

CEO COUNCIL

on HEALTH and INNOVATION

CEO Council on Health and Innovation Employer Resources Improving the Health and Wellness of Individuals As of July 28, 2014

Academy of Nutrition and Dietetics

Description: The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

Link: <http://www.eatright.org/Media/content.aspx?id=6442467510>

Tags: Nutrition and Weight Management

Advancing Health in Communities through Building Successful Partnerships with Business

Description: This webinar, featuring guest speaker Cara McNulty, Senior Group Manager-Prevention and Wellness at Target Corporation, and focuses on how local community health leaders can work with businesses to advance health improvement efforts in their communities.

Link: <http://www.countyhealthrankings.org/resources/advancing-health-communities-through-building-successful-partnerships-business>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Aging with Dignity (Advance Health Directive) Five Wishes Program

Description: Five Wishes helps employers provide employee eldercare support, which helps to reduce employee absenteeism and increase productivity. Many employers include Five Wishes as a low-cost benefit and also distribute it during annual "benefit fairs" and during open enrollment periods. Many also promote it in workplace informational displays, employee newsletters and e-mail messages.

Link: <http://www.agingwithdignity.org/about.php>

Tags: Condition Management

American Lung Association, Guide to Safe & Healthy Workplaces

Description: A guide to creating safe and healthy workplaces for employers.

Link: <http://www.lung.org/stop-smoking/workplace-wellness/guide-to-safe-healthy-workplaces.html>

Tags: Smoking Cessation

An Employer's Guide to Behavioral Health Services: A Roadmap and Recommendations for Evaluating, Designing, and Implementing Behavioral Health Services

Description: A roadmap and recommendations for evaluating, designing and implementing behavioral health services.

Link: <https://www.businessgrouphealth.org/pub/f3139c4c-2354-d714-512d-355c09ddcbc4>

Tags: Emotional Health

An Employers Guide to Workplace Emotional Wellness

Description: Business Group Health's Guide to creating emotional wellness in the workplace. Complete with toolkit.

Link: <https://www.businessgrouphealth.org/pub/f313401e-2354-d714-510f-3c4f8987d6cf>

Tags: Emotional Health

2013 IAWHP Global Symposium Best Practice Guidance Collaborative: Best Practices for Participation and Engagement

Description: Comprehensive outline of International Association of Work Health Promotion for best practices for employee participation and engagement in health and wellness programs.

Link: <http://www.acsm->

[iawhp.org/files/DOCUMENTLIBRARY/Best%20Practices%20for%20Participation%20and%20Engagement.pdf](http://www.acsm-iawhp.org/files/DOCUMENTLIBRARY/Best%20Practices%20for%20Participation%20and%20Engagement.pdf)

Tags: Employee Engagement

Cardiovascular Health: Action Steps for Employers

Description: This employer action guide published by Million Hearts and the CDC provides a selection of concrete action steps that employers can take at their worksites to help individuals improve cardiovascular health. The Million Hearts initiative brings together health systems, nonprofit organizations, communities, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

Link: http://millionhearts.hhs.gov/Docs/MH_Employer_Action_Guide.pdf

Tags: Employer Actions, Cardiovascular Disease, Tobacco Cessation, Nutrition and Weight Management, Physical Activity, Program Implementation

CDC Health Risk Appraisals

Description: Guide for Health Risk Appraisals on CDC's Healthy Worksite Initiative.

Link: http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/health_risk_appraisals.htm

Tags: Health Risk Assessment

CDC's National Healthy Worksite Program (NHW)

Description: The National Healthy Worksite Program is designed to assist employers in implementing science and practice-based prevention and wellness strategies that will lead to specific, measureable health outcomes to reduce chronic disease rates. The National Healthy Worksite Program seeks to promote good health through prevention, reduce chronic illness and disability, and improve productivity outcomes that contribute to employers' competitiveness.

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

Tags: Nutrition and Weight Management, Physical Fitness, Emotional Health, Smoking Cessation, Condition Management,

CDC's Obesity Cost Calculator

Description: CDC's Obesity Cost Calculator uses input data provided by human resources or benefits personnel to calculate an estimate of the costs to an organization that are obesity related.

Link: <http://www.cdc.gov/leanworks/costcalculator/index.html>

Tags: Physical Fitness, Nutrition and Weight Management

CDC's Work@Health

Description: Work@Health™ is an employer-based training program. The ultimate aim of the program is to improve the organizational health of participating employers and certified trainers, with an emphasis on strategies to reduce chronic disease and injury risk to employees and an eye to improving overall worker productivity.

Link: <http://www.cdc.gov/workathealth/>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

CEO Cancer Gold Standard

Description: The Gold Standard defines what CEOs can do to lower the risk of cancer, detect it early, and ensure access to high-quality care.

Link: <http://www.cancergoldstandard.org/>

Tags: Condition Management

ChangeLab Solutions' Opening Up Stairwells for Physical Activity

Description: Two-page flyer on stairwell liability, a fact sheet outlining the benefits and risks of opening up office stairwells, our legal memo on this issue, and the executive summary.

Link: <http://changelabsolutions.org/publications/opening-stairwells-physical-activity>

Tags: Physical Fitness, Nutrition and Weight Management

Choosing Wisely

Description: Toolkit for employers to use to educate their employees about the dangers and issues associated with the overuse of health care services.

Link: <http://www.nbch.org/choosing-wisely-employer-toolkit>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

COPD Foundation, Role of Employers: Smoking Cessation Case Studies

Description: A discussion on the role of employers in helping to educate employees and their families not only about the health impact of tobacco use but also about the programs and services that are available to aid tobacco cessation.

Link: <https://www.copdfoundation.org/pdfs/Final%20smoking%20cessation%20case%20studies.pdf>

Tags: Smoking Cessation

Corporate Health & Wellness Association

Description: Corporate Health and Wellness Association official publication. It covers all components of a healthy worksite and workforce.

Link: <http://www.corporatewellnessmagazine.com/>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Corporate Wellness Magazine

Description: General article from Corporate Wellness magazine for using technology for increased employee engagement in wellness programs.

Link: <http://www.corporatewellnessmagazine.com/issue-32/column-issue-32/five-tips-using-technology-for-increased/>

Tags: Employee Engagement

Department of Labor, Workplace Wellness Programs Study, RAND Health

Description: This Research Report was sponsored by the U.S. Department of Labor and the U.S. Department of Health and Human Services. It is based on a review of the scientific and trade literature, a national survey of employers with at least 50 employees in the public and private sectors, statistical analyses of health plan claims and wellness program data from several employers, and case studies of five employers with established wellness programs.

Link: <http://www.dol.gov/ebsa/pdf/workplacewellnessstudyfinal.pdf>

Tags: Employee Engagement

Diabetes at Work

Description: A comprehensive site for employers to 1) Develop a diabetes prevention or management program 2) Estimate the number of employees in your company with diabetes 3) Estimate the total cost of diabetes in your company 4) Choose or design a health plan for people with diabetes.

Link: www.diabetesatwork.org

Tags: Condition Management

Disease Management Resources for Employers, SHRM

Description: Comprehensive list of condition management resources for employers.

Link: <http://www.shrm.org/hrdisciplines/benefits/Articles/Pages/WellnessRC-DiseaseManagement.aspx>

Tags: Condition Management

Discount Fitness Club Network

Description: This toolkit provides guidance on identifying and establishing a relationship with a nationwide discount fitness club network (DFCN) for employees of multi-site organizations.

Link: <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/fitnessclub/index.htm>

Tags: Physical Fitness

ELCOSH, Quitting Tobacco - The Next Step: Employer's Toolbox for Building a Cessation Program

Description: A booklet for employers that discusses the reasons for having a smoking cessation program, and steps and advice on setting one up.

Link: http://www.elcosh.org/document/52/d000757/BUILT%253A%2BQuitting%2BTobacco%2B-%2BThe%2BNext%2BStep%253A%2BEmployer%2527s%2BToolbox%2Bfor%2BBuilding%2Ba%2BCessation%2BProgram.html?show_text=1

Tags: Smoking Cessation

Employer Guide for Compliance with the Mental Health Parity and Addiction Equity Act, Partnership for Workplace Mental Health

Description: This Guide was developed to provide a reference document for employers who provide MH/SUD benefits as part of their health plans, informing them of certain key

requirements of MHPAEA, the IFR, and other guidance provided in the industry and providing them with a reasonable approach to MHPAEA compliance.

Link: <http://www.workplacementalhealth.org/erguide>

Tags: Emotional Health

Employer Health Benefits, 2012 Annual Survey, Wellness Programs and Health Risk Assessments

Description: KFF 2012 Annual Survey on Wellness Programs and Health Risk Assessments.

Link: <http://kaiserfamilyfoundation.files.wordpress.com/2013/03/8345-employer-health-benefits-annual-survey-section-12-0912.pdf>

Tags: Health Risk Assessment

Employer Practices for Addressing Stress & Building Resiliency

Description: The research, a collaborative effort among several organizations, including the Partnership, asked leading employers what they perceive to be their greatest strengths in addressing workplace stress and resilience. The JOEM article provided theoretical rationales for the perceived strengths, and the new white paper expands on practical applications and ways that employers can take action. This information is offered as a timely tool for employers during the prolonged strains of economic recovery.

Link: <http://www.workplacementalhealth.org/Publications-Surveys/Study-Examines-Employer-Perceptions-of-Stress-and-Resilience-Intervention.aspx>

Tags: Emotional Health

Employers' Smoking Cessation Guide: Practical Approaches to a Costly Workplace Problem

Description: Developed as a tool to help employers – large and small – enact affordable, effective smoking cessation programs in their companies. This guide makes the “business case” for employer involvement in smoking cessation, highlighting the enormous direct and indirect costs—both in health care and lost productivity—of smoking.

Link: <http://www.tobacco-cessation.org/resources/tools.html#employers>

Tags: Smoking Cessation

Encouraging Health Risk Assessments? A Few Cautions

Description: SHRM article on health risk assessments in the workplace and key considerations for employers.

Link: <http://www.shrm.org/hrdisciplines/benefits/articles/pages/assessmentparticipation.aspx>

Tags: Condition Management

Guidance on Establishing Programs Designed to Help Employees Stop Using Tobacco

Description: Provides policy guidance on behalf of OPM regarding program recommendations for implementing successful workplace tobacco cessation programs.

Link: <http://www.opm.gov/policy-data-oversight/worklife/reference-materials/#url=Health-and-Wellness>

Tags: Smoking Cessation

Guide for Establishing a Federal Nursing Mother's Program

Description: OPM Guide to establishing a Federal nursing mother's program.

Link: <http://www.opm.gov/policy-data-oversight/worklife/reference-materials/#url=Health-and-Wellness>

Tags: Condition Management

Health and Wellness: Employee Health Services Handbook

Description: Employee Health Services Handbook developed the Office of Personnel Management with information on administering employee health programs, providing physical fitness programs and administering employee assistance programs.

Link: www.opm.gov/employment_and_benefits/worklife/officialdocuments/handbooksguides/EmployeeHandbook/index.asp

Tags: Nutrition and Weight Management, Emotional Health, Smoking Cessation, Condition Management, Physical Fitness

Health Literacy in the Workplace

Description: Access a myriad of resources to help build your health communication or social marketing campaigns and programs aimed at health and wellness goals for employees.

Link: <http://www.cdc.gov/healthmarketing/healthliteracy/>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Healthier Worksite Initiative

Description: This initiative by the CDC addresses workforce health promotion. Well-constructed and well-run programs can reduce costs to the employer and improve employee health and morale. This site features information, resources, and step-by-step toolkits designed to help employers improve the health of employees.

Link: <http://www.cdc.gov/nccdphp/dnpao/hwi/index.htm>

Tags: Program Implementation, Employer Actions, Prevention and Wellness

Healthy Weight Commitment Foundation

Description: The Healthy Weight Commitment Foundation (HWCF) promotes ways to help people achieve a healthy weight through energy balance—calories in and calories out. It focuses its efforts on two critical areas—families and schools.

Link: http://www.healthyweightcommit.org/about/reports_and_case_studies/

Tags: Nutrition and Weight Management

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small

Description: This Partnership for Prevention publication designed for employers presents a set of national health objectives, with 10-year targets. The goal is to help explain objectives to employers so they can work on helping the nation achieve these targets.

Link: http://www.acsworkplacesolutions.com/documents/Healthy_Workforce_2010.pdf

Tags: Smoking Cessation

Healthy workplaces: a model for action

Description: This guide by the World Health Organization is designed for employers, workers, policy makers and practitioners and focuses on developing a healthier workplace and healthier communities.

Link: http://www.who.int/occupational_health/publications/healthy_workplaces_model_action.pdf

Tags: Employer Actions, Program Implementation, Healthy Workplace

Helping a Pregnant Woman Quit Smoking: Community and Worksite Toolkit

Description: A toolkit for employers which contains materials that can help pregnant women quit smoking and explains the importance of support from the work place, community, friends, and family.

Link: <http://www.tobacco-cessation.org/resources/tools.html#employers>

Tags: Smoking Cessation

Helping Employees Quit Smoking, Global Smoke-free Partnership

Description: General guide offering assistance to employees who would like to stop smoking, highlighting the benefits for employers and employees alike.

Link: <http://www.globalsmokefreepartnership.org/ficheiro/111.pdf>

Tags: Smoking Cessation

How to Find the Right Workplace Wellness Vendor: A Toolkit for Organizations

Description: The toolkit takes the guesswork out of identifying, evaluating, and contracting with workplace wellness vendor's best suited to an employer's needs.

Link: <http://depts.washington.edu/hprc/workplace-wellness-toolkit>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Implementing a Tobacco-Free Campus Initiative in Your Workplace

Description: This toolkit provides guidance for implementing a tobacco-free campus (TFC) initiative that includes a policy and comprehensive cessation services for employees. It is based on the Centers for Disease Control and Prevention's (CDC) experience with implementing the U.S. Department of Health and Human Services (HHS) Tobacco-Free HHS initiative.

Link: <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/index.htm>

Tags: Smoking Cessation, Program Implementation

Keep the Beat

Description: The NHLBI Center for Employee Wellness is dedicated to the health and well-being of NHLBI employees. The website provides a variety of resources as well as physical and nutrition activities that employees can incorporate into their normal workday routines.

Link: <http://apps.nhlbi.nih.gov/keepthebeat/>

Tags: Emotional Health, Physical Fitness, Nutrition and Weight Management

Lactation Support Program

Description: The toolkit is designed to help employers set up a program for employees to be able to pump and store their breast milk at work, to take home to their infants at the end of the workday.

Link: <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/lactation/index.htm>

Tags: Condition Management

LEAN Works!

Description: CDC's LEAN Works! Leading Employees to Activity and Nutrition" is a web-based resource that offers interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs.

Link: <http://www.cdc.gov/leanworks>

Tags: Nutrition and Weight Management, Employer Actions, Program Implementation

Managing Stress: Employer Strategies & Interventions

Description: Provides the information necessary to help employers develop a comprehensive stress management strategy, from assessing the prevalence and causes of stress, to reducing common stressors and helping employee's better cope with stressful situations. Even for employers who may be unable to tackle stress head on, this toolkit will provide ideas for consideration and implementation.

Link: https://www.businessgrouphealth.org/toolkits/et_stress.cfm

Tags: Emotional Health

Make it Your Business: Insure a tobacco-free workforce Employer's Toolkit

Description: Developed by the Tobacco-free Coalition of Oregon, this employer's toolkit makes the case for providing cessation benefits or services to Oregon employees and provides tools to help promote them.

Link: http://www.tobaccofreeoregon.org/finaltool_kit_document.pdf

Tags: Smoking Cessation

Make the Move...2010-11 National Implementation of the U.S. Physical Activity Plan, National Coalition for Promoting Physical Activity

Description: 2010-11 National Implementation of the U.S. Physical Activity Plan on behalf of the National Coalition for Promoting Physical Activity.

Link: http://www.physicalactivityplan.org/resources/Overview_of_PA_Legislation_111th_Congress_11-1-10.pdf

Tags: Physical Fitness, Nutrition and Weight Management

March of Dimes® Healthy Babies, Healthy Business®

Description: Educational worksite wellness program that promotes a family-friendly work environment. Healthy Babies Healthy Business is easy to manage, implement and promote, and provides your company with a wealth of information to support your employees before, during and after their pregnancy.

Link: <http://www.marchofdimes.com/hbhb/>

Tags: Condition Management

Moving Science into Coverage: An Employer's Guide to Preventive Services

Description: This website created by the National Business Group on Health is an information source for employers on clinical preventive service benefit design and program implementation.

Link: <http://www.businessgrouphealth.org/preventive/background.cfm>

Tags: Program Implementation, Prevention

NCAHC, Employee Wellness Resource Center

Description: A comprehensive website for employee wellness on behalf of North Carolina Association for Healthy Communities.

Link: <http://www.ncahc.org/employer-wellness-resource-center.html>

Tags: Employee Wellness

Obesity Resources for Employers, SHRM

Description: Comprehensive list of weight management programs and articles on obesity for employers.

Link: <http://www.shrm.org/hrdisciplines/benefits/Articles/Pages/WellnessRC-Obesity.aspx>

Tags: Nutrition and Weight Management

Physical Activity Evaluation Handbook

Description: This handbook provides tools for businesses, state and local agencies, and community-based organizations that are evaluating physical activity programs. These tools will help users demonstrate program outcomes and continuously improve physical activity promotion programs.

Link: <http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>

Tags: Physical Fitness

Physical Activity: Re-evaluating the Business Case and Employer Strategies

Description: This toolkit, Physical Activity: Re-evaluating the Business Case and Employer Strategies, responds to these trends and highlights: the business case for continual emphasis on physical activity; new research showing that prolonged sitting is an independent risk factor for poor health; and a new, two-pronged approach to improving health through physical activity interventions based upon new and existing research with employer programs.

Link: https://www.businessgrouphealth.org/toolkits/et_physicalactivity.cfm

Tags: Physical Fitness

Policy recommendations on smoking cessation and treatment of tobacco dependence World Health Organization (WHO) 2003

Description: Policy recommendations for smoking cessation and treatment of tobacco dependence, World Health Organization.

Link: http://www.who.int/tobacco/resources/publications/en/intro_chapter3.pdf

Tags: Smoking Cessation

President's Council on Physical Fitness and Sports

Description: The President Council's mission is to engage, educate, and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition through public-private partnerships.

Link: <http://www.fitness.gov/>

Tags: Physical Fitness, Condition Management

Preventive Services: Helping Employers Expand Coverage

Description: Developed by the Partnership for Prevention, this guide provides employers with information on return-on-investment data, health research and various health plans. The goal is to give employers the information they need to provide quality health coverage at a reasonable cost.

Link: http://www.tobacco-cessation.org/PDFs/preventive_services-helping_employers_expand_coverage.pdf

Tags: Smoking Cessation

Promoting Healthy Weight through Healthy Dining at Work

Description: The Promoting Healthy Weight through Healthy Dining at Work Toolkit is designed to help employers provide a healthy food environment — and contribute significantly to increased productivity, employee morale and daily well-being.

Link: https://www.businessgrouphealth.org/toolkits/et_dining.cfm

Tags: Nutrition and Weight Management

Promoting Physical Activity at Work: A Guide for Employers

Description: This booklet is the second in a series of short guides aimed at promoting health in the workplace. It outlines to employers the benefits of promoting physical activity at work, how workplaces can be active places through simple activities and changes, what information and facilities can benefit employees.

Link: <http://www.publichealth.hscni.net/publications/promoting-physical-activity-work-guide-employers>

Tags: Physical Fitness

RWJF Commission to Build a Healthier America

Description: General information and articles on the relationship between employers and improving employee health.

Link: http://www.rwjf.org/en/about-rwjf/newsroom/features-and-articles/Commission.html?cid=xdr_coh_01

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Smart Benefits: Wellness Plans Weigh In On Obesity

Description: This article outlines two types of programs that employers are using to help target obesity and increase the health and productivity of their employees. The two types of programs are activity-based and outcome-based.

Link: <http://www.golocalworchester.com/business/smart-benefits-wellness-plans-weigh-in-on-obesity>

Tags: Obesity, outcome-based, Nutrition and Weight Management.

Smoking Cessation Resources for Employers, SHRM

Description: Comprehensive list of smoking cessation programs and articles for employers.

Link: <http://www.shrm.org/hrdisciplines/benefits/Articles/Pages/WellnessRC-Smoking.aspx>

Tags: Smoking Cessation

StairWELL to Better Health

Description: This toolkit will provide the information you need to transform your stairs into StairWELLS for better health.

Link: <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm>

Tags: Physical Fitness

Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace

Description: The Steps to Wellness is a tool kit that helps employers create or expand wellness programs by increasing the physical activity of employees.

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

Tags: Physical Fitness

State Indicator Report on Fruits and Vegetables, 2013

Description: National Action Guide accompanies the State Indicator Report on Fruits and Vegetables, 2013 and provides potential actions that state leaders, public health professionals, coalitions, and community-based organizations can take to improve the food environment in support of individuals' and families' increased consumption of fruits and vegetables.

Link: <http://www.cdc.gov/nutrition/downloads/national-action-guide2013.pdf>

Tags: Nutrition and Weight Management

Strategies for Driving Employee Engagement in Wellness, Health Care and Job Performance

Description: This toolkit provides large employers with a road map of tools and resources to better engage their employees. Divided into three sections on wellness, health care and job performance, the toolkit provides evidence-based strategies and tactics — including 48 case examples from 45 companies — to help employees become active participants in their health, motivate them to adopt healthy lifestyles, do their best work and contribute to organizational success.

Link: https://www.businessgrouphealth.org/toolkits/et_engagement.cfm

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Strategies to Overcome and Prevent (STOP) Obesity Alliance

Description: The STOP Obesity Alliance has compiled key facts and information that outlines the state of obesity in the United States for employers.

Link: <http://www.stopobesityalliance.org/facts-and-resources/other-resources/> and http://www.stopobesityalliance.org/wp-content/themes/stopobesityalliance/pdfs/worksite_wellness.pdf

Tags: Nutrition and Weight Management

Stress Topic Page

Description: NIOSH Stress at Work Research Program.

Link: <http://www.cdc.gov/niosh/topics/stress/>

Tags: Emotional Health

The CDC Worksite Health Scorecard: An Assessment Tool for Employers to Prevent Heart Disease, Stroke, & Related Health Conditions

Description: This CDC scorecard is designed as a tool to help employers assess whether they have implemented evidence-based health promotion interventions or strategies in their worksites to prevent heart disease, stroke, and related conditions such as hypertension, diabetes, and obesity.

Link: http://www.cdc.gov/dhdsp/pubs/docs/HSC_Manual.pdf

Tags: Employer Actions, Cardiovascular Disease, Prevention, Program Implementation, Obesity, Diabetes

Tobacco Cessation

Description: Comprehensive resource aimed at helping employers develop Tobacco Cessation programs, including development and evaluation.

Link: <http://www.cdc.gov/workplacehealthpromotion/implementation/topics/tobacco-use.html>, <http://www.smokefree.gov/>

Tags: Smoking Cessation

Trust for America's Health

Description: Site dedicated to informing employers on a range of workplace and community wellness topics aimed at improving company health.

Link: <http://healthyamericans.org/health-issues/category/protecting-the-prevention-and-public-health-fund/workplace-and-community-wellness>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Understanding Diabetes: Diabetes & Me

Description: Comprehensive resource list centered on the prevention and management of diabetes.

Link: <http://www.cdc.gov/diabetes/consumer/index.htm>

Tags: Condition Management, Nutrition and Weight Management

Value Based Purchasing Guide

Description: This website(from National Business Coalition on Health) provides access to a guide that can assist your company in learning more about and designing your employee health benefits in a way that increases value through employees' wellness activities, chronic disease management, and incentives for providers to provide higher quality care.

Link: <http://www.countyhealthrankings.org/resources/value-based-purchasing-guide>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Wellness Council of America

Description: Wide variety of useful information that can assist employers in their quest to build a results-oriented wellness program.

Link: <http://www.welcoa.org/freeresources/>

Tags: Condition Management, Nutrition and Weight Management, Smoking Cessation, Physical Fitness, Emotional Health

Workplace Wellness Programs Study: Final Report

Description: The Rand Corporation, sponsored by US Department of Labor and HHS, released a comprehensive report about the wellness programs offered by employers and how they affect the health of employees.

Link: <http://www.dol.gov/ebsa/pdf/workplacewellnessstudyfinal.pdf>

Tags: Nutrition and Wight Management, Physical Activity, Emotional Health, Smoking Cessation, Condition Management.

Appendix—other resources, consider removing?

A New Performance Paradigm: Can 1-2 Minutes of Movement Transform Your Organization?

Description: Wellness and Prevention, INC (J and J) white paper on workforce recommendations to improve individual and organizational performance.

Link: <https://www.hpoinstitute.com/sites/default/files/A%20New%20Performance%20Paradigm.pdf>

Tags: Physical Fitness

Be Young at Heart: Tips for Healthy Aging

Description: This publication is one of many handy guides from WIN that you can use to develop and maintain healthy habits. (Weight Information Network)

Link: http://win.niddk.nih.gov/publications/young_heart.htm

Tags: Nutrition and Weight Management, Condition Management, Emotional Health

Breaking Down the Rankings Model: Tobacco and Alcohol Use

Description: A webinar on the overall national burden of tobacco and alcohol use; and discuss strategies that are being used to reduce tobacco and alcohol use.

Link: <http://www.countyhealthrankings.org/resources/breaking-down-rankings-model-tobacco-and-alcohol-use>

Tags: Smoking Cessation, Emotional Health

Cancer Information Service (CIS)

Description: Provide accurate, up-to-date, and reliable information on cancer that is easy to understand across the following: cancer research and clinical trials, cancer prevention, risk factors, symptoms, early detection, diagnosis, treatment, living with cancer and quitting smoking.

Link: <http://www.cancer.gov/help>

Tags: Condition management, Smoking Cessation

CDC's Guide for Partnering with Pharmacists

Description: Guide that addresses chronic diseases in state health departments and communities, serving to build team relationships through public and private partnerships with pharmacists and other strategic stakeholders.

Link: http://www.cdc.gov/dhdsr/programs/nhdsp_program/docs/Pharmacist_Guide.pdf

Tags: Condition Management

CDC Healthy Aging Program

Description: Comprehensive list of health topics for older population.

Link: <http://www.cdc.gov/aging/aginginfo/index.htm>

Tags: Nutrition and Weight Management, Condition Management, Physical Fitness, Emotional Health, Smoking Cessation

CDC's National Survey in Infant Nutrition and Care

Description: Maternity Practices in Infant Nutrition and Care (mPINC) is a national survey of maternity care practices and policies that is conducted by the CDC. The survey is administered to all hospitals and birth centers with registered maternity beds in the United States and Territories.

Link: <http://www.cdc.gov/breastfeeding/data/mpinc/index.htm>

Tags: Condition Management

Disaster Mental Health

Description: This page provides general strategies for promoting mental health and resilience that were developed by various organizations based on experiences in prior disasters.

Link: <http://www.bt.cdc.gov/mentalhealth/>

Tags: Emotional Health

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

Description: Everyday guide for exercise and physical activity to promote healthy aging.

Link: <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>

Tags: Physical Fitness

Federal Nutrition Education Resources

Description: The Dietary Guidelines for Americans are jointly issued and updated every 5 years by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). They provide authoritative advice about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.

Link: <http://www.health.gov/dietaryguidelines/> and

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Tags: Nutrition and Weight Management

Health and Sustainability Guidelines for Federal Concessions and Vending Operations

Description: The federal government is invested in assisting its employees in making healthy food and beverage choices, and creating and promoting a sustainable food system through these guidelines.

Link: [http://www.gsa.gov/graphics/pbs/Guidelines for Federal Concessions and Vending Operations.pdf](http://www.gsa.gov/graphics/pbs/Guidelines%20for%20Federal%20Concessions%20and%20Vending%20Operations.pdf)

Tags: Nutrition and Weight Management

Health Promotion Introductions

Description: This is a chapter of the Value-Based Purchasing Guide created by the National Business Coalition on Health. It focuses specifically on health promotion, giving employers an overview of wellness and health promotion strategies supported by evidence-based research, as well as tools and resources for program development and implementation.

Link: [http://www.nbch.org/VBPG Health Promotion Introduction](http://www.nbch.org/VBPG_Health_Promotion_Introduction)

Tags: Wellness Programs, Nutrition and Weight Management, Program Implementation

Health Promotion Tools and Resources

Description: These are the implementation and promotion tools, and resources, that the National Business Coalition on Health recommends in their Value-Based Purchasing Guide. It contains links to inform employers about current information and evidence, and also connect them to successful case studies and help with implementation of the programs.

Link: <http://www.nbch.org/Tools-and-Resources>

Tags: Program Implementation, Wellness Programs

Healthy Eating for a Healthy Weight

Description: CDC website that provides information for individuals on how to create a healthy eating plan.

Link: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/index.htm

Tags: Nutrition and Weight Management

Mixing Alcohol with Medicines

Description: This pamphlet lists medications that can cause harm when taken with alcohol and describes the effects that can result.

Link: <http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm>

Tags: Emotional Health, Condition Management

My Foodapedia

Description: MyFood-A-Pedia is a mobile tool to provide consumers quick access to nutrition information for over 1,000 foods. MyFood-a-pedia includes: calorie amounts, contribution of a food to the five food groups, and number of "extra" calories in a food from solid fats, added sugars, and alcohol.

Link: <http://apps.usa.gov/myfood-a-pedia.shtml>

Tags: Nutrition and Weight Management

National Park Services' Healthy Parks Healthy People US

Description: The National Park Service's Healthy Parks Healthy People US program was established in 2011, to reframe the role of parks and public lands as an emerging, powerful health prevention strategy. With this renewed focus on health, we hope to bring about lasting change in Americans' lifestyle choices and their relationship with nature and the outdoors.

Link: http://www.nps.gov/public_health/hp/hphp.htm

Tags: Physical Fitness

Physical Activity for Everyone

Description: CDC's general resource on benefits and guidelines for physical activity across different age groups.

Link: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Tags: Physical Fitness

Pilot Test of the Latino Health Connector in Columbus, Ohio, Shows Positive Results

Description: Access HealthColumbus ran a pilot test of a program which provides health screening, navigation and education services to Latino workers and their families in Columbus, Ohio. This pilot included an informational session explaining the project, biometric screenings (for cholesterol and blood sugar, for example), an educational session on how the health care system works, and navigation services to help find a clinic or apply for financial assistance.

Link: <http://www.rwjf.org/en/research-publications/find-rwjf-research/2011/06/pilot-test-of-the-latino-health-connector-in-columbus--ohio--sho.html>

Tags: Employee Communication, Access to Health Care

Promoting Acceptance and Inclusion for People with Mental Health Problems in the Workplace

Description: List of actions to promote acceptance and inclusion for people with mental health problems in the workplace.

Link: <http://www.promoteacceptance.samhsa.gov/action/default.aspx>

Tags: Emotional Health

Survey of Employers Reveals Their Barriers to Supporting Tobacco-Control Programs

Description: A survey of 2,180 private and public-sector employers revealed that employer support for tobacco control and prevention programs remains low (less than 25% of employers covered tobacco-cessation services in their health plans). Employers also identified barriers to implementing tobacco control programs: high cost, absence of return-on-investment information, interference with work time and concern about intruding into employee's lives.

Link: <http://www.rwjf.org/reports/grr/043596.html>

Tags: Tobacco Cessation, Prevention

United States Healthful Foods Council (USHFC)

Description: The USHFC is a nonprofit, nongovernmental organization dedicated to fighting diet-related disease by realigning the food industry's incentives with consumers' health interests.

Link: <http://ushfc.org/about/>

Tags: Nutrition and Weight Management

USDA People's Garden Project

Description: The People's Garden Initiative - named in honor of President Lincoln's description of USDA as the "People's Department" - began in 2009 as an effort to challenge employees to create gardens at USDA facilities. It has since grown into a collaborative effort of over 700 local and national organizations all working together to establish community and school gardens across the country. The simple act of planting a garden can help unite neighborhoods in a common effort and inspire locally-led solutions to challenges facing our country - from hunger to the environment.

Link: http://www.usda.gov/wps/portal/usda/usdahome?navid=GARDEN_RT1&parentnav=PEOPLEGARDEN&navtype=RT

Tags: Nutrition and Weight Management, Physical Fitness

Wellness Councils of America (WELCOA)

Description: The website for this group of resources has different sections for employers to use when designing and implementing their wellness programs. These sections include "learn," "connect," "build," "improve," and "recognize."

Link: <https://www.welcoa.org/>

Tags: Program Implementation, Wellness Programs

WellPoint Recognized as an American Heart Association Fit-Friendly Worksite

Description: This article outlines how WellPoint, Inc. has implemented numerous programs in order to be recognized by the American Heart Association. These include: offering employees physical activity options, increasing healthy eating options, promoting a wellness

culture in the workplace, and demonstrating measurable outcomes related to workplace wellness.

Link: <http://online.wsj.com/article/PR-CO-20140611-905379.html>

Tags: Employee Engagement, Physical Activity, Nutrition and Weight Management

Woman Activity Tracker

Description: Complete list of women's health resources on behalf of Office of Women's Health, HHS.

Link: www.womenshealth.gov/woman/

Tags: Physical Fitness, Condition Management

Women's Sports Foundation

Description: The Women's Sports Foundation is dedicated to advancing the lives of girls and women through sports and physical activity.

Link: <http://www.womenssportsfoundation.org/home/about-us>

Tags: Physical Fitness

Your Guide to Lowering Cholesterol with Therapeutic Lifestyle Changes

Description: TLC (therapeutic lifestyle changes) is a set of tools you can use to get results.

This booklet is designed to help you make the lifestyle changes that will lower blood cholesterol and reduce your risk for heart disease. It explains how to follow the TLC diet (low in saturated fat, Trans fat, and dietary cholesterol), increase physical activity, and manage weight for people whose cholesterol level is above their goal. The guide includes helpful lists and charts, sample menus, a 10-year coronary heart disease risk calculator, and many tips for success.

Link: http://www.nhlbi.nih.gov/health/public/heart/cho/cho_tlc.htm

Tags: Condition Management, Nutrition and Weight Management