

Worksite Wellness in Nevada



The state of Nevada is committed to helping make Nevada a healthier state by promoting healthy lifestyles and providing health-related programs across the state. As part of these commitments, Nevada Wellness (<http://nevadawellness.org>), a state website to promote health and wellness was created to provide resources for Nevadans.

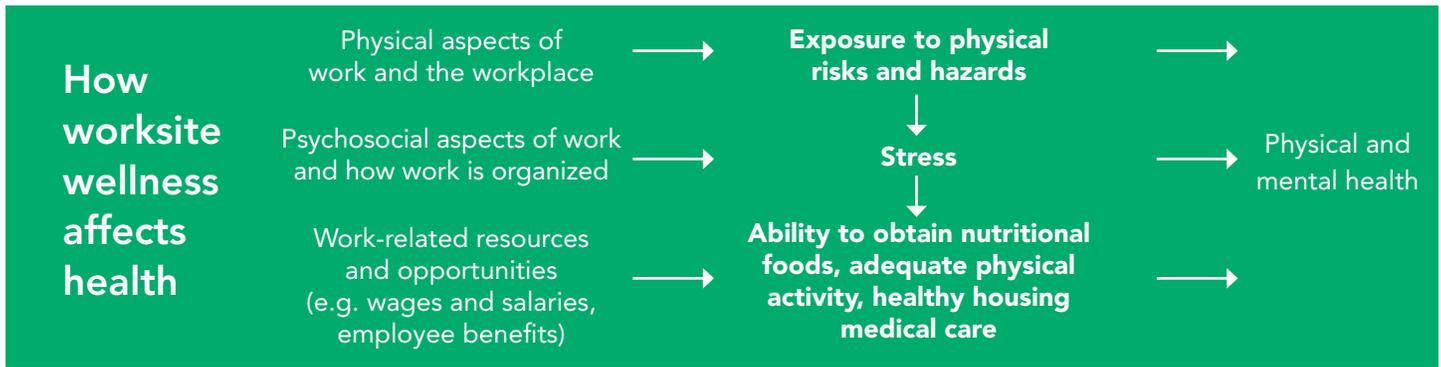
The Worksite Wellness homepage has a variety of resources for worksite wellness, including a toolkit and physical activity information, as well as other health screening and program information. Employers across the state are encouraged to access Nevada Wellness to utilize the toolkit and other resources available to help improve health in the state.

Nevada Worksite Wellness Website Home



Data Source: <http://nevadawellness.org>

Nevada Wellness provides key benefits of worksite wellness programs, including: Decreased health care costs, a return on investment, Increased productivity, reduced absenteeism, and improved morale and retention key staff. (<http://nevadawellness.org>)



Potential benefits of workplace health programs to employers and employees

For Employers:

- Lower health care and disability costs
- Enhanced employee productivity
- Reduced employee absenteeism
- Decreased rates of illness and injuries
- Enhanced corporate image
- Improved employee morale
- Improved employee recruitment and retention
- Increased organizational commitment and creation of a culture of health

For Employees:

- Increased well-being, self-image, and self-esteem
- Improved coping skills with stress or other factors affecting health
- Improved health status
- Lower costs for acute health issues
- Lower out of pocket costs for health care services (e.g., reduced premiums; deductibles; co-payments)
- Increased access to health promotion resources and social support
- Improved job satisfaction
- Safer and more supportive work environment

Centers for Disease Control and Prevention. Benefits of Health Promotion Program. Accessed at <http://www.cdc.gov/workplacehealthpromotion/businesscase/benefits/index.html>

Find resources and recommendations online at <http://nevadawellness.org> to find out more about how you can... **Get Out and Get Healthy!**



Contact the Nevada Office of Chronic Disease Prevention and Health Promotion: For resources or program information, email us at CDPHP@health.nv.gov

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Are you a Nevadan... Community or Faith-based Organization... School District or University... Employer... Hospital... Physician or Health Insurance Provider... Elected Official or Policymaker?

Everyone has a role to play in preventing obesity and promoting healthy lifestyles in Nevada.

Get Out! Get Healthy!

Worksite Wellness White Paper Recommendations to Prevent Obesity

- Develop and implement structured worksite wellness programs on site
- Make healthy food and snacks available
- Incentivize health for employees and their families
- Implement and support comprehensive lactation, or breastfeeding, support programs for nursing mothers at the work site
- Implement and sustain a tobacco free work environment
- Conduct a walkability audit to assess the ability of employees to walk to work, or walk during lunch or work breaks
- Offer quality health insurance including paid sick and personal leave
- Provide child care and elder care support and resource for employees
- Promote workplace safety measures and ergonomics
- Support work-family balancing through flexible schedules
- Provide health screening and services to employees