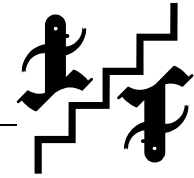


# Worksite Wellness

Little Things in Knox County Adding Up...



## WORKSITE WELLNESS BENEFITS EVERYONE!

Today's fast paced world means that most of our lifestyle choices, particularly those related to nutrition, physical activity, and stress management, are heavily influenced by convenience, hectic lifestyles, stress, and technology. Generally these effects are negative, and the resulting presence of chronic disease is rising at an alarming rate.

In Knox County, right here in our own backyard, over half the population reports being overweight or obese and another 80% do not eat the recommended amount of fruits and vegetables. Nearly a third of us report high blood pressure and cholesterol levels, 60% do not exercise regularly, and almost one-quarter of our friends and neighbors use tobacco. It's staggering, and growing increasingly worse.

Certainly you, as an employer, realize the added value of healthy employees; it's indisputable! Healthy people use less medical care, disability benefits and worker's compensation. They have increased productivity and decreased absenteeism. For many health plans, it is estimated that a staggering 60 to 70 percent of costs are due to conditions related to these modifiable lifestyle choices, such as physical inactivity, poor diets, tobacco use, and stress. But what can you do?

Worksite Wellness programming is here for you! And it's about you, as an employer, encouraging and supporting positive health behaviors of among your employees. These programs are intended to enrich employee physical, mental, and occupational well-being, and can be as organized or informal as you choose. They will provide to you the employer, on an ongoing basis, a variety of wellness program information and initiatives. These initiatives will range from those which will be of little or no cost to your organization to those which may require an investment of time and resources to initiate. The choice will be yours! As an added bonus, employee wellness programs provide the valuable opportunity for you to demonstrate to your employees that you care about their overall health and well-being.

Very often, wellness program initiatives are as simple as serving healthy meals and snacks at work related meetings and events, stocking company vending machines with healthy and nutrition snacks and beverages, and offering flu vaccine to employees and their immediate family. They can be innovative, and include providing low-cost or no-cost health screenings to employees by holding an employee health fair or using a voucher system. Some can even be as complex as maintaining a tobacco-free campus, establishing marked walking trails at your facility, or health club rebates and memberships. Best of all, there are resources available right here in Knox County to help you help your employees have better health!

Join the businesses in Knox County who are making a difference in their employee's lives by doing little things which are adding up! Contact Michele Fishburn at the Knox County Health Department at 309.344.3314, ext 226.