


工作场所健康促进工具包简介（美洲）

● 美国 CDC 工作场所健康促进工具包

CDC Home
 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People. Saving Money through Prevention.


A-Z Index [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#) <#>

Workplace Health Promotion

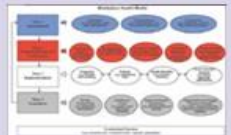
- Home
- Making a Business Case
- Workplace Health Model
- Assessment
- Planning/Workplace Governance
- Health Topics Addressed
- Implementation
- Evaluation
- Help/FAQs
- Glossary
- References
- Links to Organizations
- Partners
- Site Map

The workplace and the health of the workers within it are inextricably linked. Ideally, workplaces should not only protect the safety and wellbeing of employees but also provide them opportunities for better long-term health and enhanced quality of life. Effective workplace programs, policies, and environments which are health-focused and worker-centered have the potential to significantly benefit employers, employees, their families, and communities. This site is a toolkit for workplace health protection and promotion. It provides information, tools, resources, and guidance to practitioners interested in establishing or enhancing workplace health and safety programs.

Recommendations and Guidance

 **Improving the Food Environment Through Nutrition Standards: A Guide for Government Procurement** [PDF - 653KB]

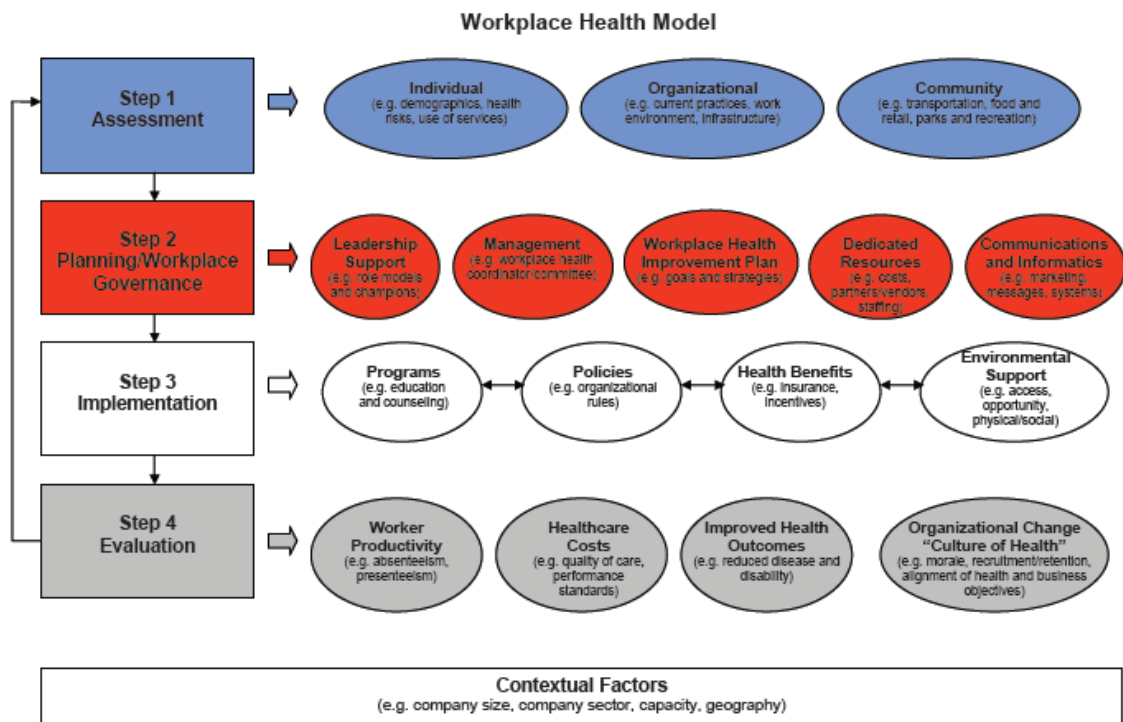
Developed by the Centers for Disease Control and Prevention (CDC), *the Procurement Guide* provides practical guidance to states and localities for use when developing, adopting, implementing, and evaluating a food procurement policy and can provide valuable insight into the appropriateness and acceptability of these policies in other worksite settings.



Workplace Health Toolkit Model

A coordinated approach to workplace health promotion results in a organized and comprehensive set of programs, policies, benefits, and environmental supports designed to meet the health and safety needs of all employees. This toolkit involves a stepwise process that includes assessment, planning, implementation, and evaluation of workplace health activities.

[More »](#)



参考链接: <http://www.cdc.gov/workplacehealthpromotion/>

简介:

美国 CDC 网页的工作场所健康促进工具包是针对工人的健康和
安全需求提供了一套全面有序的健康促进工作流程、政策、效益及支持性环境工具，包括了如下四个步骤内容：

1. **评估：**内容包括员工个体（人口学资料、健康风险、健康服务）、企业组织（工作环境、现行实践）、社区（交通、饮食、娱乐）等。
2. **计划：**内容包括管理者支持、健康促进管理组织、目标与策略、合作伙伴与供应商资源、沟通与信息系统等。
3. **执行：**内容包括教育规划、管理制度、健康福利、支持性环境等。
4. **效果评价：**内容包括生产率、健康医疗支出、伤残率、企业健康文化等。

● 美国商会工作场所健康促进工具包



U.S. Chamber of Commerce

Small Business Nation

[Member Login](#)

Become a Member of the
U.S. Chamber of Commerce

HOME
ABOUT US
COMMUNITY
TAKE ACTION
TOOLKITS
JOIN US

Home / Toolkits / Workplace Wellness



Workplace Wellness

TOOLKIT

Workplace Wellness

I want to know more about [SEARCH](#)

Employers are the bedrock of our current health care system. Nearly 55% of Americans, totaling 169 million individuals, receive health insurance through their employer. As the largest purchasers of health care, employers, both large and small, are uniquely situated to help provide leadership in finding solutions, and can exert transformative change.

Workplace wellness programs are a win-win for both the employer and employees. Employees who participate in workplace wellness programs are fitter, more productive, have better morale, and are safer



HOW TO SET UP WORKPLACE WELLNESS PROGRAMS

Step No. 1: DEVELOP A PRELIMINARY PLAN

1. Determine the scope of the program. Will it be a comprehensive program or a limited one? Will it cover all employees or just a subset? Will it be voluntary or mandatory?

2. Identify the goals of the program. What do you want to achieve? Are you looking to reduce health care costs, improve productivity, or simply promote a healthier workforce?

3. Assess the current state of your organization. What are the existing health and wellness programs? What are the barriers to a successful program?

4. Develop a budget. How much can you afford to spend? What are the potential return on investment?

5. Create a timeline. When will the program start? How long will it run? What are the key milestones?

6. Identify the stakeholders. Who will be responsible for the program? Who will be the champions? Who will be the skeptics?

7. Communicate the plan. How will you let employees know about the program? How will you get their buy-in?

8. Evaluate the plan. How will you measure the success of the program? How will you make adjustments as needed?



PRACTICAL SUGGESTIONS FOR WORKPLACE WELLNESS ACTIVITIES

- 1. Encourage employees to take breaks and stretch throughout the day.
- 2. Offer flexible work schedules to accommodate employees' needs.
- 3. Provide access to healthy food and beverages.
- 4. Encourage employees to use their vacation time.
- 5. Offer on-site health and wellness services, such as health fairs or health screenings.
- 6. Encourage employees to participate in physical activity, such as walking or biking to work.
- 7. Offer stress management resources, such as counseling or stress management courses.
- 8. Encourage employees to get regular health checkups.
- 9. Offer financial counseling services to help employees manage their money.
- 10. Encourage employees to take care of their mental health.

WAYS TO ENGAGE THE COMMUNITY

- 1. Partner with local health and wellness organizations.
- 2. Offer health and wellness seminars or workshops.
- 3. Encourage employees to share their health and wellness tips with their colleagues.
- 4. Offer health and wellness incentives, such as gift cards or cash bonuses.
- 5. Encourage employees to participate in community health events, such as health fairs or health screenings.
- 6. Offer health and wellness resources, such as health insurance or health savings accounts.
- 7. Encourage employees to take care of their mental health.
- 8. Offer financial counseling services to help employees manage their money.
- 9. Encourage employees to take care of their physical health.
- 10. Offer health and wellness resources, such as health insurance or health savings accounts.

Step No. 2: CREATE A COMMUNICATIONS PROGRAM

1. Determine the scope of the program. Will it be a comprehensive program or a limited one? Will it cover all employees or just a subset? Will it be voluntary or mandatory?

2. Identify the goals of the program. What do you want to achieve? Are you looking to reduce health care costs, improve productivity, or simply promote a healthier workforce?

3. Assess the current state of your organization. What are the existing health and wellness programs? What are the barriers to a successful program?

4. Develop a budget. How much can you afford to spend? What are the potential return on investment?

5. Create a timeline. When will the program start? How long will it run? What are the key milestones?

6. Identify the stakeholders. Who will be responsible for the program? Who will be the champions? Who will be the skeptics?

7. Communicate the plan. How will you let employees know about the program? How will you get their buy-in?

8. Evaluate the plan. How will you measure the success of the program? How will you make adjustments as needed?

Step No. 4: WORK WITH YOUR HEALTH PLAN

1. Review your health plan. What are the benefits and limitations of your health plan? How can you make the most of your health plan?

2. Identify the health and wellness resources available through your health plan. What are the options? How can you access them?

3. Encourage employees to use their health plan resources. How can you help them understand their options? How can you help them overcome any barriers?

4. Offer health and wellness resources, such as health insurance or health savings accounts.

5. Encourage employees to take care of their physical health.

6. Offer health and wellness resources, such as health insurance or health savings accounts.

7. Encourage employees to take care of their mental health.

8. Offer financial counseling services to help employees manage their money.

9. Encourage employees to take care of their physical health.

10. Offer health and wellness resources, such as health insurance or health savings accounts.

Step No. 5: EVALUATE THE PROCESS AND IMPACT

1. Determine the scope of the program. Will it be a comprehensive program or a limited one? Will it cover all employees or just a subset? Will it be voluntary or mandatory?

2. Identify the goals of the program. What do you want to achieve? Are you looking to reduce health care costs, improve productivity, or simply promote a healthier workforce?

3. Assess the current state of your organization. What are the existing health and wellness programs? What are the barriers to a successful program?

4. Develop a budget. How much can you afford to spend? What are the potential return on investment?

5. Create a timeline. When will the program start? How long will it run? What are the key milestones?

6. Identify the stakeholders. Who will be responsible for the program? Who will be the champions? Who will be the skeptics?

7. Communicate the plan. How will you let employees know about the program? How will you get their buy-in?

8. Evaluate the plan. How will you measure the success of the program? How will you make adjustments as needed?

Step No. 3: REVIEW YOUR WORKPLACE SETTING

1. Determine the scope of the program. Will it be a comprehensive program or a limited one? Will it cover all employees or just a subset? Will it be voluntary or mandatory?

2. Identify the goals of the program. What do you want to achieve? Are you looking to reduce health care costs, improve productivity, or simply promote a healthier workforce?

3. Assess the current state of your organization. What are the existing health and wellness programs? What are the barriers to a successful program?

4. Develop a budget. How much can you afford to spend? What are the potential return on investment?

5. Create a timeline. When will the program start? How long will it run? What are the key milestones?

6. Identify the stakeholders. Who will be responsible for the program? Who will be the champions? Who will be the skeptics?

7. Communicate the plan. How will you let employees know about the program? How will you get their buy-in?

8. Evaluate the plan. How will you measure the success of the program? How will you make adjustments as needed?

Step No. 6: REDEFINE PROGRAM PARAMETERS

1. Determine the scope of the program. Will it be a comprehensive program or a limited one? Will it cover all employees or just a subset? Will it be voluntary or mandatory?

2. Identify the goals of the program. What do you want to achieve? Are you looking to reduce health care costs, improve productivity, or simply promote a healthier workforce?

3. Assess the current state of your organization. What are the existing health and wellness programs? What are the barriers to a successful program?

4. Develop a budget. How much can you afford to spend? What are the potential return on investment?

5. Create a timeline. When will the program start? How long will it run? What are the key milestones?

6. Identify the stakeholders. Who will be responsible for the program? Who will be the champions? Who will be the skeptics?

7. Communicate the plan. How will you let employees know about the program? How will you get their buy-in?

8. Evaluate the plan. How will you measure the success of the program? How will you make adjustments as needed?

参考链接：

<http://www.uschambersmallbusinessnation.com/toolkits/workplace-wellness->

简介：

- 美国商会工作场所健康促进工具包旨在帮助中小企业计划、实施和评估职业健康促进项目。主要内容包括：（1）初步设计；（2）制定沟通计划；（3）工作场所检查；（4）计划实施；（5）过程及影响因素评估；（6）项目反馈及再调整。

● 美国德克萨斯州“健康德州人”工具包

The screenshot shows the Texas Department of State Health Services website. The header includes the state logo, a search bar with 'Advanced' search options, and language/text size settings. A navigation menu is visible below the header. The main content area is titled 'Building Healthy Texans' and describes a toolkit developed in partnership with Blue Cross Blue Shield of Texas. It provides a guide for employers to develop and improve programs for employee wellness. The toolkit has three components: a section on benefits, a section on essential steps, and Texas success stories. A 'File Download' section indicates that items are provided as PDF files. An image of the toolkit cover is shown on the right, along with contact information for Reuben Parrish.

Home > [Cardiovascular Health and Wellness](#) > Building Healthy Texans

Building Healthy Texans

Building Healthy Texans
A guide to lower health-care costs and more productive employees

This toolkit, developed in partnership with Blue Cross Blue Shield of Texas, is a guide to help Texas employers develop and improve programs for employee wellness.

The toolkit has three components:

- A section describing the benefits to employers of launching a successful worksite wellness program.
- A section describing the essential steps required to launch a successful program.
- Texas success stories, including those from school districts, municipalities, mid-size employers, and large employers.

Well-designed wellness programs result in an average 25-percent reduction in health-plan costs, sick leave, disability costs, and workers' compensation.

File Download

Individual items found in the toolkit are provided as PDF files below ([PDF viewing information](#)).

**Building Healthy Texans
Worksite Wellness Toolkit**

To request a copy of the toolkit or for further information, please contact [Reuben Parrish](#), Department of State Health Services.

参考链接: <http://www.dshs.state.tx.us/wellness/wwt.shtm>

简介:

美国德克萨斯州建立的健康德州人工具包是旨在减少卫生保健支出和提高雇员生产力方面给予指引。该工具包是与德州蓝十字蓝盾协会开发，它证明了精心设计的健康项目能够减少 25%的健康计划支出、病假、伤残支出等工人赔偿。工具包由三个部分组成：（1）论述有效的工作场所健康项目对雇主利益的影响；（2）健康促进项目成功的必要步骤；（3）成功案例。

- 美国犹他州职业健康促进委员会健康工作工具包

UTAH.GOV SERVICES | AGENCIES | Search all of Utah.gov »

Home | Health Services | A-Z List | FAQ | Data | About Us

UTAH COUNCIL
FOR WORKSITE HEALTH PROMOTION

Home
About Us
Annual Conference
Healthy Worksite Awards
Resource Directory
Calendar of Events
In the Spotlight
Facts and Figures
List Serve
FAQ
Contact Us

Your local connection to worksite health promotion and wellness information.

IN THE SPOTLIGHT

Welcome to the Utah Council for Worksite Health Promotion. The UCWHP acts as a clearinghouse of information for worksite health promotion information, recommendations, and services provided throughout the state of Utah. The Council also sponsors an annual

Utah Department of Health Worksite Toolkit

Getting started in worksite health promotion can be a daunting task, but with a new toolkit produced by the Utah Department of Health it doesn't have to be. This new toolkit provides step by step instruction on how to start a program, identify target areas, and improve areas of concern if you are just beginning, or have a program already in place.

Click [Here](#) to download the toolkit --478kb PDF file

Let us know what you think about the toolkit. After reviewing the toolkit, click [HERE](#) to complete our survey.

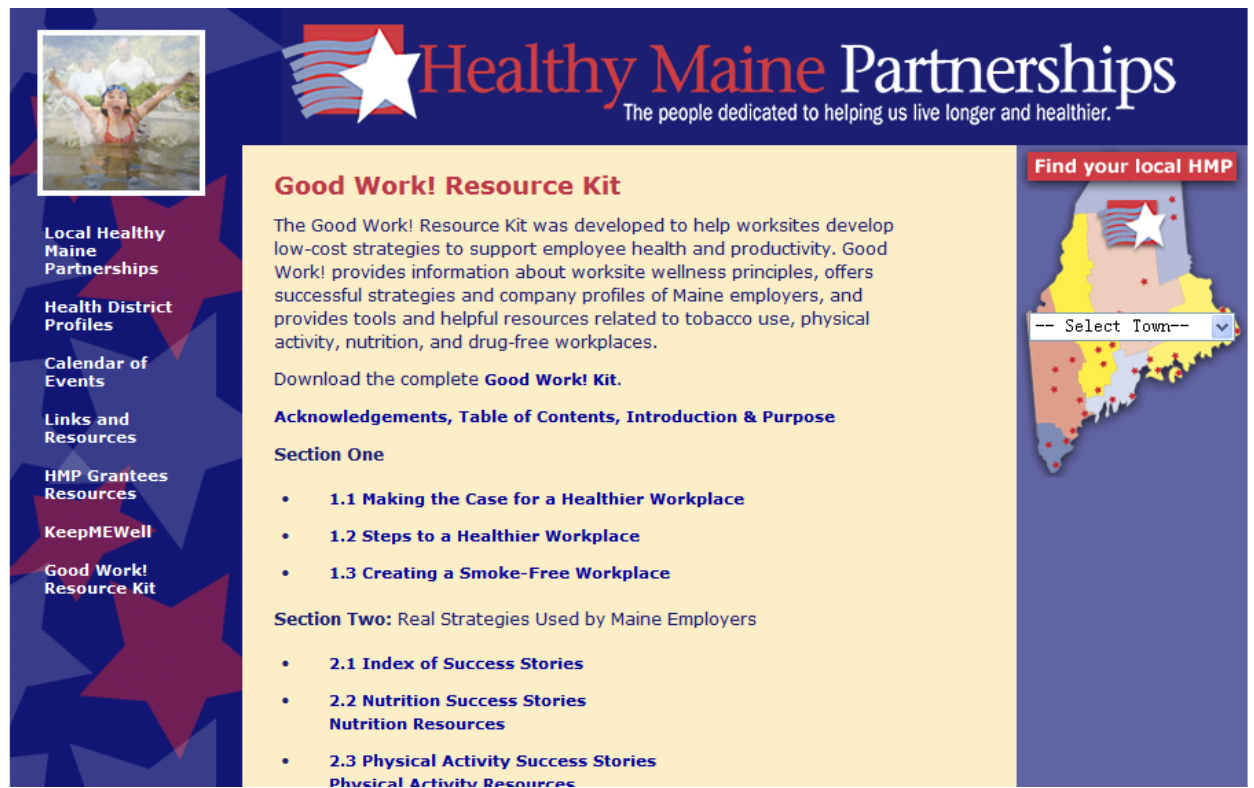
Building a Healthy Worksite
A Guide to Lower Health Care Costs and More Productive Employees

简介:

美国犹他州职业健康促进委员会开发的健康促进工具包包括七

方面内容：（1）管理者支持；（2）成立健康委员会；（3）工作场所评估；（4）制订计划；（5）项目实施；（6）创造支持性环境；（7）效果评价及维持。

● 健康缅因州伙伴工具包



Healthy Maine Partnerships
The people dedicated to helping us live longer and healthier.

Local Healthy Maine Partnerships

- Health District Profiles
- Calendar of Events
- Links and Resources
- HMP Grantees Resources
- KeepMEWell
- Good Work! Resource Kit

Good Work! Resource Kit

The Good Work! Resource Kit was developed to help worksites develop low-cost strategies to support employee health and productivity. Good Work! provides information about worksite wellness principles, offers successful strategies and company profiles of Maine employers, and provides tools and helpful resources related to tobacco use, physical activity, nutrition, and drug-free workplaces.

Download the complete **Good Work! Kit**.

Acknowledgements, Table of Contents, Introduction & Purpose

Section One

- **1.1 Making the Case for a Healthier Workplace**
- **1.2 Steps to a Healthier Workplace**
- **1.3 Creating a Smoke-Free Workplace**

Section Two: Real Strategies Used by Maine Employers

- **2.1 Index of Success Stories**
- **2.2 Nutrition Success Stories**
Nutrition Resources
- **2.3 Physical Activity Success Stories**
Physical Activity Resources

Find your local HMP

-- Select Town--

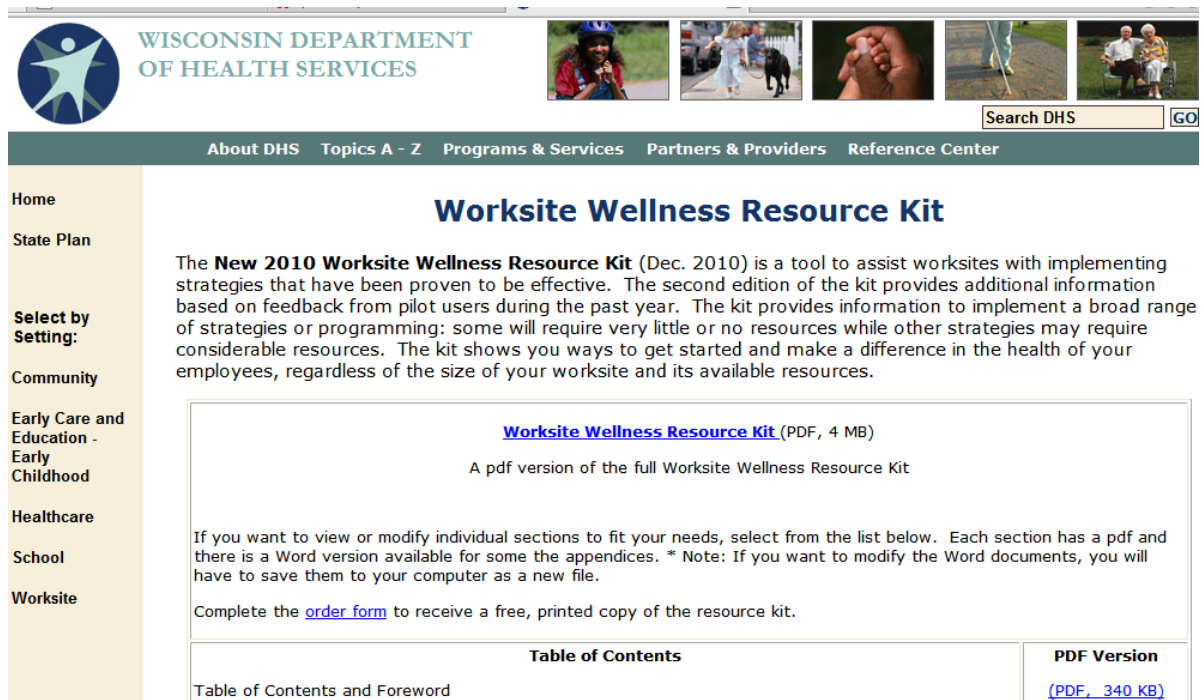
参考链接:

<http://www.healthymainepartnerships.org/goodwork-resource-kit.aspx>

简介:

健康缅因州伙伴工具包旨在帮助工作场所开展低成本的管理策略以维持员工的健康和生产力。工具包中包括了工作场所的健康原则、成功策略、成功公司介绍等信息，并提供了工作场所控烟、体育活动、营养、无药物滥用等实用工具。

● 威斯康星州工作场所健康资源工具包



The screenshot shows the Wisconsin Department of Health Services website. The header includes the DHS logo and navigation links: About DHS, Topics A - Z, Programs & Services, Partners & Providers, and Reference Center. A search bar is also present. The main content area is titled "Worksite Wellness Resource Kit" and contains the following text:

The **New 2010 Worksite Wellness Resource Kit** (Dec. 2010) is a tool to assist worksites with implementing strategies that have been proven to be effective. The second edition of the kit provides additional information based on feedback from pilot users during the past year. The kit provides information to implement a broad range of strategies or programming: some will require very little or no resources while other strategies may require considerable resources. The kit shows you ways to get started and make a difference in the health of your employees, regardless of the size of your worksite and its available resources.

[Worksite Wellness Resource Kit](#) (PDF, 4 MB)
A pdf version of the full Worksite Wellness Resource Kit

If you want to view or modify individual sections to fit your needs, select from the list below. Each section has a pdf and there is a Word version available for some the appendices. * Note: If you want to modify the Word documents, you will have to save them to your computer as a new file.

Complete the [order form](#) to receive a free, printed copy of the resource kit.

| Table of Contents | PDF Version |
|--------------------------------|-------------------------------|
| Table of Contents and Foreword | (PDF, 340 KB) |

参考链接:

<http://www.dhs.wisconsin.gov/health/physicalactivity/Sites/Worksitekit.htm>

简介:

工具包旨在帮助工作场所实施已经被证明有效的健康促进策略，它针对不同企业在规模和基础信息量存在差异的特点，提供了不同的健康促进启动路径。目前开发的第2版还提供了第1版试点用户的在使用过程中的反馈信息。

- 加拿大职业健康安全中心工作场所健康促进工具包

The screenshot shows the CCOHS website interface. At the top, there are logos for the Canadian Centre for Occupational Health and Safety in both English and French, and the Canadian flag. Below this is a navigation bar with links for Français, Home, Contact Us, Help, Search, and canada.gc.ca. A search box is visible on the left. The main content area features the heading 'Advancing Healthy Workplaces' with an illustration of a briefcase, a pair of shoes, and a red maple leaf. A red navigation bar contains links for Employers, Employees, Practitioners, Tools, Topics, Keylinks, and News Stand. The 'Tools' link is highlighted. Below this, there is a text block describing the purpose of the tools: 'Workplaces and practitioners need practical "how-to" information related to assessing, developing, implementing, managing, maintaining, and evaluating workplace health initiatives. This page includes information designed to help and support workplaces and practitioners in creating their own workplace health initiatives.' Three featured articles are listed with their titles and sources: 'A fine balance: a manager's guide to workplace well-being' (Source: Canada School of Public Service), 'A guide to developing and implementing the workplace health system in medium and large businesses' (Source: Health Canada), and 'A hantavirus risk control program for employers and workers'.

参考链接: <http://www.ccohs.ca/healthyworkplaces/tools.html>

简介:

加拿大职业健康安全中心作为一个由政府、雇主和雇员三方委员会管理的非赢利机构,在其网站上提供了旨在帮助和支持工作场所制定健康策略的相关工具包内容。工作场所健康促进工具涵盖评估、制定、执行、管理、维持和效果评价等方面内容。