



Just the Facts... USACHPPM Worksite Wellness Program

Purpose

The purpose of the USACHPPM Worksite Wellness Program (WWP) is to facilitate establishing worksite wellness and civilian fitness programs within military units. The purpose of the program is to enhance employee quality of life by fostering healthy lifestyles, promoting a healthy work environment, and improving morale. The WWP was developed as a product of the Directorate of Health Promotion and Wellness (DHPW) in response to the needs of civilian employees and family members through the testing of DHPW health promotion materials.

Program Components

The WWP provides health promotion and worksite wellness information and training to employees, supports Tri-service collaboration for health promotion and worksite wellness, and promotes physical fitness and nutritious eating habits throughout The Army. Its components support health promotion awareness, education, and intervention activities, and work in conjunction to influence positive health changes in lifestyle, attitudes, and behavior. They are designed to support a variety of the monthly National Health Observances. The following program components, as well as links to intervention programs (i.e., stress management, cholesterol education, nutrition, physical fitness, and tobacco cessation) may be accessed through the USACHPPM/DHPW web site.

- ❖ *Targeting Fitness* civilian fitness exportable packet
- ❖ *Targeting Health* newsletter archives
- ❖ Sample lectures with handouts on health promotion topics
- ❖ References for ordering health promotion information literature
- ❖ Sample e-mail messages on health promotion
- ❖ Web links to health promotion sites



Targeting Fitness

The *Targeting Fitness* civilian fitness program is a highly successful physical fitness intervention designed to encourage regular physical activity among government civilians and family members. The program is based on the Army Regulation 600-63, Army Health Promotion with change/effective 28 May 1996, and Civilian Health Promotion Programs, DA message R111800Z, dated March 1996. It allows civilians the opportunity to exercise within a structured and monitored program on duty time for one six month period. The exportable packet contains a sample commander's brief, coordinator's guide, and participant guide. It may be downloaded from the DHPW web site.

WWP Benefits

Worksite wellness makes good management sense. Current literature has shown them to:

- ❖ Increase employee well-being
- ❖ Increase morale
- ❖ Increase productivity
- ❖ Reduce absenteeism
- ❖ Reduce the use of health care benefits
- ❖ Reduce injuries
- ❖ Lower health care costs



Worksite Wellness Program References

Aldana SG; Financial Impact of Health Promotion Programs: Comprehensive Review of the Literature. *American of Journal of Health Promotion* 2001; 15 (5): 296-320.

Riedel JE, et al; The Effect of Disease Prevention and Health Promotion on Workplace Productivity: A Literature Review. *American of Journal of Health Promotion* 2001; 15 (3): 167-191.

Pelletier KR; A Review and Analysis of the Clinical and Cost-effectiveness Studies of Comprehensive Health Promotion and Disease Management Programs at the Worksite: 1995 -1998 update (IV). *American of Journal of Health Promotion* 1999; 13 (6):333-345.

Pelletier KR; ROI Research and Worksite Health Promotion. *American Journal of Health Promotion* 1999; 14 (1):31-43.