



Goal Setting

Mission Statement (adopted 2008): Our mission is to create a culture of wellness by promoting opportunities that enhance the overall health and quality of life for all district staff.

Mission and Vision Statement (revised 2015)

The Everett School Employee Benefit Trust Wellness Program will create a culture of wellness by engaging staff in opportunities to enhance their overall health and quality of life.

Vision Statement

Every employee realizes their optimal health potential.

Goal Setting: Brainstorming

Examples

American Heart Association:

Healthy Workplace Recommendations

Support healthier choices, provide leadership and role modeling, and create a culture of health.

Culture of Health: A culture in which people live, work, and learn in an environment that supports healthy behaviors, and overall well-being. The environment is such that the healthy choice is the easy choice. All people feel inspired and empowered about their health and making healthy choices.

Create a healthy food environment at the workplace by offering nutritious food and beverage options

Setting policies or district norms whereby food and beverages included in the surroundings in the work environment (e.g., in vending machines, cafeterias, offered at meetings/special occasions, kitchens) support an employee's ability to choose healthy options.

A physically active staff (50-65% of our district staff gets the recommended 30 minutes of physical activity each day)

Offer physical activity opportunities that are relevant to the audience and environment to help people achieve at least 30 minutes of physical activity each day.

Provide a tobacco-free environment.

(Over)

Centers for Disease Control (CDC)

Workplace Health Program Definition and Description

DEFINITION

Workplace health programs are a coordinated and comprehensive set of health promotion and protection strategies implemented at the worksite that includes programs, policies, benefits, environmental supports, and links to the surrounding community designed to encourage the health and safety of all employees.

DESCRIPTION

A comprehensive approach puts policies and interventions in place that address multiple risk factors and health conditions concurrently and recognizes that the interventions and strategies chosen may influence multiple organization levels including individual employee behavior change, organizational culture, and the worksite environment.

It is important for the overall workplace health program to contain a combination of individual and organizational level strategies and interventions to influence health.

Examples: (e.g., physical inactivity, poor nutrition, tobacco use, stress), conditions (e.g., obesity, musculoskeletal disorders, mental health), and diseases (e.g., heart disease and stroke, diabetes, cancer, arthritis) can be addressed

The strategies and interventions available fall into four major categories:

Health-related programs—opportunities available to employees at the workplace or through outside organizations to begin, change, or maintain health behaviors.

Health-related policies—formal or informal written statements that are designed to protect or promote employee health. They affect large groups of employees simultaneously.

Health benefits—part of an overall compensation package including health insurance coverage and other services or discounts regarding health.

Environmental supports—refer to the physical factors at and nearby the workplace that help protect and enhance employee health.