

> physical activity

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Physical activity time release policies <i>(i.e. Flextime or an adjusted work schedule to allow for exercise during the workday)</i> <input type="checkbox"/> Provides bicycle racks 	<ul style="list-style-type: none"> <input type="checkbox"/> Promotes stair usage <input type="checkbox"/> Provides physical activity information, classes or programs <input type="checkbox"/> Allows for alternate forms of transportation/ commuting to and from work <i>(i.e. discount passes for UTA Trax/bus)</i> <input type="checkbox"/> Provides physical activity resources <i>(gym on-site, off-site gym discounts, walking paths/trails, etc.)</i> <input type="checkbox"/> Sponsors Gold Medal Mile walk or other physical activity event. GMM Legacy course or other walking options <input type="checkbox"/> Pedometer program <input type="checkbox"/> Incentives for physical activity 	<ul style="list-style-type: none"> <input type="checkbox"/> Behavior change as measured by employee survey or observational survey <i>(i.e., increased physical activity levels of employees)</i>

2004
award
criteria



award requirements

B
BRONZE

Have a health promotion program with employee health and wellness as the underlying goal. Complete one item in each section (*General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity*). One of your accomplishments must be in the "policy" category.

S
SILVER

Program is available to all employees. Have a budget. Complete 2 additional items in each section (*General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity*), including one in the "policy" category and one in the "infrastructure" category.

G
GOLD

Program is available to all employees and spouses. Have a mission statement and a budget. Must complete 3 activities in each section (*General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity*). At least **one** accomplishment must be under "policy," **one** under "infrastructure," and **one** under the "outcome" categories.

You must show documented proof for the activity completed under "outcome". This includes showing what your program was, why you did it, who participated, who was eligible to participate, incentives, how program worked, what were the outcomes. A template will be provided to assist in completing this section.

G+
GOLD PLUS

Program in operation a minimum of 5 yrs. Program is available to all employees and spouses. Have a mission statement and a budget. Complete 4 activities in each section (*General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity*). At least **two** accomplishments under "policy," **two** under "infrastructure," and **two** under the "outcome" categories.

You must show documented proof for the activity completed under "outcome". This includes showing what your program was, why you did it, who participated, who was eligible to participate, incentives, how program worked, what were the outcomes. A template will be provided to assist in completing this section.

APPLY ON-LINE: www.health.utah.gov/worksitewellness

> healthyworksiteaward
in conjunction with
the Utah Council for Worksite Health Promotion

For additional information please contact:
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A HEALTHIER YOU™
2002 LEGACY AWARDS

This awards program recognizes the outstanding achievements of businesses in implementing employee health promotion and wellness programs. It acknowledges efforts to facilitate and encourage employee health, enhance productivity, and ensure healthy work environments.



> category definitions

policy	infrastructure	outcomes
Written and monitored company policies, procedures and environmental supports	Basic facilities, equipment, resources and environmental supports provided in/by the company	Expected changes that will result from the implementation of the program/activity*

> general worksite

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Mission Statement <input type="checkbox"/> Business Plan with goals and objectives <input type="checkbox"/> Written Policy/Procedure Manual <input type="checkbox"/> Programs offered to all employees, spouses and retirees 	<ul style="list-style-type: none"> <input type="checkbox"/> Wellness Committee <i>(made up of representatives of each "department" in the company)</i> <input type="checkbox"/> Budget for employee health promotion/wellness program <input type="checkbox"/> Wellness Coordinator <input type="checkbox"/> Health messages from CEO/CFO <input type="checkbox"/> Dissemination of health/wellness information <i>(using a variety of methods)</i> <input type="checkbox"/> Community Resources <i>(resources in the community that would supplement the wellness program)</i> <input type="checkbox"/> Environmental supports to wellness program <i>(adequate staffing and equipment; privacy/confidentiality of documents; quality control; screening rooms to maintain privacy)</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> Use a Health Risk Appraisal or other health tool to measure the status of employees

> healthy behaviors

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Written policy on a smoke free working environment <input type="checkbox"/> Written policy on alcohol and drug abuse with referral and treatment programs <input type="checkbox"/> Flex-time or work time to participate in Health Promotion Activities 	<ul style="list-style-type: none"> <input type="checkbox"/> Provides Employee Assistance Programs (EAP's) <input type="checkbox"/> Provides tobacco cessation information, classes or programs either directly or through insurance benefits <input type="checkbox"/> Provides stress management information, classes or programs 	<ul style="list-style-type: none"> <input type="checkbox"/> Behavior Change as measured by employee survey or observational survey <i>(i.e., tobacco use decrease by employees)</i>

> nutrition

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Written policy on offering healthy food and beverage choices in cafeterias, vending machines, etc. <input type="checkbox"/> Written policy that nutritional information about cafeteria offerings will be provided <input type="checkbox"/> Healthy choices provided in vending machines 	<ul style="list-style-type: none"> <input type="checkbox"/> Promotes heart-healthy messages (nutritious eating, etc.) to employees <input type="checkbox"/> Provides microwaves, refrigerators, vending machines etc. <input type="checkbox"/> Encourages healthy food and beverage choices at work meetings <input type="checkbox"/> Provides educational information, classes or programs on weight control, portion sizes, healthy eating, etc. 	<ul style="list-style-type: none"> <input type="checkbox"/> Behavior change as measured by employee survey or observational survey <i>(i.e., increased fruit and vegetable consumption by employees)</i>

> safety

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Seat belt use policies for driving or riding in company owned vehicles <input type="checkbox"/> Written policy on Safety and Emergency Procedures <input type="checkbox"/> OSHA <i>(where applicable for the company)</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> Seat belt/helmet signage in parking lots <input type="checkbox"/> Provides educational classes, prevention programs or an annual event related to this topic <input type="checkbox"/> Provides childcare and elder care information and resources to employees 	<ul style="list-style-type: none"> <input type="checkbox"/> Behavior change as measured by employee survey or observational survey <i>(i.e., increased safety belt usage or decrease work-related accidents)</i>

> preventative services

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Recommended prevention services costs are covered by company or insurance provider <input type="checkbox"/> Allows flex-time, administrative leave or work time to receive recommended prevention services 	<ul style="list-style-type: none"> <input type="checkbox"/> Provides and promotes to employees information on medical self-care <input type="checkbox"/> Provides and promotes educational information to all employees regarding Adult Preventive Services <i>(i.e., chart provided on A Healthier You 2002 Personal Health Assessment)</i> <input type="checkbox"/> Provides educational classes, prevention programs or an annual event in each of the areas 	<ul style="list-style-type: none"> <input type="checkbox"/> Behavior change: Employees receive recommended screenings <i>(as per criteria specified for age and gender)</i> <input type="checkbox"/> Behavior change: Preventive services provided at the worksite such as flu shots, etc.

* By **when** (specific date), **who** (population) **will** (do or know what) as evidenced by **what** (method of measurement – how do you know if you are successful)