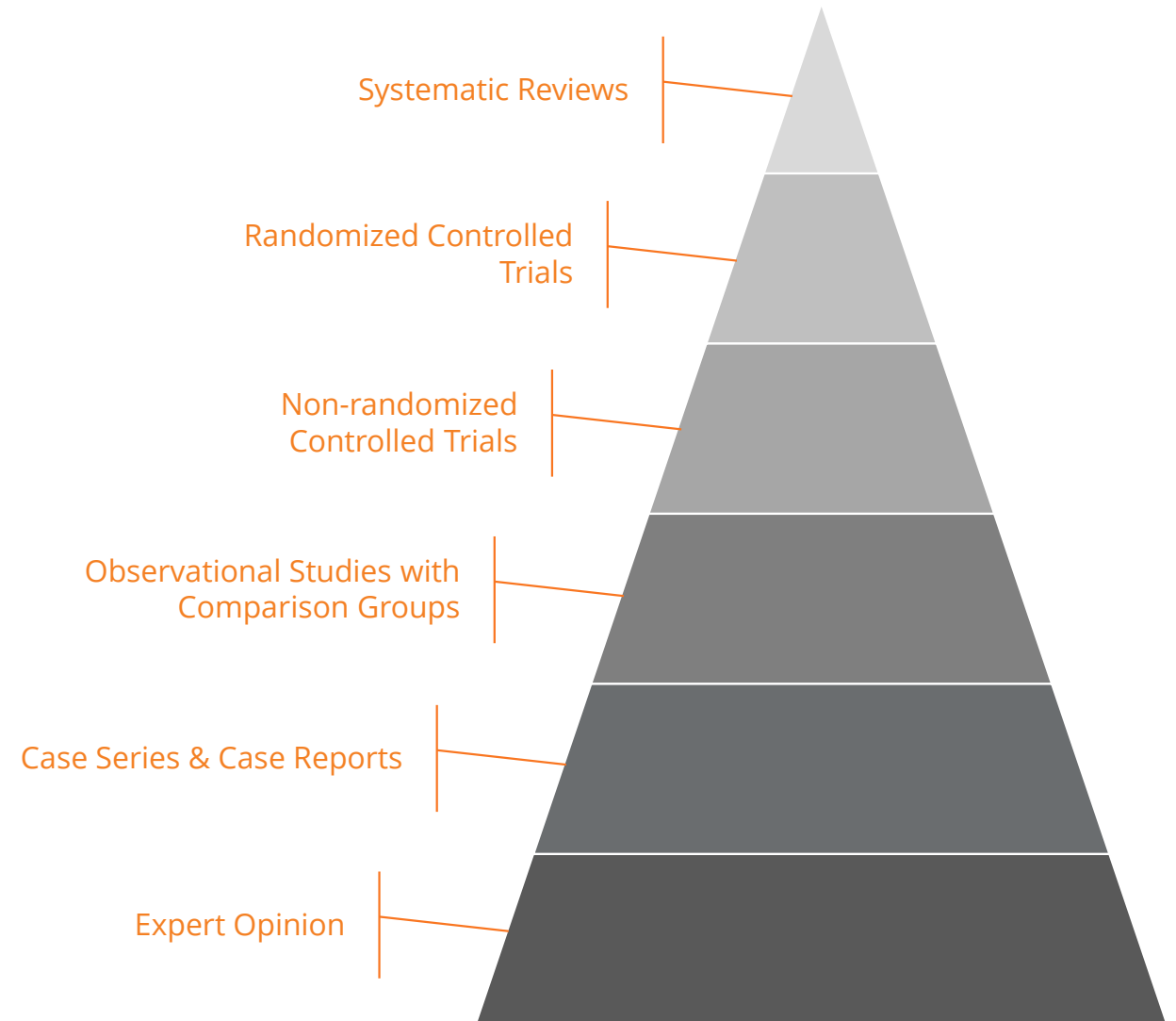
## **What behaviors does it address?**

- 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



## Recruitment

- ✓ Identify companies
- ✓ Determine eligibility
- ✓ Deliver pitch
- ✓ Enroll companies

## Assessment

- ✓ Begin dialogue about wellness
- ✓ Assess current wellness practices

## Recommendations

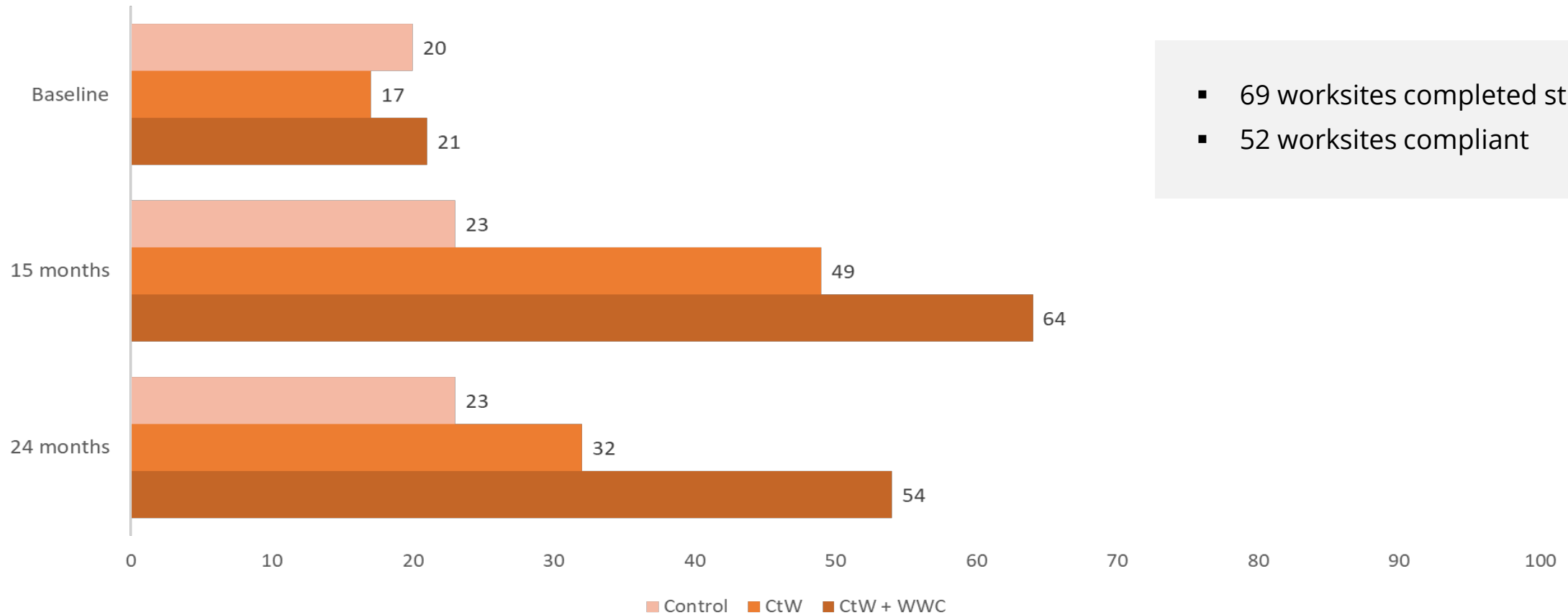
- ✓ Perform gap analysis
- ✓ Provide evidence-based solutions

## Implementation

- ✓ Provide toolkits to support recommendations
- ✓ Form wellness committees
- ✓ Implement policies, programs and communications

# Connect to Wellness Evidence

## Three-arm trial comparing a Control group, Connect to Wellness, and Connect to Wellness + Wellness Committee



Source: Hannon PA et al., American Journal of Public Health: <https://ajph.aphapublications.org/doi/10.2105/AJPH.2019.305313>

# Connect to Wellness and Local Health Departments

- ✓ LHDs reached 39 worksites, 7,000+ employees
- ✓ Worksites 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  
Connect to  
Wellness**

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# 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.

## **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/>