

Worksite Physical Activity

Best Practice:

Provide flexible work arrangements or break times for employees to engage in physical activity.

#1

Worksite Physical Activity

Best Practice:

Provide paid time off to attend health promotion programs or classes.

#2

Worksite Physical Activity

Best Practice:

Encourage non-motorized commutes (active transportation such as walk or bike).

#3

Worksite Physical Activity

Best Practice:

Enhance access to public transportation (bus stops or transit stations) within reasonable walking distances.

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Worksite Physical Activity

Best Practice:

Promote stairwell use (e.g., make stairs appealing, post signs to promote stair use for exercise).

#5

Worksite Physical Activity

Best Practice:

Implement or support sports teams, walking clubs, or events to encourage physical activity among employees.

#6

Worksite Physical Activity

Best Practice:

Provide safe area outside to walk or exercise (e.g., paths, trails or sidewalks, lighting).

#7

Worksite Physical Activity

Best Practice:

Designate a walking path on or near building property.

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Worksite Physical Activity

Best Practice:

Provide access to onsite fitness center, gymnasium, or physical activity classes.

#9

Worksite Physical Activity

Best Practice:

Provide a changing room or locker room with showers.

#10

Worksite Physical Activity

Best Practice:

Provide access to offsite facility or subsidized membership to local fitness facility.

#11

Worksite Physical Activity

Best Practice:

Provide bicycle parking for employees (e.g., bike racks, shelter).

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Worksite Physical Activity

Best Practice:

Implement activity breaks for meetings that are longer than one hour.

#13

Worksite Physical Activity

Best Practice:

Provide direct material support (e.g., money, land, a pavilion, donated advertising) for supporting community-wide physical activity opportunities (e.g., physical activity friendly facilities, recreation teams).

#14

Worksite Tobacco Use

Best Practice:

Provide insurance coverage for tobacco cessation products (e.g., pharmacological quitting aids).

#5

Worksite Tobacco Use

Best Practice:

Implement a referral system to help employees access community based cessation resources or services, such as quit lines (i.e., 1-800-QUIT-NOW).

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Worksite Nutrition

Best Practice:

Institute healthy food and beverage options at company-sponsored meetings or events.

#1

Worksite Nutrition

Best Practice:

Institute healthy food and beverage options in vending machines.

#2

Worksite Nutrition

Best Practice:

Institute healthy food and beverage options in cafeteria or onsite food venues.

#3

Worksite Nutrition

Best Practice:

Institute healthy food purchasing practices (e.g., to reduce the fat content of food offered) for cafeteria, onsite food venues and vending machines.

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Worksite Nutrition

Best Practice:

Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in cafeteria or onsite food venues.

#5

Worksite Nutrition

Best Practice:

Ban marketing or unhealthy food onsite, including through vending machines, posters, or other print materials.

#6

Worksite Nutrition

Best Practice:

Provide smaller portion size options in cafeteria or onsite food venues.

#7

Worksite Nutrition

Best Practice:

Provide water to drink (e.g., have bottled water, clean sources of tap water, or working water fountains).

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Worksite Nutrition

Best Practice:

Institute labels (e.g., low fat, light, heart healthy or no trans fat) at the worksite's cafeteria, snack bar, or onsite food service.

#9

Worksite Nutrition

Best Practice:

Encourage food vendors or cafeteria managers to provide affordable, healthy food options.

#10

Worksite Nutrition

Best Practice:

Provide refrigerator access for employees.

#11

Worksite Nutrition

Best Practice:

Provide microwave access for employees.

#12

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Worksite Nutrition

Best Practice:

Provide a sink with water faucet access for employees.

#13

Worksite Nutrition

Best Practice:

Provide direct material support (e.g., money, land, a pavilion, donated advertising) for community wide nutrition opportunities (e.g., farmers' markets or community garden initiatives).

#14

Worksite Nutrition

Best Practice:

Provide a comfortable, private space for employees to nurse or pump to support employees' ability to breastfeed at work.

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Worksite Tobacco Use

Best Practice:

Institute a tobacco free policy 24/7.

#1

Worksite Tobacco Use

Best Practice:

Ban tobacco vending machines onsite.

#2

Worksite Tobacco Use

Best Practice:

Provide access to smoking cessation resources or programs.

#3

Worksite Tobacco Use

Best Practice:

Provide insurance coverage for tobacco cessation services.

#4

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Worksite
Chronic Disease Management

Best Practice:

Provide access to an onsite occupational health nurse.

#1

Worksite
Chronic Disease Management

Best Practice:

Provide an onsite medical clinic to monitor and address chronic disease risk factors (e.g., high blood pressure, high cholesterol, blood glucose).

#2

Worksite
Chronic Disease Management

Best Practice:

Provide routine screening, follow-up counseling and education to employees to help prevent and control chronic disease risk factors (e.g., poor nutrition, physical inactivity, hypertension, elevated blood sugar levels, and tobacco use).

#3

Worksite
Chronic Disease Management

Best Practice:

Provide employee insurance coverage for preventive services and quality medical care.

#4

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Worksite
Chronic Disease Management

Best Practice:

Provide access to free or low cost employee health risk appraisals or health screenings.

#5

Worksite
Chronic Disease Management

Best Practice:

Provide access to chronic disease self-management programs (e.g., diabetes, obesity-such as Weight Watchers).

#6

Worksite
Chronic Disease Management

Best Practice:

Adopt curricula or training to raise awareness of the signs and symptoms of heart attacks and strokes.

#7

Worksite
Chronic Disease Management

Best Practice:

Adopt curricula or training to raise awareness of the importance of calling 911 immediately when someone is having a heart attack or stroke.

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Worksite

Chronic Disease Management

Best Practice:

Promote chronic disease prevention to employees (e.g., post signs reminding employees to get blood pressure checked, quit smoking, avoid secondhand smoke).

#9

Worksite

Chronic Disease Management

Best Practice:

Adopt and emergency response plan (e.g., appropriate equipment such as Automatic External Defibrillator (AED) or instructions for employee action).

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Worksite Leadership

Best Practice:

Have a wellness coordinator.

#1

Worksite Leadership

Best Practice:

Have a wellness committee.

#2

Worksite Leadership

Best Practice:

Have a health promotion budget.

#3

Worksite Leadership

Best Practice:

Have a mission statement (or a written policy statement).

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Worksite Leadership

Best Practice:

Adopt organizational or performance objective pertaining to employee health and well-being.

#5

Worksite Leadership

Best Practice:

Provide employees with a health insurance plan.

#6

Worksite Leadership

Best Practice:

Provide office-based incentives (e.g., discounted insurance premium or gift certificates) to employees participating in health assessments, initiatives, or support groups that promote chronic disease prevention measures (e.g., quit smoking, log miles walked, blood pressure or cholesterol screening).

#7

Worksite Leadership

Best Practice:

Reimburse employees for preventive health or wellness activities.

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Worksite Leadership

Best Practice:

Implement a needs assessment when planning a health promotion program.

#9

Worksite Leadership

Best Practice:

Evaluate company sponsored health promotion programs.

#10

Worksite Leadership

Best Practice:

Provide opportunities for employee feedback (e.g., employee interest, satisfaction, and adherence) about health promotion programs.

#11

Worksite Leadership

Best Practice:

Participate in community coalitions and partnerships to address chronic diseases and associated risk factors (e.g., obesity, diabetes, tobacco use).

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