Decreasing Cancer Risk through Worksite Wellness

District Health Department # 10
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Why target worksites?
• Recruitment of worksites
• Worksite agreement & assessments
• Consultation
• Formation of wellness committees
• Worksite education
• Worksite change
• Reassessment and evaluation
• Sustainability planning
4x4 Health and Wellness Plan

Four Healthy Behaviors
- Engage in regular exercise
- Maintain a healthy diet
- Get an annual physical exam
- Avoid all tobacco use and exposure

Four Healthy Measures
- BMI
- Blood Pressure
- Cholesterol
- Blood Glucose
• Chamber of Commerce
• Letters
• Phone calls
Recruitment in Real Time

- Face to Face Contact
- Personal Connections
Is the Business Ready?

I. Pre Contemplation
II. Contemplation
III. Preparation
IV. Action
V. Maintenance
Those new to worksite wellness: Pre Contemplation and Contemplation Stage

- Learning the benefits of Worksite Wellness
- Taking the DHEW assessment
- Worksite Wellness starts to get on the radar of Human Resources and Executive staff.
The “Old Pros” : Maintenance Stage

- Value in assessing their current programming
- Value in helping other worksites start programming
Preparation and Action Stage

- Ready for change
- Have had discussions about worksite wellness prior to grant
- See a need in their worksite
- See value in worksite wellness
- Human Resources AND Executive Levels show support of worksite wellness
• DHEW Assessment
  • www.mihealthtools.org/work
• Worksite Cancer Policy
• Employee Cancer Survey
<table>
<thead>
<tr>
<th></th>
<th>Individual</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast cancer</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Cervical cancer</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Are employees educated on what screenings are covered under their benefits package?
- Yes
- No
- We do not provide coverage for health screenings

Do employees have paid time off (i.e. sick leave) in order to visit the doctor to have regular cancer screenings?
- Yes
- No

Are incentives provided for employees to support cancer screenings?
- Yes
- No
Wellness Committees

- Key component of success
- Required of grant
Worksite Education

- On site education
- Quarterly education
Worksite Changes
Physical Activity
Smoking Cessation
Worksites will be re-assessed in late summer to evaluate progress on changes.

After results, consultation will be done with each worksite to do sustainability planning for worksite wellness in the future for each worksite.
In Conclusion...