



Health Resources for Employers

Utah Council for Worksite Health Promotion (UCWHP)

(In partnership with Regence BlueCross BlueShield)

www.health.utah.gov/worksitewellness

The mission of the UCWHP is to promote the implementation of worksite health promotion programs in Utah Businesses by:

- Facilitating collaboration and partnerships with Utah businesses.
- Serving as a clearinghouse for information on worksite health promotion issues, programs and other resources.
- Sponsoring an annual conference.
- Sponsoring the Worksite Awards Program recognizing the outstanding achievements of businesses in implementing worksite health promotion programs, including on-site policies and work environments that support healthy lifestyles. Visit the website for a criteria brochure.

Utah Department of Health Bureau of Health Promotion

www.health.utah.gov/bhp (801)538-6141

Many programs offer resources to worksites, employers and industries. The following are some of the resources available:

Arthritis Program

www.health.utah.gov/arthritis

Almost one in every four Utah adults 18 and older reported arthritis during 2002 and 2003. In Utah arthritis is a leading cause of disability, activity limitation, and poor health. Among adults with doctor-diagnosed arthritis in 2002 and 2003, 36% report activity limitation due to their arthritis and 30% report their arthritis affected their work for pay.

The Arthritis Program offers:

- **Self-management programs**, such as physical activity and self-management education, which can reduce the pain and disability associated with arthritis.

Asthma Program

www.health.utah.gov/asthma

The Asthma Program has educational resources on the differences in medication, talking to your physician about asthma, how to “de-trigger” your home, occupational asthma, asthma and pregnancy, and where to find discount asthma medications.

- **Breathing just got easier...especially for adults fact sheets available on website.**
- **General Emergency Protocol** – this protocol provides guidance on what to do in case of an asthma attack. Available in English or Spanish
- **Occupational asthma** – fact sheets and presentations on the basics and cost of occupational asthma.

Cancer Control Program

www.utahcancer.org

The mission of the Cancer Control Program is to reduce cancer incidence and mortality in Utah through collaborative efforts that provide services and programs directed toward cancer prevention and control. Many brochures, posters, and more are available from the program and can be displayed and distributed at your worksite.

- **Community Resources available on website**
- www.ucan.cc where you will find additional information and resources.

Check Your Health

www.checkyourhealth.org

The website provides numerous resources on nutrition, walking programs, weight control programs, portion distortion, healthy lunches and tips on eating out, etc. The website also contains workout information and low fat recipes.

- **Nutrition and Activity Tracker** is an easy-to-use tool to record how much you eat and how often you incorporate physical activity into your day. Available on the Check Your Health website.

Chronic Disease Genomics Program

www.health.utah.gov/genomics

Genomics provides resources and presentations on how genetics and family health history can affect health.

- **Family Health History Toolkit** provides fun tips to help families talk about, write down, and share their family health history with their doctor and family members. The toolkit can be downloaded from website or ordered by calling the Health Resource Line at 1-888-222-2542.
- **Health Family Tree Tool** will help you collect and record your family health history. You can order print copies of the tool by calling the Health Resource Line at 1-888-222-2542. It will also be available online in the near future.

Diabetes Prevention & Control Program

www.health.utah.gov/diabetes

The mission of the Utah Diabetes Prevention & Control Program is to work in partnerships to improve the quality of life of all Utahns at risk for, or affected by, diabetes. Among others, the following resources can be provided:

- **Patient education materials** focusing on all aspects of diabetes management, resource directories, and healthcare/diabetes education referrals.
- In collaboration with a worksite's wellness coordinator, a **diabetes self-management education program** for employees with diabetes could be developed.

Healthy Utah

www.HealthyUtah.org

Healthy Utah is the employee wellness program offered through Public Employees Health Program (PEHP) as a benefit to subscribers. While the focus of Healthy Utah is specifically on its members, State of Utah employees, and many local government and school district employees, they do offer/recommend the following resources to the general public:

- Visit the "Wellness Council" pages of the **Healthy Utah website** to download tool kits, workbooks, and other helpful information on worksite wellness programs.
- www.HealthyUtah.org/WorkWell - This website details the Governor's Work Well Plan, eight recommendations that every worksite should implement.
- www.welcoa.org - The Wellness Councils of America website is dedicated to helping organizations of all kinds build and sustain results-oriented wellness programs.

Heart Disease & Stroke Prevention

www.hearthishighway.org

Heart Disease and Stroke are the number one and three leading causes of death in Utah and across the nation. There are many resources available to help you lower your costs due to these diseases including:

- Visit our website to learn all about heart disease and stroke and find ways to improve your worksite environment and improve the health of your employees. The website includes a link to www.Utahwalks.org to help employees track their physical activity.
- **Reducing the Risk of Heart Disease and Stroke: A six-step guide for employers**- can tell you what other companies across the nation are doing and give you some information on how to decrease your costs.
- **Policy Implementation**- There are many example policies on the website and staff can help you to write and implement policies that will work for your business to help improve health in the environment that you work in.

Tobacco Prevention & Control Program

www.tobaccofreeutah.org

The U.S. Centers for Disease Control and Prevention (CDC) puts a \$3,383 price tag on each employee who smokes: \$1,760 in lost productivity and \$1,623 in excess medical expenditures. You can cut those costs and improve your employees' health and productivity by helping people quit tobacco. The following resources are available:

- **The Utah Tobacco Quit Line (1-888-567-TRUTH) and Utah QuitNet (www.utahquitnet.com)**- These services are offered free of charge to Utah residents and are valuable resources for employees who want to quit using tobacco.
- **Help Your Employees Quit Using Tobacco (www.tobaccofreeutah.org/helpemployeesquits.html)**- This site lists quitting-related benefits offered by Utah health plans and resources to help you start a new quitting benefit program.
- **The Utah Indoor Clean Air Act Guide (www.tobaccofreeutah.org/uicaa-busguide.htm)**. The Business Guide is designed to help business owners and operators understand what the Utah Indoor Clean Air Act requires and how best to accomplish those requirements.

Violence & Injury Prevention

www.health.utah.gov/vipp

Injuries are the leading cause of death for ages 1 to 44 years and the leading cause of years of potential life lost in Utah. **Resources are available for**

- Motor vehicle crash prevention
- Bicycle and pedestrian safety
- Fall prevention
- Suicide prevention
- Rape and sexual assault prevention
- Domestic violence prevention