



WorkWell NC is a resource developed and supported by the NC Division of Public Health that promotes and supports worksite wellness in communities across North Carolina. WorkWell NC provides a variety of no cost evidence-based online resources employers, wellness leaders and employees can use to establish, plan, implement and evaluate worksite wellness programs. Employers can use WorkWell NC to assess employee health needs, identify worksite and employee health resources and improve employee health and safety.

Obesity, Diabetes, Heart Disease and Stroke Prevention (ODHDSP) Project Worksite Wellness

APPROACH | The North Carolina Division of Public Health with funding from the Centers for Disease Control and Prevention (CDC)¹ is enrolling worksites across the state to use the CDC Worksite Health ScoreCard to help employers assess whether they have implemented evidence-based worksite wellness interventions or strategies in their worksites to prevent heart disease, stroke and related conditions such as hypertension, diabetes and obesity.²

- Focus efforts in five regions across the state (see gray area on map)
- Work with at least 10 worksites in the regions of focus each year from 2014–2018.
 - Provide comprehensive worksite wellness training.
 - Use the CDC Worksite Health ScoreCard.
 - Provide on-going technical assistance to all enrolled worksites.
- Establish the NC Division of Public Health Worksite Collaborative Referral Network.
- Create a new WorkWell NC Website with the most current evidence-based tools and best practices.
- Integrate worksite efforts with other community strategies so employees have opportunities to be healthy at their worksites and at other places in the community where they and their families spend time, such as healthcare facilities, neighborhoods, schools and faith communities.
- Link employees with community services through their primary care provider.

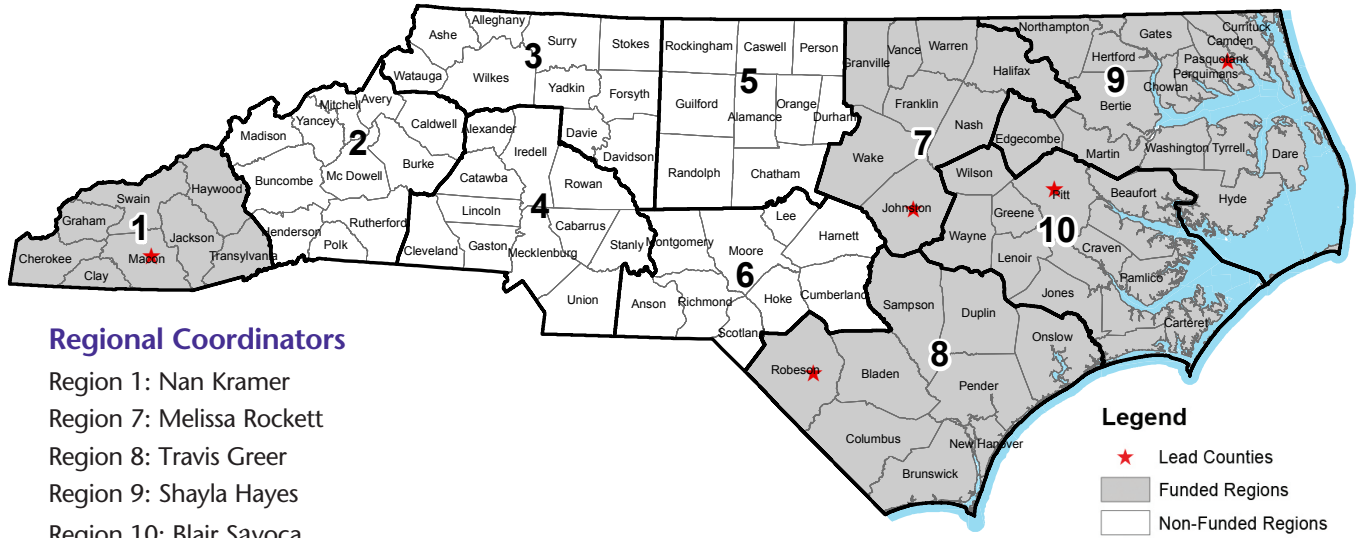
STAFFING | Staff support for WorkWell NC includes the following:

- A Worksite Wellness Coordinator, Dave Gardner, housed at the NC Division of Public Health, Community and Clinical Connections for Prevention and Health Branch.
- Regional coordinators housed in a local health department in each of the five targeted regions (see map on reverse side).

1. *State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease and Stroke—financed solely by Prevention and Public Health Funds*—CDC-RFA-DP14-1422PPHF14. Available at: www.cdc.gov/chronicdisease/about/statelocalpubhealthactions-prevcd/index.htm

2. Centers for Disease Control and Prevention. *The CDC Worksite Health ScoreCard: An Assessment Tool for Employers to Prevent Heart Disease, Stroke, and Related Health Conditions*. Atlanta: U.S. Department of Health and Human Services; 2014.

Obesity, Diabetes, Heart Disease, and Stroke Prevention (ODHDSP) Project



What North Carolina employers are saying about worksite wellness:

“As a company that manages on-site healthcare clinics we practice what we preach by making sure our employees can get up and move and always have healthy snacks available during the work day. It is up to us as employers to take care of our most valuable assets and that’s our employees.”

—Leah, President and CEO of A10 Clinical Solutions

“Healthy and happy employees drive savings right to the bottom line. It (worksite wellness) helps everybody. We do it because we care. Give it a shot, give it a try. It’s a great thing to do for you employees. Everyone wants to be healthier and happier.”

—Robert, President and CEO of RE Mason (REM)

“At first we had a little skepticism, as most do, but as we have progressed with wellness we have seen the effects we have had on blood pressure and diabetes and that the program has actually saved lives. Employers in our state should focus on wellness. It is what we need to be about.”

—Bill, CEO, Acme McCrary

“We have sixteen wellness programs offered in partnership with many community partners. Our employees are happier, turn-over is reduced and employees carry that into their family environments—better eating, better exercise—that spreads to the community. We have seen incredible things happen in the Asheville area as a result of our wellness program.”

—Ann, Senior Vice-President, The Biltmore Company



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Branch NORTH CAROLINA
 DIVISION OF PUBLIC HEALTH

This handout was produced by the Community and Clinical Connections for Prevention and Health Branch, Chronic Disease and Injury Section, Division of Public Health, NC Department of Health and Human Services. If you have any questions about information in this handout, please email contact@communityclinicalconnections.com. For more information on the Community and Clinical Connections for Prevention and Health Branch, please visit: www.communityclinicalconnections.com.