

WORK HEALTHY GEORGIA

TIPS FOR A HEALTHY WORKPLACE & WORKFORCE

<h3>Eat Healthy</h3>	<p>Help employees make healthier choices.</p> <ul style="list-style-type: none"> ▪ Make healthy food choices available, appealing, and low-cost. ▪ Sponsor healthy cooking demonstrations that are fun, accessible, and convenient. ▪ Offer an on-site weight management program that focuses on healthy eating. Work with your cafeteria or catering service to promote a healthy nutrition program. ▪ Provide clean and convenient space for breastfeeding mothers.
<h3>Be Active</h3>	<p>Help employees to be more physically active.</p> <ul style="list-style-type: none"> ▪ Establish employee activity groups. ▪ Encourage movement breaks throughout the workday. ▪ Implement incentives and challenges to increase activity levels. ▪ Offer flexible work hours to allow for physical activity outside of work. ▪ Provide clean, safe, and appealing stairwells to encourage employees to use stairs instead of elevators. ▪ Provide on-site fitness opportunities and facilities. ▪ Coordinate partnerships with local fitness facilities in the community.
<h3>Be Smoke Free</h3>	<p>Help employees quit tobacco use.</p> <ul style="list-style-type: none"> ▪ Establish and enforce tobacco-free worksite policies. ▪ Add coverage for smoking cessation services to your company's health insurance benefits. ▪ Establish workplace-based tobacco cessation initiatives. ▪ Train existing on-site medical personnel (e.g. occupational health nurses, physician assistants, physicians) in tobacco cessation counseling and on any available referral resources. Develop a referral form, and make it a policy to ask about and counsel on tobacco cessation at every visit. ▪ Participate in special events like The American Cancer Society's Great American Smokeout®, and promote quitting during optimal times of the year such as New Year's Day when people have made health-related resolutions. ▪ Develop rewards and incentives for employees who successfully reach their cessation goals.
<h3>Get Checked</h3>	<p>Help employees remove common barriers to getting routine health screenings.</p> <ul style="list-style-type: none"> ▪ Conduct an employee health fair that incorporates screenings. ▪ Partner with other small businesses in your area to offer a health fair together if you do not have the space, means, or number of employees to justify a health fair of your own. ▪ Provide periodic screenings in between full health fairs. This might take the form of an on-site screening day each quarter, with a different test available at each session. ▪ Provide educational programs that complement your screenings. ▪ If possible, share the cost of the screening with the employees. ▪ Use a screening/wellness company to provide your employees with screenings at a reasonable rate, with or without insurance.
<h3>Be Positive</h3>	<p>Help employees manage stress and maintain good mental health.</p> <ul style="list-style-type: none"> ▪ Offer stress management classes on-site. ▪ Provide access to counseling services through an employee assistance program.