

## **WORK PLACES USE RESOURCES TO IMPROVE EMPLOYEE HEALTH**

*Arizona initiative modeled on an existing program, is a cost-effective way to reach businesses*

### **Public Health Problem**

- A healthy, productive workforce is essential to a robust Arizona economy.
- Worksite health programs have been shown to yield up to a six dollar return for each dollar invested, from results such as higher productivity, fewer missed days of work and happier, healthier employees.
- Emphasizing change in policies and organizational practices helps employers create a workplace environment to support individual healthy behavior choices that many employees are making.

### **Program**

- The Arizona Department of Health Services Bureau of Chronic Disease Prevention and Control in a collaborative effort with the Arizona Diabetes Program, Nutrition, Physical Activity and Obesity Program, and Steps To A Healthier Arizona, developed a worksite initiative. The Arizona legislature supplied funding through the Arizona Diabetes Prevention Program.
- An online assessment and resource guide developed in collaboration with partners and modeled after Michigan's *Designing Healthy Environments at Work*, was piloted at worksites and then offered to interested businesses at a program launch in conjunction with the Arizona Small Business Association and at: [www.azhealthyworksites.com](http://www.azhealthyworksites.com)
- Technical assistance provided by health department staff helps businesses use the initiative resources to conduct a needs assessment and then plan, implement and evaluate their program.
- Efforts to reach Arizona businesses to increase enrollment in this initiative include presentations to the Arizona Small Business Association, the Laveen Chamber of Commerce and the Pinal County *Building Healthy Communities* conference, email blasts, distribution of brochures at meetings and conferences, and a mass mailing to ten thousand companies employing more than twenty-five people.

### **Impact**

- An increasing number of sites have registered, completed the online assessment, and are implementing healthier work place programming. Preliminary evaluation indicates Web site users would recommend the site to others and the Resource Guide is providing needed strategies.
- As Harold Gribow of the Arizona Small Business Association says, "With this online assessment tool, the Arizona Department of Health Services provides employers with a convenient way to assess their environments and to find ways they can help their employees while improving their companies' bottom lines."

### **Contact**

Heather Lysfjord  
Arizona Department of Health Services  
602-542-2822  
[lysfoh@azdhs.gov](mailto:lysfoh@azdhs.gov)