

## Building a Culture of Health & Wellness in the Workplace

Sheila Pudists, Worksite Health & Productivity Specialist, Washington State Department of Health

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*Abstract:* Worksite Wellness Programs have evolved over the years from promoting individual behavior change to a more sophisticated “upstream” approach around creating a “culture of health & wellness.” This approach stems from the fact that we can no longer work on changing individual behaviors without providing an environment that supports the changes. The Washington State Department of Health’s Chronic Disease Prevention Unit is committed to working on policy and environmental changes at the workplace. High levels of organizational, as well as individual health can be attained by creating a culture that truly cares about the employee’s mental, physical, and emotional well-being, resulting in increased health, happiness, loyalty, performance and productivity. This session will focus on why and how worksites can cultivate a healthy work culture and create an environment to improve employee health, decrease chronic disease health risks and increase productivity, through the implementation of a comprehensive health promotion program.

Attendees will learn best practice strategies/policies for the workplace, to include information on opportunities for physical activity, nutrition education, tobacco cessation, etc., as well as receive a worksite toolkit and resources to begin, continue or enhance health promotion initiatives in their workplaces. Information about the Department of Health’s own employee Health & Productivity program will also be shared.