



Work Smart—Promote a Culture of Health

The Statewide Health Improvement Program (SHIP) wants to help create good health where Minnesotans live, work, learn and play. Through SHIP funding, the Dakota County Public Health Department is providing you with free resources to create a culture of health at your worksite.

Why bother with wellness?

Businesses play a vital role in the health of their employees. Worksite wellness efforts not only benefit employee health, but the business itself, representing a significant strategy for enhancing productivity and managing health care costs. We know that for every dollar invested in a wellness program, a savings of \$3.27 in health care costs and a savings of \$2.73 in reduced absenteeism may be expected.¹

Our Goal

To assist you in creating a sustainable wellness culture at your worksite and set a foundation of policy, environmental and social supports in the following areas:

Healthy food environments: Increase access to healthy foods in cafeterias, vending and catering, as well as establish healthy food workplace guidelines.

Comprehensive tobacco-free worksite: Establish tobacco-free policies, health plan coverage of tobacco cessation treatment, and onsite support for and promotion of tobacco cessation treatment.

Physical activity environment: Create active worksites by increasing opportunities for physical activity during the workday, support for walking and biking to work, and greater access to worksite fitness facilities.

Breastfeeding support: Provide new moms with a comfortable place to express milk that complies with the state law and establishing supportive workplace policies, so they can continue breastfeeding after they return to work.

How it works

Throughout this initiative you will be supported by consultants from Dakota County Public Health Department and HealthSource Solutions.

Your consultant will help you:

- Complete a comprehensive organizational assessment to help identify your greatest worksite wellness needs
- Create a wellness committee, brand and vision statement
- Set goals and create an action plan
- Apply for additional funds to support your planned wellness initiatives

Continuous support:

- Receive tools and resources to help you create a successful and sustainable worksite wellness culture
- Attend collaborative meetings to share and learn from other worksites

Ready to sign up your worksite?

If you are interested in being a part of this project, go to www.healthsource-solutions.com/DakotaCounty_SHIP-app to complete the online application.

Need more information?

Please contact the Dakota County Public Health Department Worksite Wellness Consultant:

Annie Ketcher, HealthSource Solutions, Account Manager
(763) 287-0746 | annieketcher@healthsource-solutions.com

¹Baicker, Katherine, David Cutler, and Zirui Song. 2010. Workplace wellness programs can generate savings. *Health Affairs* 29(2): 304-311. Baicker, <http://nrs.harvard.edu/urn-3:HUL.InstRepos:5345879>