



HEALTHY EMPLOYEES = HEALTHY BUSINESS

A WORKSITE WELLNESS PRESENTATION



“JOIN US IN OUR MISSION TO
MAKE SALT LAKE COUNTY
THE HEALTHIEST PLACE IN
THE COUNTRY. AFTER ALL,
IT’S GOOD BUSINESS.”

ANGELA C. DUNN, MD, MPH
EXECUTIVE DIRECTOR
SALT LAKE COUNTY HEALTH DEPARTMENT



WE DO MORE THAN
ISSUE BIRTH
CERTIFICATES,
PROVIDE
IMMUNIZATIONS
AND INSPECT
RESTAURANTS



WHY DOES THE HEALTH
DEPARTMENT MATTER TO
YOUR BUSINESS?

EMPLOYER BENEFITS



DECREASED COSTS ASSOCIATED
WITH OBESITY, HEART DISEASE &
DIABETES



FEWER EMPLOYEE WORKDAYS
MISSED DUE TO HEALTH-RELATED
ISSUES



INCREASED EMPLOYEE
PRODUCTIVITY

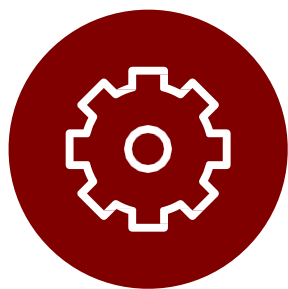
HOW WE HELP



POLICIES



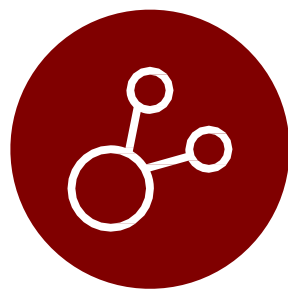
TRAININGS



RESOURCES



TECHNICAL
ASSISTANCE



DATA ANALYSIS

ALL PROGRAMS ARE 100% FREE

SOME PROGRAMS PAY YOU TO PARTICIPATE



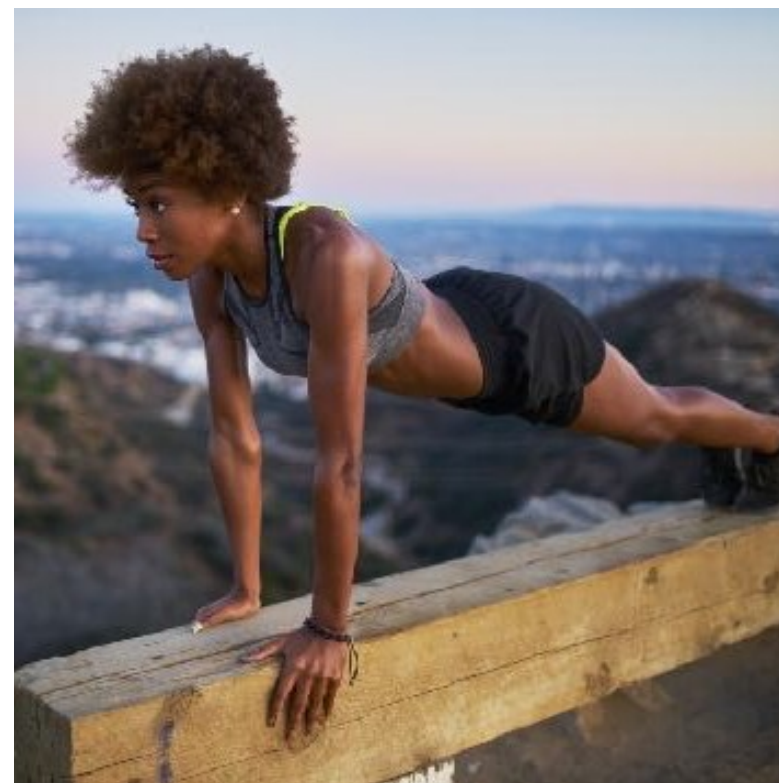
AREAS OF STRATEGIC FOCUS



PHYSICAL HEALTH



NUTRITION
POLICY &
PROGRAMS



PHYSICAL
ACTIVITY



DIABETES
PREVENTION



TOBACCO
FREE



PHYSICAL HEALTH



NUTRITION POLICY & PROGRAMS

- 01 ASSIST WITH WRITING NEW POLICIES OR IMPROVING CURRENT POLICIES; HELP START A WELLNESS PROGRAM
- 02 CAFETERIA IMPROVEMENT PROJECTS (IF APPLICABLE)
- 03 HELP WITH HEALTHY NEGOTIATIONS
- 04 HEALTHY VENDING OPTIONS



PHYSICAL ACTIVITY

- 01 ASSIST WITH WRITING NEW POLICIES OR IMPROVING CURRENT POLICIES
- 02 PARTICIPATE IN CORPORATE GAMES WITH SLCO
- 03 SET UP WORKSITE TO PROMOTE PHYSICAL ACTIVITY (E.G. SIGNAGE, EXERCISE ROOM, ETC.)





PHYSICAL HEALTH



DIABETES PREVENTION

01

NATIONAL DIABETES PREVENTION PROGRAM
(UP TO \$3,500)

02

DIABETES SELF-MANAGEMENT EDUCATION
(APPLICABLE TO WORKSITES WITH CLINICS ONLY)



TOBACCO FREE

01

ASSIST WITH WRITING NEW POLICIES OR IMPROVING
CURRENT POLICIES TO BE IN ACCORDANCE WITH THE
UTAH CLEAN AIR ACT

02

PROVIDE SIGNAGE

03

BECOME A TOBACCO-FREE WORKSITE
(DIFFERENT THAN SMOKE FREE)

04

INFORMATION ON QUITTING TOBACCO





MENTAL HEALTH



POLICY
GUIDANCE



SUICIDE
PREVENTION



POLICY GUIDANCE

01

CONNECT TO WORKING MINDS INSTRUCTOR
(DEVELOPS OR ADJUSTS POLICIES TO CREATE ENVIRONMENT
CONDUCTIVE TO MENTAL HEALTH AND WELLNESS)





MENTAL HEALTH



SUICIDE PREVENTION

01

PROVIDE SUICIDE PREVENTION RESOURCES

02

EDUCATION ON SAFE SUICIDE PREVENTION
MESSAGING

03

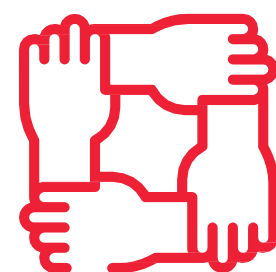
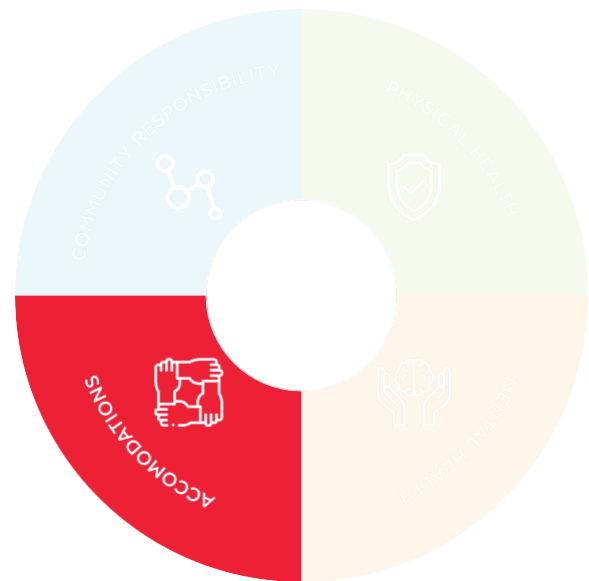
PROVIDE EDUCATION AND MATERIALS TO PROMOTE
MEANS REDUCTION
(E.G. GUN LOCK)

04

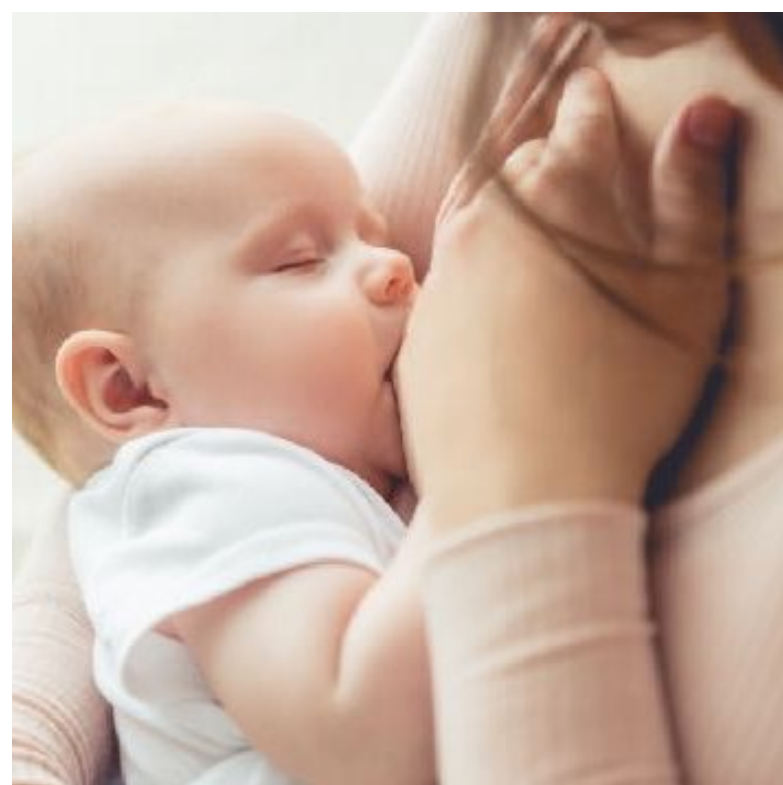
CONNECT TO RESOURCES SPECIFIC TO HIGH RISK
GROUPS

05

QPR TRAININGS
(QUESTION, PERSUADE, REFER)



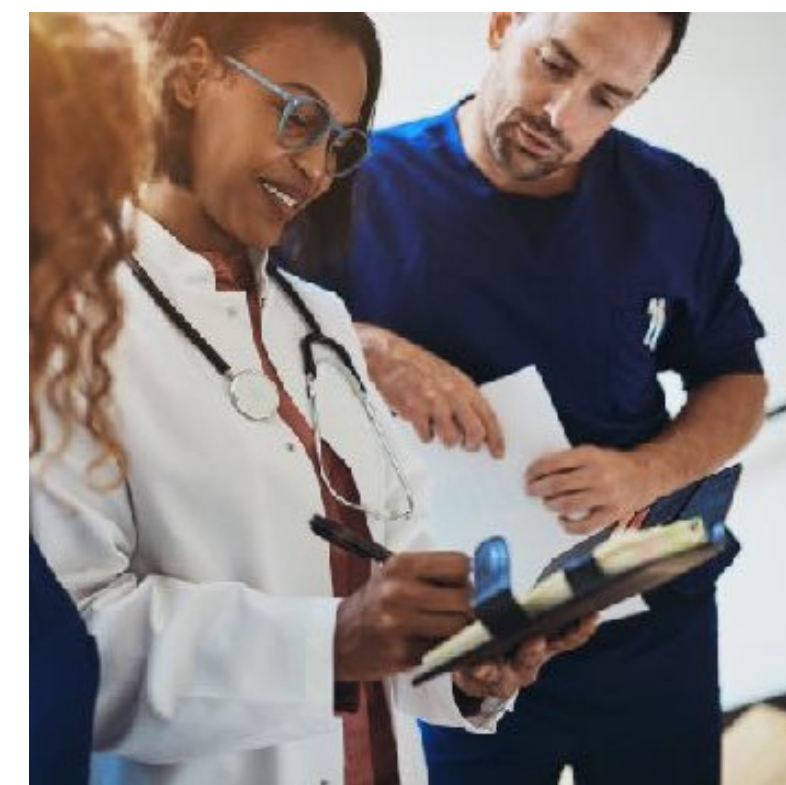
ACCOMMODATIONS



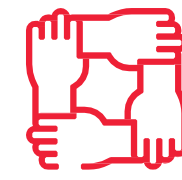
BREASTFEEDING



CHILD CARE



ON-SITE CLINICS



ACCOMMODATIONS



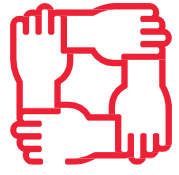
BREASTFEEDING

01

HELP WITH POLICIES TO ADHERE TO LACTATION LAWS

02

SUPPORT MOTHERS IN THE WORKPLACE
(E.G. MINI FRIDGE, CHAIR)



CHILD CARE

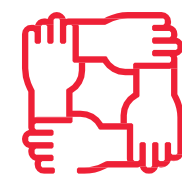
01

TOP STAR OBESITY PREVENTION PROGRAM
(PRE ASSESSMENT, GOALS, ONLINE TRAINING, POST ASSESSMENT,
INCENTIVES)

02

EDUCATE PARENTS TO LOOK FOR TOP STAR-
ENDORSED FACILITIES AND ENCOURAGE TOP STAR
PARTICIPATION





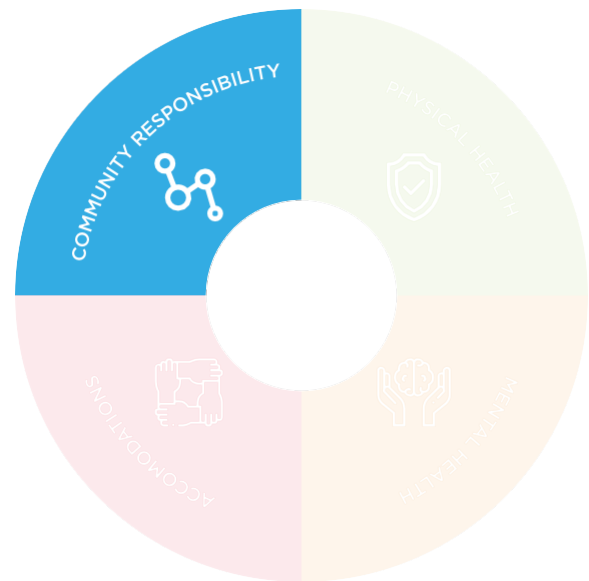
ACCOMMODATIONS



ON-SITE CLINICS

01

WORK WITH EMPLOYEES ON DISEASE MANAGEMENT
TO HELP PATIENTS EFFECTIVELY AND EFFICIENTLY
MANAGE DISEASES
(E.G. HYPERTENSION, DIABETES, CHOLESTEROL)



COMMUNITY RESPONSIBILITY



NEEDS
IDENTIFICATION



FOOD ACCESS



COMMUNITY
RESOURCES

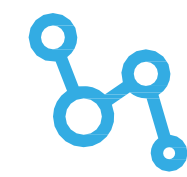


NEEDS IDENTIFICATION

01

HELP FIND SOCIAL ISSUES IN YOUR COMMUNITY OR WORKSITE AND HELP IMPLEMENT PROJECTS OR ACTIVITIES TO COMBAT THOSE ISSUES





COMMUNITY RESPONSIBILITY



FOOD ACCESS

01

IDENTIFICATION OF LOCAL FOOD ACCESS NEEDS

02

SUPPORT ORGANIZATIONS IN FULFILLING IDENTIFIED
FOOD NEEDS
(E.G. FOOD DRIVE, CASH CONTRIBUTIONS, SUPPORTING FOOD PANTRIES)



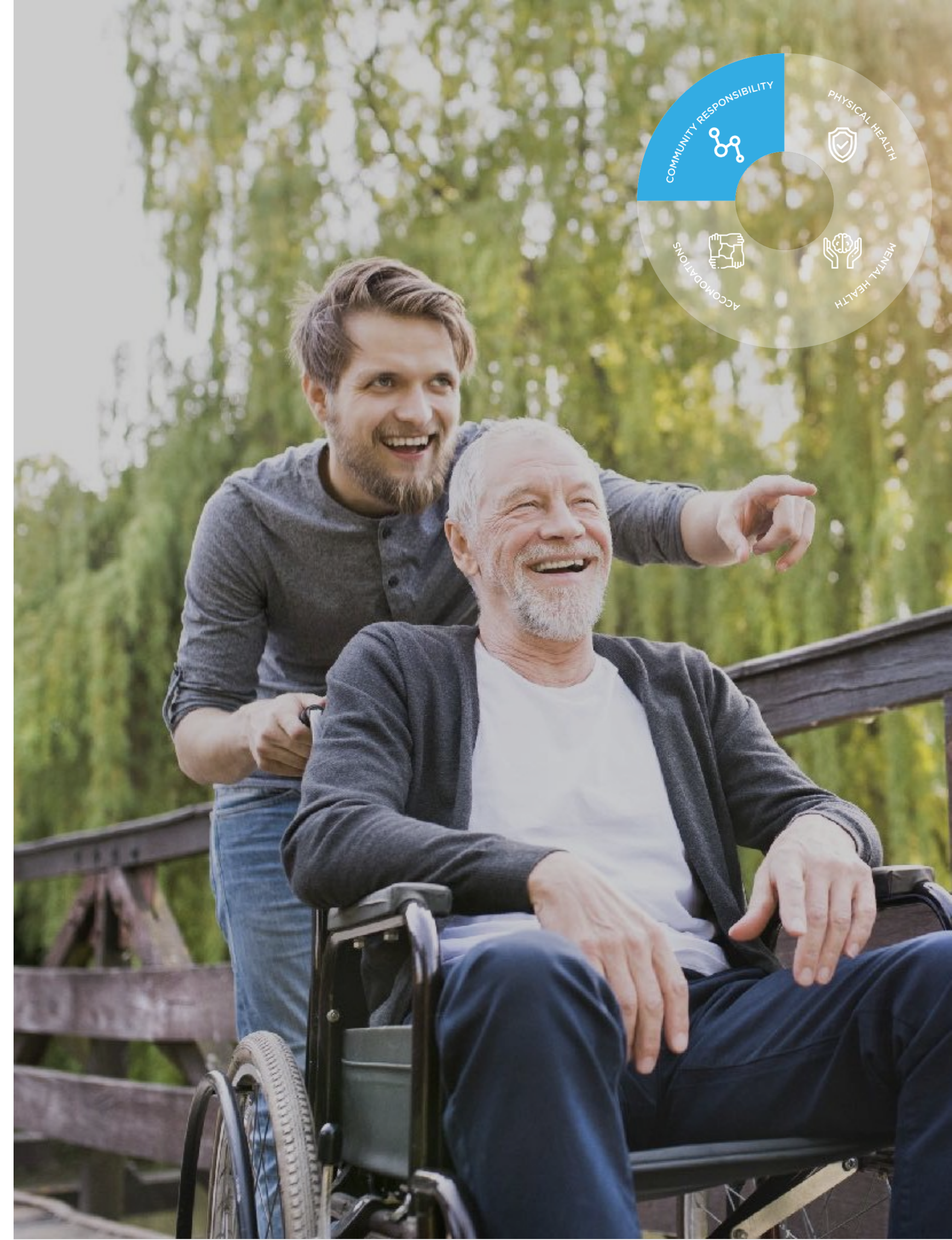
COMMUNITY RESOURCES

01

IDENTIFY NEEDS WITHIN A COMMUNITY
(E.G. PARK CLEAN UP, COMMUNITY SAFETY, WHEELCHAIR
ACCESSIBILITY, ETC.)

02

SUPPORT ORGANIZATIONS IN FULFILLING
IDENTIFIED NEEDS



HOW IT WORKS



PICK A PROGRAM



FORMULATE A
PLAN



EXECUTION



RECOGNITION

EXAMPLE: BREASTFEEDING

01

HEALTH DEPARTMENT REPRESENTATIVE WILL MEET WITH POC TO SEE HOW WE CAN BEST ASSIST
(E.G. POLICY, MATERIALS, EDUCATION, ETC.)

02

HEALTH DEPT. WILL HELP CARRY OUT THE PLAN
(E.G. TECHNICAL ASSISTANCE FOR WRITTEN POLICY, MINI FRIDGE, ETC.)

03

PROMOTE YOUR BUSINESS AS ONE OF THE HEALTHIEST PLACES TO WORK IN SLCO VIA THE WORKSITE WELLNESS AWARD

IMPROVING YOUR WORKSITE WELLNESS PROGRAM AND POLICIES:

REDUCES EMPLOYEE USE OF SICK TIME

INCREASES PRODUCTIVITY

HELPS YOUR EMPLOYEES KNOW YOU CARE ABOUT THEIR WELLBEING



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QUESTIONS?



THANK YOU

