



"More businesses need to recognize that poor health means lower productivity and higher health insurance costs. Smart business leaders increasingly are finding that it is the right decision to promote health, education, physical activity, and preventive benefits in the workplace."

Tommy Thompson,
Former Secretary of Health and Human Services

Keys to program success ¹

- Senior management commitment and buy-in from middle-managers
- Medical and human resources support
- A champion and a committed health promotion planning committee or team
- "Health company" messages and environment that supports health lifestyles
- Frequent and regular contact with employees
- Linkage and integration with human resources and other employee benefits
- Access to variety of health promotion programs
- Incentives to motivate employees to participate
- Effective targeting of high-risk individuals
- Cardiovascular health promotion program goals linked to business objectives
- Effective planning, continuity, and follow-through on all program activities
- Ongoing evaluation that reports on health and quality of life improvements, cost reductions, and return on investment goals

worksiteWELLNESS



nutrition
physical activity
smoking cessation
health & wellness programs

The Arkansas Department of Health's (ADH) mission is to protect and improve the health and well-being of all Arkansans.

The Centers for Disease Control and Prevention (CDC) advocates worksite health promotion through its Healthier Worksite Initiative (HWI). ADH's professional worksite wellness staff can work with your company to educate decision makers about the benefits of worksite wellness, to provide evidence-based best practices and strategies, and to provide additional resources such as educational materials.



A message from Arkansas's Chronic Disease Programs.
Stay Informed. Stay Healthy.

Heart Disease & Stroke Prevention
4815 West Markham Street
Little Rock, AR 72205
800.235.0002 ph
www.ArkansasHeartHealth.com

REDUCING THE RISK OF HEART DISEASE AND STROKE

SIX STEP GUIDE FOR EMPLOYERS ¹

1. Recognize the costs of heart disease and stroke.
2. Discover potential costs savings from reduction of risk factors.
3. Learn from other employers.
4. Improve cardiovascular health at your worksite.
5. Work with your health plan.
6. Establish partnerships.

¹ Reducing the Risk of Heart Disease and Stroke: A Six-Step Guide for Employers, Centers for Disease Control and Prevention.

Funded by the
Centers for Disease Control & Prevention (CDC)

2008 Survey of Employer Cardiovascular Health Resources, Policies & Programs



The Business of Heart Disease and Stroke Prevention

EMPLOYEES AT RISK CAN RAISE THE COST OF DOING BUSINESS

"The costs of absenteeism, workers' compensation, health benefits, and low productivity all inevitably impact your bottom line."¹

THE MAJORITY OF ARKANSAS EMPLOYERS HAVE IMPROVED HEALTH AND WELLNESS DURING THE PAST 6 YEARS. Approximately two-thirds of Arkansas employers took actions to develop and improve employee health and wellness. Among larger organizations, this percent was even greater at 81%. The main reasons cited for changes in action were healthier and safer employees, rising health costs, and corporate policies.

ABOUT THE SURVEY

The Arkansas Department of Health conducted the 2008 Survey of Employer Cardiovascular Health Resources, Policies and Programs through the UALR Survey Research Center. A 6-year follow-up to the 2002 assessment, the 2008 survey results show Arkansas employers have made significant improvements in providing health and wellness resources and programs for their employees.

promoting worksite wellness for you and your employees.

KEY SURVEY RESULTS*

FOOD AND NUTRITION

- The percent of organizations offering water in their vending machines increased 19% from 69% in 2002 to 83% in 2008. Survey results also showed an increase in organizations with granola bars/trail mix offered in vending machines from 62% to 73%.
- Approximately 32% of employers displayed nutritional information at the workplace in 2008, an improvement over 2002 where only 20% provided this information.

- One in ten employers had written policies to ensure healthier foods are served at catered meetings.
- About half of employers offered their employees healthier food options such as fresh fruits.

EXERCISE FACILITIES & ACCESS

- The percent of worksites with designated areas where employees could go for a walk increased during the last 6 years from 28% to 35%.
- One in five organizations had an indoor exercise facility in 2008.

* Full report available upon request by calling 501.661.2627.

HEALTH & WELLNESS PROGRAMS



- The percent of employers offering nutrition or weight control programs had almost doubled over the past six years to 34% of employers.
- Four out of 10 organizations offered smoking cessation programs to employees. Almost two-thirds of large employers (250+ employees) offered these types of programs to employees.



EMPLOYER COMMITMENT

- Employers varied regionally in having a designated health promotions budget. Twenty-four percent of Northwest region employers had designated budgets while 13% of Southwest region employers did.
- Two-thirds of large employers had designated personnel for employee health programs while only one-third of small employers (50-99 employees) had designated staff for these types of programs.



HEALTH INSURANCE & INCENTIVES



- Thirty-percent of organizations offering health insurance offered premium discounts for participation in health improvement programs.
- Since 2002, the percent of employers providing a formal program offering incentives to physically active employees increased from 10% to 18% in 2008.



OUR PROFESSIONAL WORKSITE WELLNESS STAFF CAN HELP YOU TO DEVELOP A
TAILORED PROGRAM Contact us today by calling 800.235.0002.