

WORKSITE WELLNESS COUNCIL OF MASSACHUSETTS

Healthy Workplaces



A RESOURCE GUIDE
FOR WORKSITE WELLNESS



MASSACHUSETTS
DEPARTMENT
OF PUBLIC HEALTH

worksite wellness
council
of massachusetts



Healthy Workplaces

A RESOURCE GUIDE FOR WORKSITE WELLNESS

Worksite Wellness Council of Massachusetts

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Why Worksite Wellness?

Worksite wellness programs encourage employees, families and communities to take charge of their health and make lasting change. Worksite wellness programs help organizations cultivate a culture of health and address healthcare expenses and utilization, absenteeism and presenteeism, and employee recruitment and retention. Wellness in the workplace allows organizations to give back to their employees while boosting morale.

The following volunteers and paid consultants contributed to the 2017-2018 WWCMA Resource Guide:

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About This Document

This document consists of links to various public resources. Some links are direct connections to PDF documents, indicated by the Adobe Acrobat icon: . Downloading may be slow based on the size of the document and your Internet connection.

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The Business Case for Worksite Wellness

Placing Worksite Wellness in Proper Context: Value Beyond Money

This essay published by the Center for Disease Control explains the value beyond money of worksite wellness programs.

www.cdc.gov/pcd/issues/2014/14_0128.htm

At a Glance 2015; Workplace Health Promotion

CDC brief about the current state of worksite wellness and the costs associated with poor health of employees.



www.cdc.gov/chronicdisease/resources/publications/aag/pdf/2015/aag-workplace-health.pdf

Top 5 Strategies to Enhance ROI

Maximize return on investment (ROI) with these strategies from the Wellness Council of America.



www.pphnh.org/images/contentPages/top_5_strategies.pdf

National Business Group on Health's Value of Investment in Employee Health, Productivity and Well-being Toolkit

This toolkit includes an introduction to value of investment and provides a step-by-step guide for building value into your wellness program evaluation plan.

www.businessgrouphealth.org/tools-resources/toolkits/value-of-investment/

CDC Foundation Healthy Workforce

This resource provides information on how the CDC is helping employers maximize worker health and safety while improving profitability and productivity.

www.cdcfoundation.org/businesspulse/healthy-workforce-infographic

The Boston College Center for Work and Family Partner Profile Series for Health and Well-being

This issue of the Partner Profile Series presents the perspectives, actions, and goals of three of our Corporate Partners who have developed innovative responses to the health needs and well-being of employees in their organizations.



www.bc.edu/content/dam/files/centers/cwf/research/publications/partnerprofilesseries/Partner%20Profile_Health%20and%20Well-being

Robert Wood Johnson Foundation

How Can Wellness Programs Save Employers Money While Making Employees Healthier and More Productive?

Issue brief on the benefits of worksite wellness programs, specifically how improving health can increase productivity in the workplace.

www.rwjf.org/content/dam/farm/reports/issue_briefs/2012/rwjf401183



Leadership Support and Supportive Organizational Culture

Partnership for Prevention

Leading by Example is a free resource to help business leaders improve employee health by implementing worksite health initiatives.

www.prevent.org/Initiatives/Leading-by-Example.aspx

Centers for Disease Control and Prevention

The CDC offers information on the role of wellness committees in providing leadership for worksite health promotion programs.

www.cdc.gov/nccdphp/dnpao/hwi/programdesign/wellness_committees.htm

North Carolina Department of Public Health

The Committee Workbook is a comprehensive guide to organizing and implementing wellness programs within workplaces.

www.eatsmartmovemorenc.com/NCHealthSmartTikt/CommitteeWrkBk.html



Research and Discovery/Needs Assessment

Centers for Disease Control and Prevention

This resource includes activities that assess employee needs and interests in order to assist planning worksite health programs.

www.cdc.gov/workplacehealthpromotion/model/assessment/index.html

The Worksite Health ScoreCard is a tool designed to help employers assess and improve health promotion in their worksites.

www.cdc.gov/dhdsp/pubs/worksite_scorecard.htm

General information on the National Healthy Worksite Program, including resources, training components, and tools.

www.cdc.gov/nationalhealthyworksite/index.html

Health Enhancement Resource Organization (HERO)

The HERO Scorecard helps organizations improve wellness programs through learning Employee Health Management best practices. By completing the Scorecard, organizations can identify opportunities to improve their programs.

hero-health.org/scorecard/

Each year, the HERO Research Committee and other HERO members interested in research meet to discuss important research issues of the day, review research HERO has completed and has in progress, and advise on a potential research agenda for the coming year. It then becomes the responsibility of the HERO Research Advisory Group (RAG) to blend this advice with their own observations to create the research agenda for the coming year. The HERO Research Agenda details the 2017 research agenda based on this process. Here you can find abstracts on completed HERO research projects:

hero-health.org/research/hero-research-studies/

Wisconsin Department of Health Services

Wellness Assessment Checklist



www.dhs.wisconsin.gov/physical-activity/worksite/2010-appendix-b-checklist.pdf

Work as a Social Determinant of Health**Healthy People 2020**

This site provides an overview of the social determinants of health as well as resources to help you get started on addressing them.

www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health

Centers for Disease Control and Prevention: Social Determinants of Health (SDOH)

This website provides CDC resources for SDOH data, tools for action, programs, and policy.

www.cdc.gov/socialdeterminants/

This website provides a list of health equity and racial/ethnic disparities resources.

www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/overview/healthequity.htm/overview/healthequity.htm

Prevention Institute Healthy, Equity and the Bottom Line: Workplace Wellness and California Small Businesses

In this brief, *Health, Equity, and the Bottom Line: Workplace Wellness and California Small Businesses*, The Greenlining Institute and Prevention Institute explore the potential implementation of workplace wellness programs in California's small businesses, particularly those owned and operated by people of color, and provide recommendations for policy, research and outreach efforts.

www.preventioninstitute.org/sites/default/files/publications/PI%20GLI%20WWP%20Brief%202012_12.pdf

Program Design and Implementation

Partnership for Prevention

Information on policies for workplace health and resources for preventive services.

www.prevent.org/Topics.aspx?eaID=1&topicID=52

The Partnership to Fight Chronic Disease

Keeping America Healthy: A Catalog of Successful Programs

This catalog contains information from innovative programs that have been successful in improving workplace health.

www.fightchronicdisease.org/resources/promising-practices-0

Guide to Community Preventive Services

The Community Guide is a free resource to help implement health promotion programs to prevent disease.

www.thecommunityguide.org/

Centers for Disease Control and Prevention

Information on the Workplace Health Model, which describes how to design and implement workplace health programs through a comprehensive, systematic and coordinated approach.

www.cdc.gov/workplacehealthpromotion/model/index.html

NIOSH Essential Elements of Effective Workplace Programs and Policies for Improving Worker Health and Wellbeing

This resource document was developed by NIOSH in order to inform employers on how to establish wellness programs to improve employee health.

www.cdc.gov/niosh/twh/essentials.html

This search engine provides browsing capabilities through many of the CDC's best resources related to planning, implementing and evaluating health programs.

nccd.cdc.gov/DCH_CHORC/

Massachusetts Department of Public Health: Worksite Health Improvement Survey

Creating a Culture of Health Report: Organizational Approaches to Protecting and Promoting Employee Health



www.mass.gov/eohhs/docs/dph/mass-in-motion/worksite-survey-report.pdf

The Substance Abuse and Mental Health Services Administration

Searchable online database of evidence based programs for health promotion, substance abuse prevention and treatment.

www.samhsa.gov/

The Cochrane Library

A database of reviews on primary research in health care and health policy.

www.cochranelibrary.com/home/topic-and-review-group-list.html?page=topic

American Journal of Health Promotion

A selection of articles relating to health and wellness, as well as evaluations of various health promotion interventions and strategies.

www.healthpromotionjournal.com/

Washington State Department of Health

Information on the benefits of implementing wellness programs at worksites, as well as a factsheet providing information on creating healthy work environments.

www.doh.wa.gov/DataandStatisticalReports/HealthBehaviors/HealthyCommunityEnvironments/HealthyWorksiteEnvironments.aspx

The CPH-NEW Healthy Workplace Participatory Program online toolkit

This site provides step-by-step instructions, training tutorials, and implementation tools for implementing a Total Worker Health™ participatory approach to workplace health, safety, and wellness.

www.uml.edu/Research/CPH-NEW/Healthy-Work-Participatory-Program/default.aspx

The NCCDPHP Workplace Health Promotion Toolkit Planning/Workplace Governance Module

This site describes a number of organizational strategies that provide the infrastructure to ensure program objectives are achieved, employee health risks are appropriately managed, and the company's resources are used responsibly. It includes information on leadership support, wellness council or committees, health improvement action plans, dedicated resources, communications, and data.

www.cdc.gov/workplacehealthpromotion/planning/index.html



Benefit Plan Design

Employee Benefit Research Institute

Health Plan Differences: Fully-Insured vs. Self-Insured.

Brief facts on different insurance plans, including risks, benefits and other characteristics helpful to know when choosing a plan.

 www.ebri.org/pdf/FFE114.11Feb09.Final.pdf

Health Affairs

This volume of articles provides analysis and discussion on improving health and health care, and to address such issues as cost, quality, and access.

www.healthaffairs.org/

Kaiser Family Foundation and Health Research and Educational Trust

Employer Health Benefits: 2016 Annual Survey

This survey provides detailed accounts of trends in employer-based insurance programs from 2016.

www.kff.org/health-costs/report/2016-employer-health-benefits-survey/

eValue8

eValue8™ was created by business coalitions and employers like US Bank, Ford Motor Company, General Motors and Marriott International to define, measure and evaluate health plan performance. They want evidence that that they are purchasing quality health care and demand administrative excellence and consumer satisfaction at cost-effective prices.

www.nationalalliancehealth.org/initiatives/initiatives-market-assessments/new-item2

Urban Institute

The Health Policy Center offers resources and information on the impact of health care reform in Massachusetts.

www.urban.org/health_policy/Massachusetts-and-Health-Reform.cfm

The Effects of Health Reform on Small Businesses and Their Workers This article describes the positive effect of health care reform on small businesses in Massachusetts.

www.urban.org/publications/412349.html

Work Life Balance

Work, Family and Health Network

This site is written for employers, researchers and working people. It provides information for employers, evidence on effective worksite interventions for workers and families, as well as family resources. The program is funded by NIH and the CDC.

projects.iq.harvard.edu/wfhn

Families and Work Institute

This site provides research findings on employer Work-Life practices and benefits, the changing workforce, family and community. It includes reports available for download, research and publications, and a newsroom section featuring a blog and press releases.

www.familiesandwork.org/

The Sloan Center on Aging and Work at Boston College Focus on Workplace Flexibility

This site provides information on flexibility in the workplace including work arrangements, time off and career flexibility.

workplaceflexibility.bc.edu/workFlex

Boston College Center for Work and Family

The Center for Work & Family maintains an active research agenda to act as a bridge between leading academic researchers and work-life practitioners. This dual focus requires the Center to not only conduct its own research, but also to keep informed of the most current research in the field from a wide variety of sources.

www.bc.edu/centers/cwf/research/work-life-research.html

The Boston College Center for Work and Family

The Boston College Center for Work & Family helps organizations create effective workplaces that support and develop healthy and productive employees.

www.bc.edu/centers/cwf/

Resources for Specific Wellness Program Intervention Topics

Arthritis

Centers for Disease Control and Prevention

General information on a partnership between the CDC and Arthritis Foundation working to implement recommendations to help reduce and prevent arthritis.

www.arthritis.org/advocate/our-policy-priorities/increase-funding-of-arthritis-prevention-at-the-centers-for-disease-control.php

National Arthritis Action Plan: A Public Health Strategy and the National Public Health Agenda for Osteoarthritis

www.cdc.gov/arthritis/osteoarthritis.htm

American Autoimmune Related Diseases Association (AARDA)

AARDA is the only national nonprofit health agency dedicated to bringing a national focus to autoimmunity, the major cause of serious chronic diseases.

www.aarda.org/

National Institute of Arthritis and Musculoskeletal and Skin Diseases

The National Institute of Arthritis and Musculoskeletal and Skin Diseases supports research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases.

www.niams.nih.gov/

Asthma

Centers for Disease Control and Prevention: National Institute of Occupational Safety and Health (NIOSH)

Information on asthma and allergies, as well as resources relating to asthma prevention in the workplace.

www.cdc.gov/niosh/topics/asthma/

Centers for Disease Control and Prevention General information from the CDC on asthma and access to comprehensive resources and programs.

www.cdc.gov/asthma/

Massachusetts Department of Public Health: Asthma Prevention & Control Program

A public health initiative aimed at reducing environmental risks for asthma.

www.mass.gov/dph/asthma

Massachusetts Department of Public Health: Occupational Health Surveillance Program

A public health program responsible for monitoring the burden of work-related lung disease in Massachusetts, including industries, occupations and exposures associated with asthma. This resource provides evidence based guidance for prevention.

www.mass.gov/dph/ohsp

Massachusetts Department of Public Health: Indoor Air Quality

The Massachusetts Indoor Air Quality Program requires air quality assessments in public buildings throughout the Commonwealth.

www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/exposure-topics/iaq/

United States Department of Labor: Occupational Safety & Health Administration (OSHA)

Policies on OSHA regulations for indoor air quality and further information on occupational asthma.

www.osha.gov/SLTC/occupationalasthma/

United States Environmental Protection Agency (EPA)

Indoor Air Quality requirements determined by the EPA and free access to a guide for ensuring high quality air in large commercial buildings.

www.epa.gov/iaq/largebldgs/index.html



Breastfeeding

United States Breastfeeding Committee

Resources for employers and employees on breastfeeding in the workplace.

www.usbreastfeeding.org/p/cm/ld/fid=106

Massachusetts Breastfeeding Coalition

Resources to ensure breastfeeding safety and availability within communities and the workplace.

massbfc.org/index.php

UNICEF: Baby Friendly UK

Resources for writing and evaluating a breastfeeding policy.

www.unicef.org.uk/babyfriendly/

Centers for Disease Control and Prevention

CDC's guide to supporting for Breastfeeding in the Workplace.



www.cdc.gov/breastfeeding/pdf/strategy5-support-breastfeeding_workplace.pdf

2014 Breastfeeding Report Card



www.cdc.gov/breastfeeding/pdf/2014breastfeedingreportcard.pdf

Vermont Department of Health – Agency of Human Services

Resources to promote the implementation of breastfeeding-friendly policies in the workplace.

www.healthvermont.gov/breastfeeding

Women's Health, an office of the U.S. Department of Health and Human Services

Supporting Nursing Moms at Work: Employer SolutionsWork

www.womenshealth.gov/breastfeeding/employer-solutions/index.html

U.S. Department of Health and Human Services

Pumping at work: Tips to support nursing moms.

www.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk

Business Case For Breastfeeding

www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case

Cancer

Centers for Disease Control and Prevention

The CDC provides a series of topics and information on cancer research and preventive efforts.

www.cdc.gov/cancer/

National Cancer Institute

General information and resources for research on cancer in the US.

www.cancer.gov/

American Cancer Society (ACS)

The ACS is a private, non-profit foundation that focuses on cancer awareness and research. Their website has a wide collection of information and resources on cancer.

www.cancer.org/

Association of Cancer Resources Online (ACOR)

ACOR is a unique collection of online cancer communities designed to provide timely and accurate information in a supportive environment.

www.acor.org/

The American Institute for Cancer Research

The American Institute for Cancer Research champions the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity to help people make informed lifestyle choices to reduce their cancer risk. Locate evidence-based tools and information including AICR's Recommendation for Cancer Prevention.

www.aicr.org

OncoLink

OncoLink was founded by the Abramson Cancer Center at the University of Pittsburgh with a mission to help cancer patients, families, health care professionals and the general public receive accurate cancer-related information at no charge.

www.oncolink.org/resources/

Massachusetts Department of Public Health: Cancer Registry

The Massachusetts Cancer Registry collects information on all newly diagnosed cases of cancer in the state. These data provide important information for monitoring the impact of environmental and occupational hazards. The data are also used when designing and evaluating cancer prevention and control programs.

www.mass.gov/dph/mcr

**Cardiovascular Disease**

Massachusetts Department of Public Health: Heart Disease and Stroke Prevention

A Massachusetts public health effort that targets heart disease and stroke prevention.

www.mass.gov/eohhs/provider/guidelines-resources/services-planning/diseases-conditions/heart-disease-stroke/

Centers for Disease Control and Prevention

Division of Heart Disease and Stroke Prevention offers resources, educational material and statistics on cardiovascular disease in the US.

www.cdc.gov/dhdsp

Toolkit for successful business strategies to prevent heart disease and stroke.

www.cdc.gov/dhdsp/pubs/employers_toolkit.htm

American Heart Association

Tools and resources for managing high blood pressure.

www.heart.org/HEARTORG/Conditions/HighBloodPressure/HighBloodPressureToolsResources/High-Blood-Pressure-Tools-Resources_UCM_002055_Article.jsp

Resources focusing on heart disease and stroke among African American populations.

www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/African-Americans-and-Heart-Disease-Stroke_UCM_444863_Article.jsp

Information on the dangers of high sodium intake and resources to help reduce salt in consumer diets.

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Salt-or-Sodium-Chloride_UCM_303290_Article.jsp

Cookbooks and health guides:

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Cookbooks-and-Health-Guides-from-American-Heart-Association_UCM_468182_SubHomePage.jsp

American Heart Association – High Cholesterol

This site will provide information about cholesterol including why cholesterol matters; understanding your risk for cholesterol; symptoms, diagnosis, and monitoring of cholesterol; prevention and treatment of cholesterol; and cholesterol tools and resources.

www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol_UCM_001089_SubHomePage.jsp

Massachusetts Department of Public Health: Stroke Heroes Act FAST

The Stroke Heroes Act F-A-S-T program is a Massachusetts campaign dedicated to informing the public about the signs and symptoms of a stroke to help save lives.

www.mass.gov/eohhs/gov/departments/dph/programs/community-health/heart-disease-stroke/stroke-heroes-act-fast.html

National Heart, Lung, and Blood Institute

This risk assessment calculator estimates 10-year risk of developing heart disease through data derived from ongoing cardiovascular disease research.

cvdrisk.nhlbi.nih.gov/calculator.asp

National Heart, Lung, and Blood Institute: Heart & Vascular Diseases

The National Heart, Lung, and Blood Institute has free downloadable posters, brochures, and other support materials available for heart and vascular diseases.

www.nhlbi.nih.gov/health/resources/heart#ami

National Institute of Neurological Disorders and Stroke: Stroke Information Toolkits and Posters

The National Institute of Neurological Disorders and Stroke has a Know Stroke Community Education Kit and support materials available in English and Spanish.

stroke.nih.gov

Centers for Disease Control and Prevention

The CDC offers several resources with general information on cholesterol, including fact sheets, guidelines and recommendations for lowering high LDL cholesterol levels.

Homepage:

www.cdc.gov/cholesterol/

Fact Sheet:

www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm

Education Materials:

www.cdc.gov/cholesterol/educational_materials.htm

Prevention and Management of High LDL Cholesterol:

www.cdc.gov/cholesterol/prevention.htm

Employee toolkit offering strategies to help prevent heart disease and stroke:

www.cdc.gov/dhdsp/pubs/employers_toolkit.htm

Guidelines for salt intake and information on risk factors for high blood pressure:

www.cdc.gov/salt/

Sodium Fact Sheet:



www.cdc.gov/salt/pdfs/Sodium_Fact_Sheet.pdf

Institute of Medicine (IOM)

A report from the IOM discussing population-based strategies to successfully implement interventions to reduce risk of hypertension through behavioral and lifestyle changes.

www.ncbi.nlm.nih.gov/books/NBK220087/

National Institutes of Health (NIH):

National Heart, Lung and Blood Institute

My Blood Pressure Wallet Card is a tool to help lower high blood pressure by promoting lifestyle changes and providing medication reminders.

www.nhlbi.nih.gov/health/public/heart/hbp/hbpwallet.htm

Your Guide to Lowering Your Blood Pressure with DASH

www.nhlbi.nih.gov/health/resources/heart/hbp-dash-index

US Food and Drug Administration

The FDA offers information for consumers on the health effects of salt and strategies to lower sodium intake.

www.fda.gov/ForConsumers/ConsumerUpdates/ucm181577.htm



Diabetes

Massachusetts Department of Public Health: Diabetes Prevention and Control

The Department of Public Health does population-based work around designing, implementing, and evaluating public health prevention and control strategies to reduce disability and death related to diabetes and its complications.

www.mass.gov/dph/diabetes

Centers for Disease Control and Prevention

The resource offers information on implementing control programs for Type 2 Diabetes once assessments and intervention planning have been complete.

www.cdc.gov/workplacehealthpromotion/health-strategies/diabetes/index.html

Several projects and programs relating to diabetes prevention and management, as well as effective statewide initiatives.

www.cdc.gov/diabetes/programs/index.html

The National Diabetes Prevention Program aims to establish local programs for populations at high risk for type-2 diabetes.

www.cdc.gov/diabetes/prevention/

National Diabetes Education Initiative

Online health care professionals community for professional diabetes education, clinically relevant information, and skillfully designed programs that address practice gaps in diabetes.

www.ndei.org/

US Department of Health and Human Services: National Diabetes Information Clearinghouse

Clearinghouse of resources, information and publications on diabetes and related conditions.

www.diabetes.niddk.nih.gov/

Diabetes at Work

Diabetes at Work is a collaborative effort of the National Diabetes Education Program (NDEP), National Business Group on Health, National Business Coalition on Health, and America's Health Insurance Plans. NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.

diabetesnpo.im.wustl.edu/index.html

Massachusetts Health Promotion Clearinghouse

Free access to diabetes factsheets, brochures and posters from the Massachusetts Clearinghouse.

www.maclearinghouse.com/category/DIAB.html

Diabetes Initiative Archive

The Diabetes Initiative Archive offers resources for self-management of diabetes. This national program was developed by the Robert Wood Johnson Foundation.

diabetesnpo.im.wustl.edu/index.html

Emory University Rollins School of Public Health

The Diabetes Training and Technical Assistance Center provides customized training, tool, and assistance for organizations to prevent and manage diabetes.

www.dttac.org/

Joslin Diabetes Center

Information for health care professionals on diabetes and diabetes-related complications.

www.joslin.org/

Diabetes Association, Inc.

A community-based initiative to prevent diabetes and provide information on disease management through awareness and education.

peopleinc-fr.org/programs/diabetes-association-inc/

Holyoke Health Center, Inc.

The Holyoke Health Center is a community health center dedicated to advancing adult diabetes self-management skills through targeted interventions. Provided are archived resources from 2002-2009.

diabetesnpo.im.wustl.edu/programs/DIHHC.html

American Diabetes Association

General information on diabetes prevention and management.

www.diabetes.org/

Recipes and information on maintaining healthy eating habits to manage and prevent diabetes.

www.diabetes.org/food-and-fitness/food/

National Diabetes Education Program

The National Partnership for Diabetes Education offers free resources for diabetes prevention and management, including information on community-based initiatives.

ndep.nih.gov/index.aspx

Specific strategies for implementing diabetes prevention programs in worksites.

ndep.nih.gov/hcp-businesses-and-schools/Businesses.aspx

National Diabetes Information Clearinghouse

Information and resources related to the Diabetes Prevention Program.

diabetes.niddk.nih.gov/dm/pubs/preventionprogram/



Ergonomics

National Institute for Occupational Safety and Health

This site provides information on ergonomics and musculoskeletal disorders in the workplace. It includes a list of ergonomics programs and interventions, evaluation of risk factors for lifting tasks, back injuries, keyboard and display terminal analysis, and the effects of vibration.

www.cdc.gov/niosh/topics/ergonomics/

Occupational Safety and Health Administration (OSHA)

OSHA provides materials on ergonomic outreach and assistance, including ergonomic e-Tools, cooperative programs, training and education, and industry-developed guidelines.

www.osha.gov/SLTC/ergonomics/

Specific information on improving computer station posture to improve health and productivity.

www.osha.gov/SLTC/etools/computerworkstations/index.html

Medical screening and surveillance information for workplaces, including specific OSHA standards and other resources.

www.osha.gov/SLTC/medicalsurveillance/

University of California Davis Medical Center

This site provides tools and information to help assist employers in completing basic ergonomic evaluations in the workplace.

www.ucdmc.ucdavis.edu/hr/hrdepts/work_comp/train_the_trainer.html

Information on the roles and responsibilities of managers, employees, and workers compensation analysts in ensuring safe worksites.

www.ucdmc.ucdavis.edu/hr/hrdepts/work_comp/roles_and_responsibilities.html

Columbia University

Ergonomic Self-Evaluation Tool to help monitor and assess symptom severity.

ehs.columbia.edu/ErgoEvaluateTool.html

Cornell University

Guides and information on computer workstation design to help prevent injury.

ergo.human.cornell.edu/cuergoguide.html

North Carolina State University

Guidelines and checklists for workstation equipment design.

drive.google.com/file/d/0B0zH_IZG0_wvazJGX1RQcWRYME0/view

University of California Santa Cruz

Workstation self-evaluation and guidelines for adjustments to prevent injury.



ehs.ucsc.edu/programs/ergo/documents/ergo-self-eval.pdf

Center for Disease Control and Prevention Workplace Health Promotion: Work-Related Musculoskeletal Disorders (WMSDs)

This site provides information and resources on preventing work-related musculoskeletal disorders.

www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/musculoskeletal-disorders.html

Institute for Work and Health: Musculoskeletal Disorders Tool Kit

This site provides toolkits for reducing musculoskeletal disorders in the workplace.

www.iwh.on.ca/msd-tool-kit

Financial Wellbeing

Financial Literacy and Education Commission

Mymoney.gov was created by the Financial Literacy and Education Commission to increase financial resources to all Americans. Find information about saving, investing, borrowing and earning your money. Information about protecting your assets and making life choices is also available.

www.mymoney.gov/Pages/default.aspx

U.S. Department of the Treasury

The President's Advisory Council on Financial Capability

www.treasury.gov/resource-center/financial-education/Pages/Advisory.aspx

Creating Financially Capable Communities: A Resource Guide



[www.treasury.gov/resource-center/financial-education/Documents/Local Guide-Creating Financially Capable Communities.pdf](http://www.treasury.gov/resource-center/financial-education/Documents/Local%20Guide-Creating%20Financially%20Capable%20Communities.pdf)

360 Financial Literacy

A volunteer effort provided by the American Institute of Certified Public Accountants to help Americans with their personal finances and manage their money.

www.360financialliteracy.org/

America Saves

Free financial tools, savings services, advice and resources that help Americans of all income levels. America Saves is campaign managed by the nonprofit Consumer Federation of America.

www.americasaves.org/learn-more-about-us/about-america-saves

National Foundation for Credit Counseling

The NFCC is a nonprofit organization that provides financial counseling and education for Americans. The NFCC provides advice and counseling about financial topics including housing, student loans, credit report reviews, credit/debt, reverse mortgage and bankruptcy.

www.nfcc.org/

Massachusetts Executive Office of Health and Human Services

The Massachusetts Executive Office of Health and Human Services offers a variety of financial assistance programs. From emergency shelter to tax assistance – help with basic needs are available.

www.mass.gov/eohhs/utility/catalog-of-services.html

Federal Trade Commission

To learn about credit scoring, dealing with debt, saving, and resolving consumer problems see the Federal Trade Commission's website, Facts for Consumers.

www.consumer.ftc.gov/articles/0152-credit-scores

The Personal Finance Employee Education Fund (PFEEF)

PFEEF's mission is to provide support to organizations and their employees as they take charge of their financial well-being. The Employee Survey and Personal Financial Wellness Scale™, the Quality Providers list, and additional PFEEF services enable employers to understand that employees who have their finances in order will be more productive. Organizations that empower their employees to take charge of their financial well-being show results that include improvement in workplace productivity, employee morale, and loyalty.

pfeef.org/resources/personal-finance-us/

**Health and Safety****Oregon Health and Science University**

This site provides materials on innovations in safety climate, free webinars on transforming safety climate, intervention paths for climate, and employee safety in healthcare.

www.ohsu.edu/xd/research/centers-institutes/oregon-institute-occupational-health-sciences/oregon-healthy-workforce-center/index.cfm

Harvard School of Public Health: Center for Work Health and Well-being

One of three NIOSH-funded Centers of Excellence with the goal of supporting and expanding multi-disciplinary research, training, and education pertaining to worksite health, safety, and health promotion.

centerforworkhealth.sph.harvard.edu/

Massachusetts Department of Public Health: Occupational Health Surveillance Program

A population-based public health program responsible for preventing workplace injuries and illnesses.

www.mass.gov/dph/ohsp

Environmental Protection Agency

This site provides information on environmental health and safety with specific sections dedicated to job-related concerns such as indoor air quality and pesticides.

www.epa.gov/

www.epa.gov/gateway/learn/health.html



Health Fair Resources

Centers for Disease Control and Prevention

Helpful steps to planning a successful health fair.

www.cdc.gov/women/healthfair/

Massachusetts Health Council, Inc.

The Health Fair Planning Guide from the MA Health Council includes information on how to start a health fair, suggestions for exhibitors, activities, themes, and additional resources.



c.ymcdn.com/sites/www.mahealthcouncil.org/resource/resmgr/Docs/2011-HealthFairGuide.pdf

American Heart Association

Materials to download and distribute at health fairs.

www.heart.org/HEARTORG/Affiliate/Founders-Health-Fair-Toolkit_UCM_427727_Article.jsp

Typical Health Fair Vendors and Topics:

Farmers Markets

www.mass.gov/agr/massgrown/farmers_markets.htm

Local Health Clubs and Gyms

health-clubs-and-gyms.regionaldirectory.us/massachusetts.htm

Smoking Cessation Programs

www.mass.gov/eohhs/gov/departments/dph/programs/mtcp/

makesmokinghistory.org/quit-now/

Other Topics:

Stress-reduction Services (Spas, Yoga Studios)

Healthy Cooking Programs and Demonstrations

Arthritis Education

Back Health

CPR and First Aid

Dental Care

Disability Awareness

Hand-washing and Hygiene

Poison Prevention

Sun-care and Skin Cancer Awareness

Tobacco and Drug Use Prevention

Second-hand Smoke Prevention

Breast and Prostate Health

Fire Safety

Prenatal Care

Women's Health

Financial Health

Biometric Screenings

Flu Clinics



Mental Health and Stress

Screening for Mental Health

The WorkplaceResponse program encourages mental health awareness and screenings within Massachusetts-based businesses.

www.mentalhealthscreening.org/programs/workplace/

Families for Depression Awareness

This national nonprofit organization helps families recognize and cope with depressive disorders.

www.familyaware.org/

Substance Abuse and Mental Health Services Administration (SAMHSA)

Workplaces That Thrive: Resources for Creating Mental Health Friendly Work Environments, A Mental Health Friendly Workplace booklet.

www.samhsa.gov/

Partnership for Workplace Mental Health

The Partnership for Workplace Mental Health is a program of the American Psychiatric Foundation, a subsidiary of the American Psychiatric Association. The Partnership works with businesses to ensure that employees and their families living with mental illness, including substance use disorders, receive effective care. It does so in recognition that employers purchase healthcare for millions of American workers and their families.

www.workplacementalhealth.org/

European Network for Mental Health Promotion

The European portal for mental health promotion includes a toolkit for promoting mental health and wellbeing at work.

www.Mentalhealthpromotion.net

International Labor Organization

Tips for improving stress in the workplace, including easy-to-apply checkpoints and guidance to help reduce stress.

www.ilo.org/global/publications/books/WCMS_168053/lang--en/index.htm

The Boston College Center for Work and Family

The Boston College Center for Work & Family helps organizations create effective workplaces that support and develop healthy and productive employees.

www.bc.edu/centers/cwf/

University of Massachusetts Medical School: Center for Mindfulness

The Center for Mindfulness offers information on resources and programs to reduce stress and promote mental health and wellbeing.

www.umassmed.edu/cfm/

Suicide Prevention Resource Center

SPRC encourages suicide prevention practitioners, health care professionals, policymakers, journalists, and others to use current data related to the suicide problem. In this section of our website you will find regularly updated data on the magnitude and patterns of suicidal behavior in the United States.

www.sprc.org

The Monday Campaigns

Destress Monday Campaign

www.destressmonday.org/

Mind and Life Institute

The Mind and Life Institute is a non-profit organization whose mission is to build a scientific understanding of the mind to promote personal growth and improve mental health.

www.mindandlife.org/

National Institute for Occupational Safety & Health: Stress...At Work

This publication highlights knowledge about the causes of stress at work and outlines steps that can be taken to prevent job stress.

www.cdc.gov/niosh/docs/99-101/

University of Massachusetts Lowell The Center for the Promotion of Health in the New England Workplace (CPH-NEW): Stress@Work

This website is designed to help employers and employee health program planners understand how to reduce workplace stressors.

www.uml.edu/Research/CPH-NEW/Worker/stress-at-work/default.aspx



Nutrition

Massachusetts Department of Public Health: Nutrition, Physical Activity and Obesity

This site contains basic health information, programs and initiatives from the MA DPH including: publications, resources, and facts and figures.

www.mass.gov/eohhs/consumer/wellness/

University of Massachusetts Center for Agriculture

Information and resource on food systems and nutrition through the Center for Agriculture at UMass Amherst.

ag.umass.edu/

John C. Stalker Institute of Food and Nutrition Framingham State University

The John C. Stalker Institute of Food and Nutrition (JSI) supports healthy students and schools in Massachusetts with The A-List, an up-to-date and ever-expanding list of vending and snack products that meet Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools.

johnstalkerinstitute.org/blog/jsi-resource-center/196-revision-v1/

Boston Public Health Commission (BPHC)

The BPHC's healthy eating initiative, Eat Your Fruits and Veggies, helps to influence healthy eating patterns among adults and children. This site also provides several resources to help increase fruit and vegetable intake.

www.bphc.org/whatwedo/healthy-eating-active-living/eat-your-fruits-and-veggies/Pages/Eat-Your-Fruits-and-Veggies.aspx

United States Department of Agriculture, Center for Nutrition Policy and Promotion

The USDA Center for Nutrition Policy and Promotion (CNPP) works to improve the health and well being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. This site includes the MyPlate Resources.

www.cnpp.usda.gov/

Massachusetts Dietetic Association

Massachusetts Dietetic Association represents nearly 2,000 registered dietitians in Massachusetts and helps to shape food choices among those living in Massachusetts.

www.eatrightma.org/

Center for Science in the Public Interest (CSPI)

CSPI is a nutrition and food safety advocacy organization. Their website houses Nutrition Action Health newsletter, information on food safety, Eating Green and other food policies.

www.cspinet.org/

American Heart Association

The Nutrition Resource Center developed by the American Heart Association provides helpful guides to healthy cooking, shopping and dining out.

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

American Cancer Society

This section of the American Cancer Society's website offers resources to learn more about eating healthy, staying active and maintaining a healthy weight.

www.cancer.org/healthy/eathealthygetactive/index

Massachusetts Department of Agriculture

Listing of restaurants that use farm-fresh ingredients.

www.mass.gov/agr/massgrown/culinary_tourism/farms_w_restaurants_cafes.htm

The Nutrition Center

Local Massachusetts program to help instill healthy eating and sustainable cooking practices within communities.

www.thenutritioncenter.org/

Massachusetts Food Safety Partnership

Information, education and training resources about safe food handling practices.

www.mafoodsafetyeducation.info/

Local Harvest

A listing of local farmers markets and farm co-ops around the United States.

www.localharvest.org/

United States Department of Agriculture: Health and Human Services

General US Dep't of Health and Human Services Dietary Guidelines for Americans.

www.health.gov/DietaryGuidelines/

Michigan Department of Community Health

This tool is a nutrition environment assessment that determines healthy food availability in communities.

neat.mihealthtools.org/

University of Wisconsin School of Medicine and Public Health

Tips to make healthy choices at restaurants.

www.uwhealth.org/nutrition-diet/healthy-tips-for-eating-out/36881

Centers for Disease Control and Prevention

Nutrition data, resources and tools for your worksite wellness program.

www.cdc.gov/nutrition/index.html

Center for Disease Control and Prevention: Choosing Foods and Beverages for Healthy Meetings, Conferences and Events

This resource provides guidelines for selecting healthful foods and beverages for breaks or meals at workplace meetings, conferences, and events.

www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf

Worksite Wellness for Tompkins County, NY

Healthy food and catering policy templates.

www.tompkinscountyny.gov/wellness

New York State Department of Health

Resources to improve food options at worksites and develop healthy food policies.

www.health.ny.gov/prevention/worksite/learn_more.htm

Fit City SA

Health Meeting Resources

www.fitcitysa.com/at-work/healthy-meeting-resources/

State of Alaska Division of Environmental Health

Free, printable kitchen sanitation stickers for the workplace.

www.dec.alaska.gov/eh/fss/Food/stickers.htm#

Massachusetts Department of Public Health: Standards for Food Establishments

Massachusetts state policy and procedures for food and kitchen sanitation.



www.mass.gov/eohhs/docs/dph/regs/105cmr590.pdf

US Department of Health and Human Services

Free information and resources for food safety and sanitation.

www.foodsafety.gov/

Academy of Nutrition and Dietetics

Information on healthy eating and food safety.

www.eatright.org/

Health Care Without Harm

This website promotes increasing access to sustainable, local and healthy food choices within healthcare institutions.

noharm-uscanada.org/issues/us-canada/healthy-food-health-care

Alabama Department of Public Health

Information on healthy vending machine policies and toolkits to promote healthy food choices in the workplace.

www.adph.org/NUTRITION/index.asp?id=4929

County Health Rankings and Roadmaps

Information about taste testing fruits and vegetables to promote healthy eating.

www.countyhealthrankings.org/policies/taste-testing-fruits-vegetables

USDA's ChooseMyPlate

SuperTracker Worksite Wellness Toolkit



supertracker.usda.gov/Documents/SuperTracker%20Worksite%20Wellness%20Toolkit.pdf



Obesity

The State of Obesity: Better Policies for a Healthier America 2014

The State of Obesity: Better Policies for a Healthier America

A report on obesity and its impact on health care costs in the US.

healthyamericans.org/report/115/

Centers for Disease Control and Prevention

A free, web-based resource that offers interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs, as well as information on quantifying potential cost savings once interventions are implemented in workplaces.

www.cdc.gov/workplacehealthpromotion/

Detailed information on obesity prevention and control, including worker productivity, health care costs, and organizational change measures.

www.cdc.gov/workplacehealthpromotion/health-strategies/obesity/index.html

Centers for Disease Control and Prevention: Overweight and Obesity

This site provides a variety of information on overweight and obesity including obesity trends, economic consequences, state-based programs, recommended strategies and other resources for the health professional.

www.cdc.gov/obesity/index.html

Centers for Disease Control and Prevention: Healthy Weight

This site provides a variety of information on achieving and maintaining a healthy weight including important information on weight assessments, balancing calories, health effects of overweight and obesity and other resources.

www.cdc.gov/healthyweight/index.html

Massachusetts Department of Public Health: Nutrition, Physical Activity and Wellness

This site contains basic health information, programs and initiatives from the MA DPH, including publications, resources, facts and figures.

www.mass.gov/eohhs/provider/guidelines-resources/services-planning/family-health/perinatal-early-child-special-needs/child-care-health-and-safety/nutrition-physical-activity-and-wellness.html

Harvard School of Public Health

Recommendations for obesity prevention in the workplace and comprehensive resources relating to incentives, healthy nutrition practices and increasing physical activity.

www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/worksites/worksites-obesity-prevention-recommendations-complete-list/

County Health Rankings & Roadmaps

Information about worksite nutrition and physical activity programs that address obesity, including implementation examples and resources.

www.countyhealthrankings.org/policies/worksite-obesity-prevention-interventions

Physical Activity

Physical Activity Toolkits

Toolkits designed specifically for worksites to encourage physical activity, including checklists, step-by-step guides, budgets, and other tools that aid in program planning, design, and management.

www.cdc.gov/physicalactivity/worksite-pa/index.htm

Physical Activity Guidelines for Americans

Guidelines explaining the suggested types and amounts of physical activity that Americans should receive.

www.fitness.gov/be-active/physical-activity-guidelines-for-americans/

Active Living Every Day

An evidence-based program for increasing physical activity.

www.activeliving.info/

Walk Boston

Resources to make walking in Boston safer and easier.

www.walkboston.org

Centers for Disease Control and Prevention: StairWELL to Better Health

Tools designed to promote stairwell use in workplaces.

www.cdc.gov/physicalactivity/worksite-pa/toolkits/stairwell/index.htm

Centers for Disease Control and Prevention: Walkability Audit

Audit tool for assessing walkability in the workplace.

www.cdc.gov/physicalactivity/worksite-pa/toolkits/walkability/index.htm

National Institute of Diabetes and Digestive and Kidney Diseases

Tips and resources for promoting active lifestyles.

www.win.niddk.nih.gov/publications/tips.htm

United States Department of Agriculture

Information on physical activity from the USDA's MyPyramid program.

www.foodpyramid.com/myplate/physical-activity/

American College of Sports Medicine

Resources for safe and appropriate physical activity habits.

www.acsm.org

Centers for Disease Control and Prevention

Guidelines and information on physical activity for children and adults.

www.cdc.gov/physicalactivity/basics/index.htm

American Heart Association

The AHA Healthy For Good Initiative has tools to promote daily physical activity, good nutrition, fruits and veggies and overall wellbeing. This link goes to the tools for promoting physical activity:

healthyforgood.heart.org/Add-color

Workplace Walking Program Kit

www.heart.org/HEARTORG/HealthyLiving/WorkplaceHealth/EmployerResources/The-American-Heart-Associations-Workplace-Walking-Program-Kit_UCM_460433_Article.jsp#.WUqHRhPyvSw

Green Streets Initiative

A local Boston initiative to help promote walking or biking to work.

www.gogreenstreets.org

Alberta Centre for Active Living

Yoga and stretching videos for physical activity at work.

www.ualberta.ca/~active/workplace/trr/resources/active-tools.html

The Monday Campaigns

Move It Monday Campaign

www.mondaycampaigns.org/campaigns/move-it-monday/

Move It Monday tools and resources

www.mondaycampaigns.org/move-it-monday-resources/

Monday Mile

www.moveitmonday.org/mondaymile/

National Physical Activity Plan

This site provides information on the U.S. National Physical Activity Plan, a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. There is a section of the plan focused on business and industry.

www.physicalactivityplan.org/index.html#

Preventive Screenings

Centers for Disease Control and Prevention

Purchaser's Guide to Clinical Preventive Services: Moving Science into Coverage is a tool for employers to better understand how to implement comprehensive clinical preventive services within medical benefit plans.

www.cdc.gov/pcd/issues/2008/apr/07_0220.htm

United States Department of Health and Human Services: Agency for Healthcare Research and Quality

Research tool for publicly available clinical practice guidelines.

www.guideline.gov/

United States Preventative Services Task Force

Clinical research evaluations assessing preventive measures, screening tests, counseling, immunizations and preventive medications.

www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations

Love Your Colon

Information and resources for employers to implement colon cancer screenings in the workplace and improve employee health.

www.loveyourcolon.org/employers

Sleep

National Sleep Awareness Roundtable (NSART)

NSART is a national coalition of organizations aimed at reducing the public health impact of sleep deprivation through education, communication and collaboration.

www.nsart.org/

United States Department of Health and Human Services

HealthyPeople.gov is a government-sponsored initiative promoting healthy sleep to improve safety in the community and at work.

healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicId=38

Centers for Disease Control and Prevention

Information on the dangers of sleep deprivation on health, specifically due to long hours and shift work, as well as steps employers can take to reduce sleep deprivation among employees.

blogs.cdc.gov/niosh-science-blog/2012/03/08/sleep-and-work/

Harvard Medical School Division of Sleep Medicine

A variety of resources and information on sleep-related topics

<https://sleep.med.harvard.edu/>



Substance Abuse

George Washington University Medical Center

Alcohol treatment return on investment calculator for employers.

www.alcoholcostcalculator.org/roi/

Canadian Centre for Occupational Health and Safety

Information on how substance abuse affects the workplace and how policies can be implemented to address substance abuse.

www.ccohs.ca/oshanswers/psychosocial/substance.html

Substance Abuse and Mental Health Services Administration

Substance Abuse in the Workplace fact sheets.

www.samhsa.gov/prevention

Employer toolkit for creating a drug free workplace.

store.samhsa.gov/product/Making-Your-Workplace-Drug-Free/SMA07-4230



Tobacco

Massachusetts Department of Public Health: QuitWorks

QuitWorks is a free, evidence-based stop-smoking service developed by the MA DPH in collaboration with all major health plans in Massachusetts.

www.quitworks.org

Make Smoking History

This website offers smokers expert advice, and self-directed quitting tools, resources and information.

makesmokinghistory.org/

US Department of Health and Human Services: Smoke Free

Free resources for smokers to assist in quitting, including a step-by-step guide, access to experts and other tools.

www.smokefree.gov/

Centers for Disease Control and Prevention

Smoking and tobacco use information, including its impact on health, fact sheets, tobacco control programs, and related publications.

www.cdc.gov/tobacco/

Tobacco use interventions for your workplace.

www.cdc.gov/workplacehealthpromotion/health-strategies/tobacco-use/interventions/index.html

A series of factsheets providing statistics and further information on the impact of tobacco use in the US.

www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm

2014 Surgeon General's Report: The Health Consequences of Smoking—50 Years of Progress

www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm

Information on the dangers of smokeless tobacco.

www.cdc.gov/tobacco/basic_information/smokeless/index.htm

Information on the dangers of smokeless tobacco.

www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/

National Institutes of Health

The US National Library of Medicine offers a comprehensive list of resources and programs on tobacco use and cessation.

www.nlm.nih.gov/medlineplus/quittingsmoking.html

Tobacco Free Massachusetts

Tobacco Free Mass is a privately funded coalition that advocates for funding and policies that support tobacco prevention and reduction of the public's exposure to secondhand smoke.

www.tobaccofreemass.net/

Health Canada

Towards a Healthier Workplace: A Guidebook on Tobacco Control Policies

Access to a free guide for creating smoke-free workplaces through tobacco policies.

www.canada.ca/en/health-canada/services/health-concerns/reports-publications/tobacco/towards-healthier-workplace-guidebook-tobacco-control-policies.html

Professional Assisted Cessation Therapy

Employers Smoking Cessation Guide



tcyh.org/employers/downloads/employersguide-2nd-edition.pdf

North Dakota Department of Health

Make it Your Business: Insure a tobacco-free workforce Employer's Toolkit



[dhmh.maryland.gov/healthiest/Documents/North Dakota Department of Health- Employer's Toolkit for a Tobacco-Free Workplace.pdf](http://dhmh.maryland.gov/healthiest/Documents/North%20Dakota%20Department%20of%20Health-%20Employer's%20Toolkit%20for%20a%20Tobacco-Free%20Workplace.pdf)

American Cancer Society

Resources that initiate and guide smoking cessation.

www.cancer.org/healthy/stay-away-from-tobacco.html

American Heart Association

Information on the health benefits of smoking cessation and resources to begin the quitting process.

www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp

American Lung Association

Resources for employers to reduce smoking among employees through education and policy implementation.

www.lung.org/stop-smoking/workplace-wellness/

Become an Ex

Free online individual-based quitting program to encourage smoking cessation.

www.becomeanex.org/

SmokeFree.gov

Use the SmokeFree.gov calculator to find out how much money you can save by quitting smoking.

smokefree.gov/savings-future

The Monday Campaigns

Quit and Stay Quit Monday Campaign

www.iquitmonday.org/



Workplace Vaccinations

Centers for Disease Control and Prevention

Flu & Pneumonia Immunizations

The intervention descriptions on this page include the public health evidence-base for each intervention, details on designing interventions for adult immunization, and links to examples and resources.

www.cdc.gov/workplacehealthpromotion/health-strategies/flu-pneumonia/index.html

Recommendations from the Advisory Committee for Immunization Practices (ACIP) on vaccines.

www.cdc.gov/vaccines/hcp/acip-recs/index.html

Massachusetts Department of Public Health: Adult Occupational Immunizations

Recommended and required adult immunizations based on occupation.



www.mass.gov/eohhs/docs/dph/cdc/immunization/guidelines-adult.pdf

Southern Nevada Health District

Specific information on recommended adult immunization vaccinations.

www.southernnevadahealthdistrict.org/immunizations/adult-immunizations.php

New York State Department of Health

Important information on required vaccines and further information on specific immunizations.

www.health.ny.gov/prevention/immunization/

National Foundation for Infectious Diseases

Checklists for flu prevention in the workplace, as well as policies for mandatory work vaccinations.

www.nfid.org/about-vaccines/workplace

United States Department of Health and Human Services

Basic information on immunizations and resources on disease prevention.

www.vaccines.gov/



Incentives

United States Department of Labor

Detailed information on the proposed regulations for providing incentives for nondiscriminatory wellness programs in-group health insurance plans.



www.dol.gov/ebsa/pdf/workplacewellnessstudyfinal.pdf

Guidance for a Reasonably Designed, Employer-Sponsored Wellness Program Using Outcomes-Based Incentives

Consensus statement of Health Enhancement Research Organization, American College of Occupational and Environmental Medicine, American Cancer Society, American Diabetes Association and American Heart Association.

www.ncbi.nlm.nih.gov/pubmed/22796935

County Health Rankings & Roadmaps

Evidence of the effectiveness of financial rewards for health incentives, and examples of implementation.

www.countyhealthrankings.org/policies/financial-rewards-employee-healthy-behavior



Data and Evaluation Management

CDC Worksite Health Scorecard

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

The Worksite Health ScoreCard offers information on how to evaluate health promotion programs specifically at worksites.

www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html

A series of resources with information on evaluating health programs, specifically those relating to health communication campaigns.

www.cdc.gov/healthcommunication/research/index.html#eval

The Behavior Risk Factor Surveillance System is a comprehensive health survey that monitors and evaluates behavioral risks among adults that may be associated with disease development.

www.cdc.gov/brfss/

Wellness Council of America

Well Workplace Checklist can be used to assess and monitor progress of results-oriented wellness programs.

www.welcoa.org/well-workplace-checklist/

Bureau of Labor Statistics

Information and statistics on the working environment in the United States.

www.bls.gov/

The United States Census Bureau

Statistical Abstracts of the United States is a comprehensive summary of statistics and references from various federal agencies.

www.census.gov/library/publications/time-series/statistical_abstracts.html



General Wellness Resources in Massachusetts

Massachusetts Health Promotion Clearinghouse

The Clearinghouse provides free health promotion materials for Massachusetts residents, health care providers, and social service providers.

massclearinghouse.ehs.state.ma.us

Massachusetts Department of Public Health: Mass in Motion

The Mass in Motion Initiative promotes wellness through the prevention of overweight and obesity. Mass in Motion stresses the importance of creating conditions that encourage, nurture and promote wellness.

www.mass.gov/massinmotion/

Massachusetts Health Council

The Health Resource Guide is a comprehensive compilation of internet resources for disease management and control.

www.mahealthcouncil.org/?page=resourceguide

Massachusetts Department of Public Health: Working on Wellness

This toolkit is designed specifically for the Working on Wellness program, and provides an evidence-based approach to planning and implementing a worksite health promotion program. This site also includes case studies on organizations that participated in the DPH Working on Wellness capacity building program.

www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/work/wellness-program/



www.mass.gov/eohhs/docs/dph/mass-in-motion/worksite-wellness-toolkit.pdf

Worksite Wellness Council of Massachusetts

A non-profit organization dedicated to creating awareness and providing resources for businesses on the topic of worksite health promotion.

www.wwcma.org

University of Massachusetts Lowell

The Center for the Promotion of Health in the New England Workplace (CPH-NEW)

CPH-NEW is a Center of Excellence to evaluate multiple models for integrating health promotion with occupational health interventions, with a strong emphasis on musculoskeletal, cardiovascular, and mental health outcomes.

www.uml.edu/Research/centers/CPH-NEW/

Massachusetts Working on Wellness: The Healthy Workplaces Toolbox

The Healthy Workplaces Toolbox includes links to hundreds of handpicked resources and the search function helps you find what you need to plan your program.

mawow.org/resources



General Worksite Health Promotion

Centers for Disease Control and Prevention: Total Worker Health

This National Institute of Occupational Safety and Health (NIOSH) resource provides a strategy for integrating occupational safety with health promotion to prevent worker injury and illness, and to advance health and wellbeing.

www.cdc.gov/niosh/twh/totalhealth.html

This website offers a variety of educational materials and tools for occupational health and safety.

www.cdc.gov/niosh/

Centers for Disease Control and Prevention: National Healthy Workplace Project

This national project offers a variety of educational materials and tools to create healthy worksites.

Workplace Health Promotion:

www.cdc.gov/workplacehealthpromotion/

National Business Group on Health

A non-profit organization devoted exclusively to representing large employers' perspectives on national health policies and providing practical solutions to its members' most important health care problems.

www.businessgrouphealth.org/

World Health Organization (WHO)

The WHO's Healthy Workplaces program is a global initiative to help address work-related risks, promote healthy behaviors, and affect social determinants of health.

www.who.int/occupational_health/healthy_workplaces/en/index.html

Five Keys to Healthy Workplaces: No Business Wealth Without Workers' Health.

This fact sheet describes the benefits of employee health and provides key factors for improving health in the workplace.



www.who.int/occupational_health/5keys_healthy_workplaces.pdf

Healthy Workplaces: A Model for Action

This is a 32-page booklet for employers on what defines a healthy workplace, how to choose and implement appropriate programs, and the benefits worker health can bring to businesses.



www.who.int/occupational_health/publications/healthy_workplaces_model.pdf

European Network for Workplace Health Promotion

Healthy Employees in Healthy Organizations - The European Network for Workplace Health Promotion (ENWHP) promotes good practices in workplace health promotion and advocates the adoption of such practice in all European workplaces.

www.enwhp.org/

Wisconsin Department of Health Services

This Worksite Wellness Resource Kit provides proven strategies and programming for worksite wellness.

www.dhs.wisconsin.gov/physical-activity/worksites/kit.htm

Strategic Alliance for Healthy Food and Activity Environments

This resource provides strategies for improving general workplace health through nutrition and physical activity.

eatbettermovemore.org/sa/enact/members/strategiesshow.php?e=5&se=6&06068d70684ba7d38d0e9deae63ca44f

North Carolina Health and Wellness Trust Fund Commission

This handout provides general action steps for employers to promote health in the workplace.



www.nciom.org/wp-content/uploads/2010/10/Prev_ActionSteps_Employers1.pdf

California Department of Public Health – Workplace Health and Safety Resources

The Occupational Health Branch in the California Department of Public Health works to prevent injury and illness on the job before they happen. We identify and evaluate job hazards, provide information on new hazards, and work with our partners to develop safer ways to work.

www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/Pages/OHB.aspx

North Carolina Division of Public Health

The Work Well NC Toolkit provides information on building and implementing wellness programs in workplaces.

www.eatsmartmovemorenc.com/Worksites/Worksites.html

Toolkit:



www.eatsmartmovemorenc.com/Worksites/Toolkit/Texts/Toolkit_1-17-12.pdf

Workplace Wellness: Walk This Way

This resource outlines state and local policies that support physical activity and wellness in and around the workplace.

www.changelabsolutions.org/workplace-wellness

Centers for Disease Control and Prevention: Workplace Health Resource Center

The Workplace Health Resource Center helps small and large businesses alike find info on physical, mental, and financial health all in one place. The interactive website features robust search functions, vetted resources, workplace health case studies, assessment tools, step-by-step guides, visual aids, and more.

www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html

American Cancer Society

Resources employers can use to create a healthier workforce through implementing evidence-based health and wellness programs.

www.acsworkplacesolutions.com/index.asp

Rhode Island Department of Public Health

Information on how to create successful worksite wellness programs to promote health and wellbeing within small to medium businesses.

www.health.ri.gov/programs/detail.php?pgm_id=40

The Kentucky Cabinet for Health and Family Services

A comprehensive guide to initiating and maintaining a worksite wellness program in the workplace.



kychamber.com/sites/default/files/worksitewellness.pdf

South Carolina Department of Health and Environmental Control

Information and resources to help implement worksite wellness programs.



www.scdhec.gov/library/CR-009551.pdf

Occupational Safety and Health Administration

OSHA offers a series of resources for small businesses, including safety and health tools, publications, and easy-to-follow guides on health benefits.

www.osha.gov/dcsp/smallbusiness/index.html

American Heart Association

The American Heart Association's Workplace Health Playbook

playbook.heart.org/

County Health Rankings & Roadmaps

What you can do to assess the health of your county and worksite, and an overview of many policies and programs you could adopt.

www.countyhealthrankings.org/roadmaps/action-center/business

How County Health Rankings Can Improve Health

www.rwjf.org/en/library/features/county-health-rankings---roadmaps.html?cq_ck=1395234805076 - /
content/rwjf/en/library/features/county-health-rankings---roadmaps.html

Let's Go!

5-2-1-0 Challenge

Let's Go! is a childhood obesity prevention program that works in six settings, including the workplace, to help families across the nation. Let's Go! reinforces healthy eating and physical activity by reaching families where they live, learn, work and play. Let's Go! is a program of The Barbara Bush Children's Hospital at Maine Medical Center.

www.letsgo.org/toolkits/healthy-workplaces/

Health Links Colorado

Resource center for numerous workplace wellness topics.

www.healthlinkscolorado.org/resource-center

USDA's ChooseMyPlate

SuperTracker Worksite Wellness Toolkit



supertracker.usda.gov/Documents/SuperTracker%20Worksite%20Wellness%20Toolkit.pdf



Research Tools and Resources

National Institutes of Health

PubMed article search engine through the NIH National Center for Biotechnology Information.

www.pubmed.gov

Research engine for journals, databases, books, and other online resources through the NIH libraries.

nihlibrary.nih.gov/researchtools/Pages/default.aspx

Online article ordering system from the U.S. Library of Medicine.

www.nlm.nih.gov/loansomedoc/loansome_home.html

Science.gov Alliance

Searchable database of federal reports on scientific research and discovery.

www.science.gov/

United States Department of Labor: Bureau of Labor Statistics

Several resources and databases associated with workplace statistics.

stats.bls.gov/data/

United States Census Bureau

Public access to comprehensive reports on population statistics, including health status and employment in the United States.

www.census.gov/



Training, Education and Certification

National Wellness Institute

The National Wellness Institute is devoted to promoting health and wellbeing through training and education. This site offers information on wellness certifications, as well as resources and publications.

www.nationalwellness.org/

Chapman Institute

An organization that trains and certifies wellness practitioners to implement wellness programs into various workplaces.

www.chapmaninstitute.net/

Worksite Wellness Council of America

This resource offers a variety of free tools on various worksite health promotion topics.

www.welcoa.org

Additional Resources

The following books are additional resources that many consider as industry standards. These resources are not endorsed by the DPH or WWCMA and may require a purchasing fee.

General Health Promotion

Healthy Habits, Helpful Friends: How to Effectively Support Wellness Lifestyle Goals

Allen J., Burlington, VT: Human Resources Institutes, LLC; 2008.

Not Alone: Healthy Habits, Helpful Friends

Allen J., Burlington, VT: Human Resources Institutes, LLC; 2007.

Planning Wellness: Getting Off to a Good Start

Chapman L., Chapman Institute; 2007.

Winning Health Promotion Strategies

Ludovici-Connolly AM., Champaign, IL: Human Kinetics; 2010.

Planning, Implementing and Evaluating Health Promotion Programs

McKenzie JF, Neiger BL, Thackeray R., San Francisco, CA: Pearson/Benjamin Cummings; 2012.

Wellness Workbook: How to Achieve Enduring Health and Vitality

Travis JW, Ryan RS., New York, NY: Random House, Inc.; 2004.

Worksite Health Promotion

Wellness Leadership: Creating a Supportive Work Environment for Healthier and More Productive Employees

Allen J., Burlington, VT: Human Resources Institutes, LLC; 2008.

Preventing Workplace Substance Abuse: Beyond Drug Testing to Wellness

Bennett J, Lehman W., Washington, DC: American Psychological Association; 2003.

Worksite Health Promotion

Chenoweth D., Champaign, IL: Human Kinetics; 2011.

Next-Generation Wellness at Work

Overman S., Santa Barbara, CA: Greenwood Publishing Group; 2009.

Health and Work: Critical Perspectives

Daykin N, Doyal L., New York, NY: Macmillan Publishers, Inc.; 1999.

Global Perspectives in Workplace Health Promotion

Kirsten W, Karch RC., Sudbury, MA: Jones & Bartlett Learning, LLC; 2012.

Creating Healthy Organizations: How Vibrant Workplaces Inspire Employees to Achieve Sustainable Success

Lowe G., Toronto, ON, CA: Rotman/UTP Publishing; 2010.

Health Promotion in the Workplace (4th Edition)

O'Donnell MP., Albany, NY: Delmar; 2015.

ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies

Pronk N., Champaign, IL: Human Kinetics Publishers; 2009.

Behavior Change

Self-Efficacy in Changing Societies

Bandura A., Cambridge, UK: Cambridge University Press; 1995.

Self-Efficacy: The Exercise of Control

Bandura A., New York, NY: W. H. Freeman and Company; 1997.

Why We Do What We Do

Deci EL, Flaste R., New York, NY: Penguin Books; 1995.

Why & How People Change Health Behaviors

Leutzinger J, Harris J., 2005.

Motivating People to be Physically Active

Marcus B, Forsythe LH., Champaign, IL: Human Kinetics; 2003.

Motivational Interviewing: Preparing People for Change

Miller W, Rollnick S., New York, NY: Guilford Press; 2002.

Drive: The Surprising Truth About What Motivates

Pink DH., New York, NY: Penguin; 2011.

Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward

Prochaska JO, Norcross J, DiClemente C., New York, NY: Avon Books, Inc. 1994.

Incentives

Proof Positive. An Analysis of the Cost-Effectiveness of Worksite Wellness

Chapman L., Seattle, WA; Chapman Institute; 2008.

Using Wellness Incentives: Positive Tools for Healthy Lifestyles

Chapman L., Seattle, WA; Chapman Institute; 2008.

Zero Trends: Health as a Serious Economic Strategy

Edington DW., Ann Arbor, MI: Health Management Research Center; 2009.

Aligning Incentives, Information and Choice

Lynch W, Gardener H., Cheyenne, WY; Health as Human Capital Foundation; 2009.

The Wellness Revolution: How to Make a Fortune in the Next Trillion Dollar Industry

Pilzer PZ., Hoboken, NJ: John Wiley & Sons, Inc.; 2007.

Other Health Promotion Topics

Designing Health Messages: Approaches From Communication Theory and Public Health Practice

Maibach E, Louiselle Parrott R., Thousand Lakes, CA; 1995.

Employee Assistance Programs: Wellness/Enhancement Programming

Richard M, Emener W, Hutchison W., Springfield, IL: Charles C. Thomas Publisher, Ltd.; 2009.

Research and Discovery

The China Study: Starting Implications for Diet, Weight Loss and Long-term Health

Campbell TC, Campbell TM., Dallas, TX: BenBella Books, Inc; 2006.

Spark: The Revolutionary New Science of Exercise and the Brain

Ratey JJ., New York, NY: Hachette Book Group; 2008.

*The Spirit and Science of Holistic Health: More than Broccoli, Jogging, and Bottled Water
More Than Yoga, Herbs, and Meditation*

Robinson J, Carreir K., Bloomington, IN: AuthorHouse: 2004.

Conducting Needs Assessments: A Multidisciplinary Approach

Soriano FI., Thousand Lakes, CA: Sage Publications; 2013.

Family Health/Health at Home

A Family Guide to Wellness: Creating a Family Culture that Supports Healthy Lifestyles

Allen J., Burlington, VT: Human Resources Institutes, LLC; 2011.

Bringing Wellness Home: Embracing the Power of Supportive Environments in Your Household

Allen J., Burlington, VT: Human Resources Institutes, LLC; 2010.

*Kitchen Table Talks for Wellness: 15 Great Conversations about Creating a
Household Culture that Supports Healthy Lifestyles*

Allen J., Burlington, VT: Human Resources Institutes, LLC; 2011.

Evaluation

Program Evaluation: A Key to Wellness Program Survival

Chapman L., Chapman Institute; 2008.

Evaluating Worksite Health Promotion

Chenoweth D., Champaign, IL: Human Kinetics; 2002.

Health Psychology

Campbell J, Murphy L, Hurrell J. Stress and Well-Being at Work: Assessments and Interventions for Occupational Mental Health

Cooper C, Quick JC, Schabracq MJ., International Handbook of Work and Health Psychology. West Sussex, UK: John Wiley & Sons, Ltd.; 2009.

Contemporary Occupational Health Psychology: Global Perspectives on Research and Practice, Volume 2

Houdmont J, Leka S, Sinclair R., West Sussex, UK: John Wiley & Sons, Ltd.; 2012.

Occupational Health Psychology

Leka S, Houdmont J., West Sussex, UK: Blackwell Publishing; 2010.

The Science of Occupational Health: Stress, Psychology and the New World of Work

Lundberg U, Cooper C., West Sussex, UK: Blackwell Publishing; 2011.

A Primer in Positive Psychology

Peterson C., New York, NY: Oxford University Press, Inc.; 2006.

Handbook of Occupational Health Psychology

Quick JC, Tetrick LE., Washington, DC: American Psychological Association; 2011.

Seligman MEP. Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.

New York, NY: The Free Press; 2002.

Stress Management

Achieving the Mind-body-spirit Connection: A Stress Management Workbook

Seaward BL., Sudbury, MA: Jones and Bartlett Publishers; 2005.

Preventive Stress Management in Organizations

Wright T, Adkins JA, Nelson D, Quick JD., Washington, DC: American Psychological Association; 2012.