

## We Choose Health

Focus is directed at the prevention of chronic disease through a 16 county collaborative effort aimed at building healthier communities by assisting in the development of policy, systems, and environmental changes. Local health departments in the southern most region of Illinois are working together with Southern Illinois Healthcare and local healthy community coalitions to implement strategic efforts in their local communities that will benefit the region through:

- Increasing the number of parks, ball fields and other outdoor spaces that provide smoke free environments
- Increasing the availability of smoke-free multi-unit housing
- Supporting worksites in adopting and implementing wellness policies
- Expanding the number of schools utilizing coordinated school health programming
- Increasing local support of breast feeding

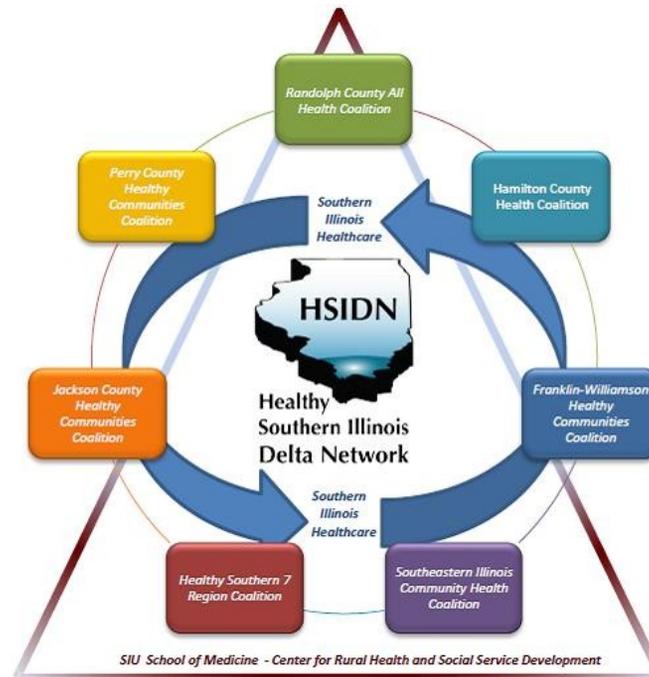


### Get Involved- Contact Your Local Representative:

Egyptian Health Dept.	618-272-4691
Franklin-Williamson Health Dept.	618-993-8111 ext. 223
Hamilton County Health Dept.	618-643-3522 ext. 114
Jackson County Health Dept.	618-684-3143 ext. 100 /134
Perry County Health Dept.	618-357-5371 ext. 119
Randolph County Health Dept.	618-443-2995 ext. 115
Southern Illinois Healthcare	618-457-5200 ext. 67847



[www.facebook.com/wechoosehealthsouthernmostillinois](http://www.facebook.com/wechoosehealthsouthernmostillinois)



TRANSFORMING SOUTHERN ILLINOIS INTO A REGION THAT SUPPORTS AND ENHANCES HEALTHY LIVING.

[www.hsidn.org](http://www.hsidn.org)

This project is part of the Illinois Department of Public Health's We Choose Health Initiative, which is made possible by funding from the Centers for Disease Control and Prevention

## WE CHOOSE HEALTH

Making our communities places where the healthy choice is the easy choice through policy, systems, and environment



Worksite  
Wellness  
Initiative

# Worksite Wellness

Focus is aimed at modifying the environment to make the healthy choice practical, available, and sustainable for the whole community. We Choose Health efforts are specifically directed toward:

- Creating policy changes within organizations and at the community level
- Creating systematic changes that impact all elements of an organization, institution, or system
- Creating environmental changes that impact the economic, social, and/or physical environment

Worksite Wellness is a broad term that refers to health promotion related initiatives in the workplace. These initiatives may include employer programs, policies, and activities that are aimed at improving the overall health and well-being of employees. Worksite Wellness initiatives vary by organization depending on size, infrastructure and resources. The average person spends at least 1/3 of their day and 1/3 of their meals at work making the worksite a great location to improve healthy choices.

We Choose Health will support local community groups in their pursuit of worksite wellness.



## Benefits of a Worksite Wellness Policy

- Reduces employee absenteeism
- Increases productivity
- Decreases healthcare costs
- Provides return on investments
- Boosts employee moral and enhances organizations image

## Benefits for the employees

- Decrease in out of pocket healthcare costs
- Improved overall health
- Improved sense of well being

## How To Get Started—5 Easy Steps To Worksite Wellness Program

1. Build a foundation of support (wellness team)
2. Assess the worksite
3. Develop a plan
4. Create and implement policies
5. Evaluate the policies

A representative from your local health department and Southern Illinois Healthcare will be happy to help you throughout the process.



## Low Cost Ideas for Worksite Wellness

- Participate in community walks
- Develop a walking path
- Promote stair climbing
- Provide bicycle racks
- Encourage physical activity breaks
- Implement healthy vending machine policy
- Implement healthy food meeting policy
- Encourage healthy recipe swap
- Have a bowl of fruit free for employees
- Encourage laughter to reduce stress in the workplace
- Take stress relief breaks
- Implement tobacco-free campus policy
- Provide on-site smoking cessation programs or promote Illinois Quitline
- Communicate health improvement tips through an email newsletter
- Partner with other organizations to sponsor a wellness event
- Conduct recognition activities for employees making efforts toward healthier lifestyles
- Create a health information bulletin board
- Have office water coolers available
- Insert health information in paychecks



1-866-QUIT-YES (866-784-8937)