



Health Resources for Employers

Utah Department of Health - Bureau of Health Promotion

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

Beginning a worksite health promotion program can be a daunting task, but with a toolkit produced by the Utah Department of Health Bureau of Health Promotion, it doesn't have to be. The toolkit provides step by step instruction on how to start a program, identify target areas, and improve areas of concern if you are just beginning, or have a program already in place.

The toolkit is available at: www.health.utah.gov/worksitewellness/pdfs/Worksite_Toolkit.pdf

Many Bureau of Health Promotion programs offer resources to worksites, employers, and industries. Following are some of the resources available.

Arthritis Program

www.health.utah.gov/arthritis

In Utah, arthritis is the leading cause of disability, activity limitation, and poor health. One in five Utah adults 18 and older (22.2% or 407,000) reported arthritis during 2005 and 2007. Among adults reporting arthritis in 2005 and 2007, 38% reported activity limitation due to their arthritis, and 38% of adults 18-64 who reported arthritis also reported it affected their ability to work. The following self-management programs available to worksites can help reduce the pain and disability associated with arthritis:

- Living Well with Chronic Conditions Program
- Arthritis Foundation Exercise Program
- Arthritis Foundation Self-Help Program
- Enhance Fitness
- Arthritis Foundation Aquatics Program

Asthma Program

www.health.utah.gov/asthma

Among adults who were ever diagnosed with asthma, 24.6% believed their asthma was caused by their jobs and 36.0% believed their asthma was made worse by chemicals, smoke, fumes, or dust in a current or previous job. Approximately one-fifth (22.1%) of individuals who have ever been diagnosed with asthma reported having left a job because it caused or worsened their asthma symptoms. The Utah Asthma program develops resources to help protect individuals from developing work-related asthma. The following asthma resources are available to worksites:

- Basic information about asthma
- Work-related asthma fact sheets and presentations
- Other respiratory disease fact sheets
- General Emergency Protocol that provides guidance on what to do in case of an asthma attack.

Cancer Control Program

www.cancerutah.org

Cancer is the second leading cause of death in the U.S. and in Utah. The Cancer Control Program provides services and resources aimed at reducing cancer and cancer deaths in Utah, including breast and cervical cancer screening; screening for high blood pressure, high cholesterol, diabetes, and associated risk reduction counseling; and colon cancer screening and education for eligible Utah residents. More information and resources for worksites can be found at our web site, including:

- Educational resources such as posters and brochures that can be displayed and distributed at your worksite.
- Links to local and national cancer resources.
- Additional resources at the Utah Cancer Action Network at www.ucan.cc.

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 for all Utahns at risk for, or affected by diabetes. Among others, the following resources are available:

- An online diabetes management employer resource guide from the National Diabetes Education Program (NDEP). The guide can help assess the impact of diabetes on business and recommends ways to lower health care costs by giving employees diabetes management tips to reduce the risk of related complications.
- Patient education materials focusing on all aspects of diabetes management, resource directories, and health care/diabetes education referrals.
- Tips for worksite wellness coordinators to develop, a diabetes self-management education program for employees.

Healthy Utah

www.HealthyUtah.org

Unhealthy employees push up health care costs, bring down workplace productivity and miss more days of work than their healthier counterparts. Healthy Utah is the employee wellness program offered through the 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, it also offer/recommend the following resources to the general public:

- Visit the “Wellness Council” pages of the Healthy Utah web site to download tool kits, workbooks, and other helpful information on worksite wellness programs.
- The www.HealthyUtah.org/WorkWell site details the Governor’s Work Well Plan, 10 recommendations every worksite should implement.
- www.welcoa.org - The Wellness Councils of America web site 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, costing American businesses billions of dollars in health care services, medications, and lost productivity. The average annual payment from large U.S. companies for heart-related insurance claims is \$4,639 per employee. There are many resources available to help you lower your costs due to these diseases, including:

- A web site with information about heart disease and stroke and suggestions for improving the worksite environment and health of employees. The web site includes a link to www.Utahwalks.org to help employees track their physical activity.
- A six-step guide for employers, Reducing the Risk of Heart Disease and Stroke can tell you what other companies across the nation are doing and suggests ways employers can lower health care costs.
- Policy Implementation help: There are many example policies on the web site. Our staff can help you write and implement policies that will work for your business to help improve employee health.

Physical Activity, Nutrition & Obesity (PANO) Program

www.health.utah.gov/obesity

Medical expenses for obese employees are estimated to be between 29% and 117% greater than medical expenses for employees at a healthy weight. Being overweight or obese increases a person’s risk for many diseases and chronic health conditions, and the related cost to the health care system has been estimated to exceed \$100 billion.

The mission of the PANO Program is to halt increasing obesity rates by making the healthy choice the easy choice.

- www.cdc.gov/leanworks - CDC’s LEAN Works! is a web-based resource offering interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs. The site includes an obesity cost calculator to estimate how much obesity is costing your company and the savings your company could realize with different workplace interventions.

Tobacco Prevention & Control Program

www.tobaccofreeutah.org

The Centers for Disease Control and Prevention (CDC) estimates that every employee who smokes costs his or her employer \$3,383: \$1,760 in lost productivity and \$1,623 in excess medical costs. The Tobacco Prevention and Control Program can help employers cut costs and improve employee health and productivity by helping people quit tobacco. The following resources are available:

- Keep Your Business Healthy: Get a Utah Tobacco-free Workplace Toolkit at www.tobaccofreeutah.org/shsworksitekit.pdf. This guide outlines three steps employers can take to help employees quit using tobacco and to protect workers from secondhand smoke.
- 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.
- 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 the requirements of the Utah Indoor Clean Air Act and how best to meet them.

Violence & Injury Prevention

www.health.utah.gov/vipp

Injury is the leading cause of death for all Utah children and adults ages 1-44, and kills almost four people every day. On average, every year 1,400 Utahns die as a result of an injury; 10,900 Utahns are hospitalized for serious injuries; and 176,600 Utahns are treated in emergency rooms because of injuries. Whether at home, work, or somewhere between, your employees or their families will be impacted by an injury. Your employees should know that injuries aren't accidents and can be prevented. To learn more about preventing injuries, resources are available for:

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

Utah Council for Worksite Health Promotion (UCWHP)

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 Healthy Worksite Awards Program that recognizes the outstanding achievements of businesses in implementing worksite health promotion programs, including onsite policies and work environments that support healthy lifestyles. Visit the web site above for a criteria brochure.

