Healthy Communities
Why Worksite Wellness?

Teresa Lovely CHES
Business Coordinator for Worksite Wellness

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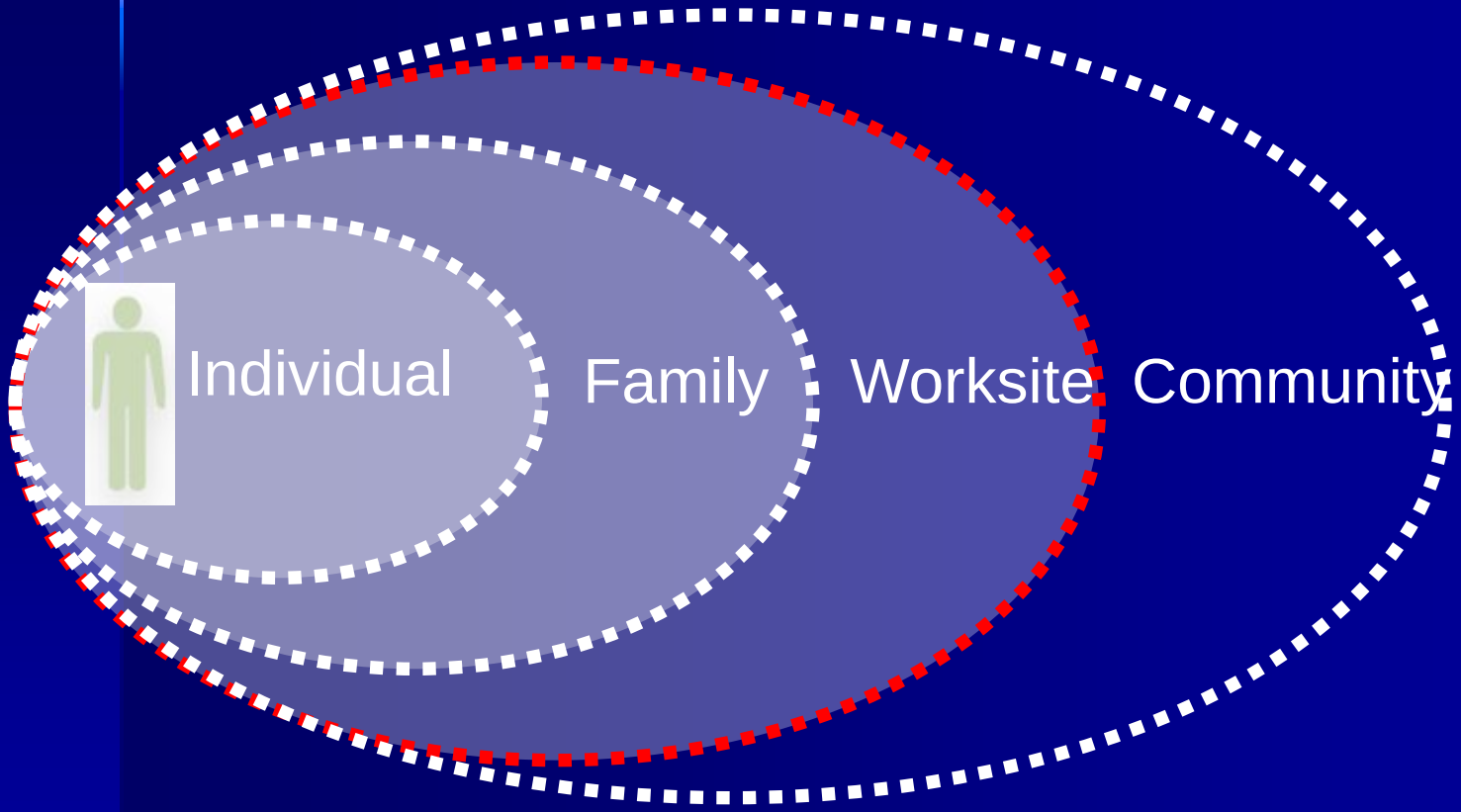
Individual
Family
Worksite
Community

Worksite Wellness
Business and Health

- Know the impact of poor health on absenteeism
- Understand more about health's impact on productivity
- Research to improve health and costs is strong
- Recognize the impact of employee health on health-related costs

At least 25% (some say 70%) of health care costs are potentially preventable through a healthier lifestyle and a **reduction in health risks**.

(Source: Anderson,D., Whitmer W. Goetzel, (2000) Sept/Oct., The Relationship Between Modifiable Health Risks and Group Levels of Health Care Expenditures. AJHP 15 (1) 45-52

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Kentucky

- Kentucky Worksite Wellness Initiative
- Reach and Partners
- Interest in worksite wellness

Reaching the Working Population

- High percentage of the population is in the workforce

- Most parents work
- Employees respond to workplace health programs

Reaching Families

Opportunities to be physically active

- Walking paths
- Support physical activity breaks
- Onsite shower or lockers
- Flex hours to be physically active

On-site cafeterias follow healthy cooking practices

Offer Healthy food choices

Label or highlight healthy foods

Tobacco Education, Programs, Policies

Pizza Hut

Domino's Pizza

BURGER KING

Wendy's
OLD FASHIONED
HAMBURGERS

TACO BELL

McDonald's

White Castle

Wienerschnitzel

Arby's

WHATABURGER

Carl's Jr.

A&W
All American Food

Dairy Queen

STARBUCKS
COFFEE

KFC

Quiznos Sub
MMMM...TOASTY!

Krispy Kreme
DOUGHNUTS

JACK IN THE BOX

PIZZA
PAPA JOHNS
Better Ingredients.
Better Pizza.

SUBWAY
eat fresh.

Quizno's
SUBS

24 HOUR
FITNESS

Courtesy of Corbis Corporation

Carrots
SPINACH
1.69 EA
1.99 LB

Reaching Adults

Reaching Families

Reaching Children

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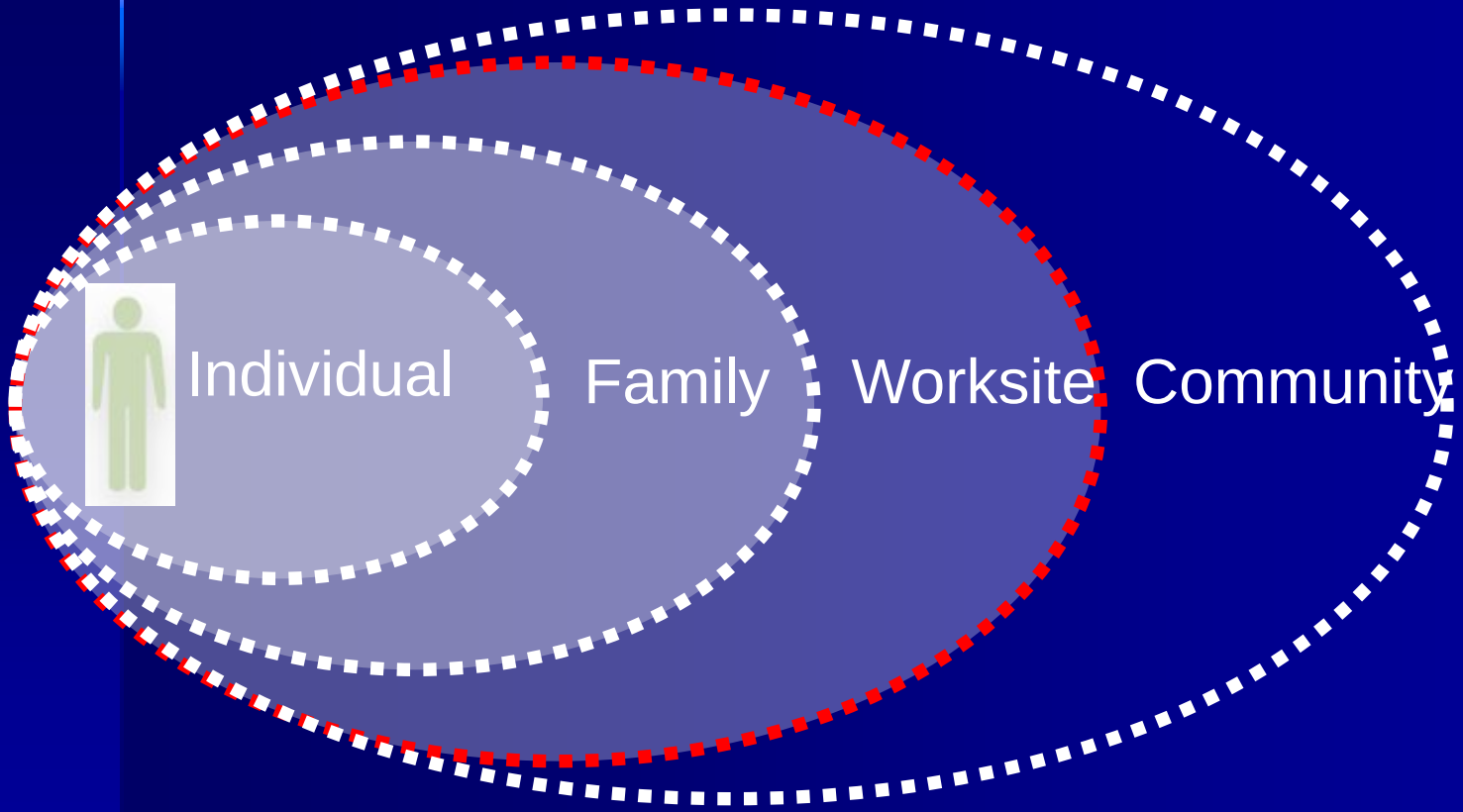
Questions????



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