

RESOURCES FOR LOAN

10,000 Steps Worksite Pedometer Lending Program

Employers who find ways to help employees be active during their workday contribute to both health and job satisfaction. This program is designed to help individuals in the workplace introduce more physical activity into their daily routines. For more information, please contact Algoma Public Health at (705) 942-4646.



Paint Your Plate! Create a Masterpiece Workplace Vegetables & Fruit Action Guide

This resource contains practical information and tools to help workplaces increase the amount of vegetables and fruit employees eat at work and at home. If you are interested in borrowing this resource for use in your workplace, contact Algoma Public Health at 705-942-4646 or toll-free at 866-892-0172.



Encourage and support healthy lifestyle choices at work by developing your own Worksite Wellness Program. We can help support your worksite wellness efforts by providing your employees with information they can use to make healthier lifestyle choices and maintain good health.

Four ways to promote Healthy Living at the workplace include:

Awareness Raising involves ongoing promotional materials. *Examples:* displays, pamphlets, fact sheets, resource booklets, videos, etc.

Education provides learning opportunities. *Examples:* presentations, lunch and learn sessions, etc.

Environmental Supports provide opportunities for employees to practice healthy living behaviours. *Examples:* smoking cessation programs, healthy food choices during meetings, fitness programs, on-site showers, bike racks, walking clubs, etc.

Policies provide ways to help change behaviour and support and encourage better health for your employees.



Algoma
PUBLIC HEALTH
Santé publique Algoma

Worksite Wellness Health Promotion Programs and Resources



ALGOMA PUBLIC HEALTH
Chronic Disease Prevention Team
(705) 942-4646 or 1-866-892-0172
www.algomapublichealth.com
Elliot Lake: (705) 848-2314
Blind River: (705) 356-2551
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WHY PROMOTE HEALTH IN YOUR WORKPLACE?

Two-thirds of Canadians over age 15 are employees. On average, we spend about 60 percent of our waking hours at work. When surveyed, most reported that the workplace is an appropriate place to promote health issues. After all, what happens in the office, on the plant floor, or wherever Canadians might work, can have a profound impact on their overall health. Good employee health makes good business sense!

BENEFITS TO THE WORKPLACE

- Improved staff morale
- Reduced absenteeism
- Improved productivity
- Reduced group health claims
- Fewer on the job accidents
- Enhanced corporate image

RESOURCES

Algoma Public Health has a variety of resources that can help promote health in the workplace.

E-messages

Our monthly e-messages are a great way to raise awareness of health issues and topics to encourage employees to make positive lifestyle behaviour changes.

Policy Templates

Health policies send a message that employers appreciate the link between employees' well being and a successful organization. Our sample policies can be used as is, or in part, as a starting point for encompassing a health policy at your workplace. Topics include Smoke-Free Workplaces, Sun Safety, Alcohol & Other Drugs, Healthy Eating & Physical Activity.

Consultation

If you would like to learn more about creating a Workplace Wellness Program at your workplace, please call us for help.



If you are interested in any of the resources listed above, please contact Algoma Public Health at 705-942-4646.

DISPLAYS & PRESENTATIONS

Displays

Our displays can be set up at your worksite to raise employee awareness of health issues and topics. Printed materials will be left for interested employees to take. Call us to discuss or book a display. Some topics include: Heart Health, Smoking Cessation, Physical Activity, Healthy Eating, Sun Safety, Cancer Prevention and Substance Use.

Presentations

Presentations can raise awareness and increase knowledge on a particular topic. Presentations can be provided at your worksite by staff at Algoma Public Health. Some topics include: Healthy Eating, Maintaining a Healthy Blood Pressure, Cancer Prevention, Tobacco Awareness, Alcohol Use and Work-Life Balance.

Health Exhibitions

The Wellness Works Health Exhibition is an event which will travel to your workplace. The goal is to enhance your employees' awareness of healthy living and the risk factors that contribute to chronic diseases.

For a complete listing of available presentations and displays, visit the Worksite Wellness section of our website at www.algomapublichealth.com