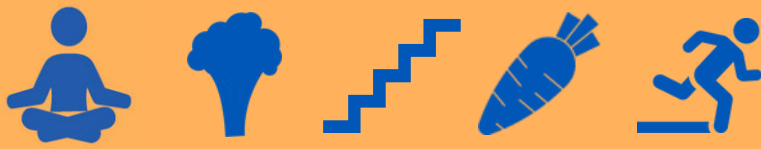


CDC WORK@HEALTH PROGRAM

Work@Health is an employer-based worksite wellness training program aimed at helping businesses implement effective strategies for reducing chronic disease risk and improving worker health and productivity.



Why address the workplace?

Individuals spend an average of 8 hours at work per day.

Since 2018, NACDD has worked with five State Health Departments to deliver Work@Health® in:

- Missouri
- Montana
- Oklahoma
- Utah
- West Virginia



28 Trainers

Four individuals were taught how to train additional trainers, and 28 trainers learned how to train employers.



31 Champions

Trainers recruited champions to spread the word about the Work@Health® training among employers.



145 Employers

Trainers led 145 employers through a hands-on, action-oriented curriculum.



145 ScoreCards

Employers completed 145 CDC Worksite Health ScoreCards, a planning and assessment tool.



WHAT TRAINERS SAY

- 97% believe the training increased their knowledge of worksite health
- 91% say the training topics met their needs
- 94% agree that the training was effective

This training gave me tools and resources to work with employers to implement evidence-based policies, programs, and practices.
-West Virginia Trainer

Contact Lisa Erck, NACDD Consultant, with questions or for more information: eerck_ic@chronicdisease.org