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Worksite Wellness

Assessment Instruments

General Resources

PSE-Specific Resources

- Worksite Wellness
- Walking & Biking to Work
- Healthy Vending

Elements in this compendium may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives.

ASSESSMENT INSTRUMENTS

California Fit Business Kit – Check for Health Assessment Tool – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

The worksite program evaluation tool provides an overview of the work environment. The Check for Health Scorecard will identify some specific areas of wellness. The assessment helps you to see where you may want to focus your efforts.

<http://www.cdph.ca.gov/programs/NEOPB/Pages/WorksiteFitBusinessKit.aspx>

Healthier Worksite Initiative- CDC

Needs Assessment Tools, including Employee Input, Cost Calculators, and Environmental Audits.

<http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/needsassessment.htm>

SWAT Tool for Observing Worksite Environments (TOWE) – CDC

The Swift Worksite Assessment and Translation (SWAT) evaluation tool allows for rapid assessment of worksite health promotion programs. The method generates data sufficient to identify promising and innovative worksite health promotion strategies that may be useful to advance public health goals related to reducing adult obesity.

http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/swat/SWAT_observing_worksite_environment.pdf

GENERAL RESOURCES

List of General Workforce Health Promotion Toolkits- CDC

The Workforce Health Promotion Toolkits focus on complete program design and plans for health promotion programs in the workplace and may have checklists, step-by-step guides, budgets, and other tools. Fees may apply for some of these toolkits.

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/general.htm>

National Healthy Workplace Program- CDC

The National Healthy Worksite Program is designed to support employers in a science and practiced-based prevention and wellness strategies for measurable outcomes. The program provides training, implementation guides, assessment tools, success stories and other worksite program resources.

<http://www.cdc.gov/nationalhealthyworksite/index.html>

Steps to Wellness Guide – CDC

This Steps to Wellness is a toolkit that provides employers interested in creating or expanding their wellness programs with easy and understandable steps on how to increase the physical activity of employees in the workplace.

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/pa-toolkit.htm>

Worksite Wellness Toolkit – North Carolina Health Smart

A complete toolkit and resources to implement an integrated worksite strategy. The resources and tools are designed to utilize a multi-level approach to health promotion that affects individuals's decisions and abilities to practice positive behaviors or to make needed lifestyle changes.

<http://www.liveworkwellness.com/starting-a-wellness-program/how-to-start/articletype/articleview/articleid/217/north-carolina-health-smart--worksite-wellness-toolkit.aspx>

PSE: Worksite Wellness Program

California Fit Business Kit – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

A suite of tools and resources to help employers develop and implement a culture and environment at their workplaces that support healthy eating and physical activity among workers. This Kit contains thirteen individual components, all of which have been implemented by a diverse mix of businesses from across the state and have been designed to be easily implemented at any worksite. These tools can be used individually or as part of a comprehensive worksite wellness program.

<http://www.cdph.ca.gov/programs/NEOPB/Pages/WorksiteFitBusinessKit.aspx>

PSE: Walking & Biking to Work

Alliance for Biking and Walking

The Alliance for Biking & Walking creates, strengthens, and unites state and local bicycling and walking advocacy organizations. Tools are provided to help advocate and transform communities into places to bike and walk.

<http://www.peoplepoweredmovement.org/site/>

National Bike Month Organizer Kit – University of Washington

The organizer kit is a step-by-step guide to creating a successful National Bike Month event in your community, workplace, city or state city or state. This guide is useful for plan development, collaboration and coordination of a company or organization bike event.

http://www.biketoworkinfo.org/resources/pdf/2010_National_Bike_Month_Organizer_Kit.pdf

WALKSacramento

WalkSacramento is a nonprofit organization that works with transportation and land use planners, elected officials and community groups to create safe walkable environments for children, seniors, disabled and low income individuals. WalkSacramento organization provides resources and a complete streets toolkit.

<http://www.walksacramento.org/>

PSE: Healthy Vending

California Fit Business Kit - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

A suite of tools and resources to help employers develop and implement a culture and environment at their workplaces that support healthy eating and physical activity among workers. This Kit contains thirteen individual components, all of which have been implemented by a diverse mix of businesses from across the state and have been designed to be easily implemented at any worksite. These tools can be used individually or as part of a comprehensive worksite wellness program.

<http://www.cdph.ca.gov/programs/NEOPB/Pages/WorksiteFitBusinessKit.aspx>

Vending Assessment Tool – Iowa Department of Public Health

The Nutrition Environment Measures Survey-Vending tool was developed to evaluate the worksite vending machine environment. This survey builds on the nationally recognized Nutrition Environment Measurement Survey tool from University of Pennsylvania that measures the availability of healthy food and beverage choices in the grocery store, convenience store or restaurant.

<http://www.nems-v.com/>

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with partial funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net