



UHIP-O Workgroup

Obesity and Related Chronic Conditions (with emphasis on hypertension and diabetes)

Facilitate a culture of wellness within Utah worksites

Outcome Goals

What you  and your agency  can do to help:

 worksites ranking from Good, Better, to Best.



- Frequent businesses that promote a culture of wellness.
- Promote the [assessment tool](#) to small and medium sized businesses in your area.

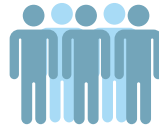


- Complete the [worksite assessment tool](#) and make some goals for moving from good to better, or from better to best. Create a culture of wellness in your organization.

 wellness resources for employers.



- Contact worksites in your area and inform them about available resources including:
 - o [Work@Health®](#) is a comprehensive worksite wellness program available to:
 - worksites with 20+ employees
 - employers providing health insurance
 - o Send representatives to participate in the Work@Health Program. [Contact UDOH](#) for more information.



- Complete a more comprehensive assessment using the [CDC ScoreCard](#) or [Hero Scorecard](#).
- Send representatives to participate in the Work@Health® Program. Contact the [EPICC Program](#) at the Utah Department of Health for more information about training for trainers.

A Healthier Tomorrow, Together

For more information and links to resources, visit: www.utphpartners.org.



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What you  and your agency  can do to help:

 mentors,
champions,
and
education
for
worksites.



- Become a worksite wellness mentor or champion.
- Consider becoming a mentor worksite.
- Participate in quarterly Worksite Onsite Wellness (WOW) learning events through the Utah Worksite Wellness Council.

Other ways to help:

- Check with your [local child care center](#) to see if they are TOP Star certified.
- See if your local schools have [nutrition and physical activity policies](#) in place.
- Educate yourself and your family about [prediabetes and diabetes](#).
- Educate your health care providers about how to [measure your blood pressure](#).

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