

health and wellness committee ideas

Health and Wellness Committee Ideas: Boosting Employee Well-being and Productivity

Feeling stuck in a rut when it comes to improving employee health and wellness? Want to create a thriving committee that truly makes a difference? You've come to the right place! This comprehensive guide is packed with actionable health and wellness committee ideas, designed to boost employee well-being and ultimately, productivity. We'll delve into proven strategies, practical tips, and creative initiatives to help your committee flourish and achieve its goals. Get ready to inspire a healthier, happier, and more engaged workforce!

I. Defining Your Committee's Mission and Goals (Health and Wellness Committee Ideas: Getting Started)

Before diving into specific activities, your committee needs a clear mission statement. What are your overarching goals? Are you aiming to reduce stress levels, improve physical fitness, promote mental health awareness, or a combination of all three? Clearly defining these objectives will guide your decision-making and ensure your efforts remain focused. Consider surveying employees to gauge their biggest health concerns and desires. This data-driven approach ensures your initiatives resonate with your workforce.

For example, your mission might be: "To foster a culture of well-being within [Company Name] by providing accessible resources and engaging programs that promote physical health, mental wellness, and a positive work-life balance."

II. Actionable Health and Wellness Committee Ideas: Programs and Initiatives

Now for the exciting part – brainstorming impactful initiatives! Remember to tailor these to your company's specific needs and your employees' preferences, as uncovered in your initial survey.

A. Wellness Challenges and Competitions:

Step Challenge: Use fitness trackers or apps to encourage friendly competition among teams or individuals. Offer prizes for the top performers to boost engagement.

Healthy Eating Challenge: Focus on incorporating more fruits and vegetables, reducing sugar intake, or trying new healthy recipes. Share recipes and tips

via email or an internal communication platform.

Mindfulness and Meditation Challenge: Introduce guided meditations or mindfulness exercises, perhaps through a dedicated app or online resources. Offer workshops or lunch-and-learn sessions.

B. Educational Workshops and Seminars:

Stress Management Techniques: Offer workshops on stress-reducing techniques like yoga, deep breathing exercises, or mindfulness meditation.

Nutrition and Healthy Eating: Invite a registered dietitian to conduct workshops on healthy eating habits and meal planning.

Ergonomics and Workplace Safety: Educate employees on proper posture, workstation setup, and preventing workplace injuries.

Mental Health Awareness: Host sessions discussing common mental health concerns, available resources, and strategies for maintaining mental well-being.

C. Creating a Supportive Workplace Environment:

Active Breaks: Encourage employees to take short breaks throughout the day to stretch, walk, or engage in light exercise. Designate break areas with comfortable seating and access to fresh air.

On-site Fitness Facilities: Explore the possibility of providing on-site gym access or subsidized gym memberships.

Flexible Work Arrangements: Where possible, offer flexible work options like telecommuting or flexible hours to improve work-life balance.

Employee Assistance Program (EAP): Promote your company's EAP, offering confidential counseling and support services.

III. Effective Communication and Promotion (Health and Wellness Committee Ideas: Reaching Your Audience)

Even the best initiatives will fail if employees aren't aware of them! Effective communication is key.

Internal Communication Channels: Utilize company newsletters, intranet, email announcements, and posters to promote upcoming events and resources.

Social Media: Create a dedicated social media group or page to encourage interaction and share updates.

Team Meetings: Dedicate a portion of team meetings to discuss health and wellness topics.

Company-Wide Events: Organize health fairs, wellness days, or themed events to raise awareness and engage employees.

IV. Measuring Success and Making Adjustments (Health

and Wellness Committee Ideas: Continuous Improvement)

Track your progress regularly to assess the effectiveness of your initiatives. Collect data through surveys, feedback forms, participation rates, and any relevant health metrics (if permitted). Use this data to refine your strategies and ensure your committee remains impactful. Flexibility and adaptation are crucial for long-term success.

V. Securing Resources and Support

Your committee will need resources to function effectively. Seek support from your company's leadership, HR department, and potentially external partners. Secure funding for workshops, equipment, and incentives. Demonstrate the return on investment (ROI) of your initiatives by highlighting improved employee morale, reduced absenteeism, and increased productivity.

Conclusion

Building a successful health and wellness committee requires careful planning, consistent effort, and a genuine commitment to employee well-being. By implementing these health and wellness committee ideas and adapting them to your specific context, you can create a thriving program that fosters a healthier, happier, and more productive workforce. Remember to actively listen to employee feedback, measure your progress, and continuously adapt your strategies to ensure long-term success. Your efforts will not only improve the health and happiness of your employees but also contribute significantly to the overall success of your organization.

FAQs

1. How often should the health and wellness committee meet? Ideally, the committee should meet at least monthly, but the frequency may vary depending on the workload and the number of initiatives.
1. How can we encourage participation in wellness challenges? Offer attractive incentives (e.g., gift cards, extra vacation time, public recognition), create a friendly competitive atmosphere, and track progress publicly to maintain engagement.
1. What if our company has a limited budget for wellness initiatives? Start

with low-cost options like walking challenges, educational workshops using free online resources, and promoting existing employee assistance programs. Gradually expand as your budget allows.

1. How do we measure the effectiveness of our wellness programs? Track participation rates, employee feedback through surveys and focus groups, and any relevant health metrics (with appropriate employee consent and privacy safeguards).
1. How can we ensure the health and wellness committee remains sustainable long-term? Build strong relationships with management, secure consistent funding, and develop a clear succession plan to ensure leadership continuity.

health and wellness committee ideas: *Workplace Wellness that Works* Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

health and wellness committee ideas: *The Stop & Go Fast Food Nutrition Guide* Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally

recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

health and wellness committee ideas: The Total Money Makeover: Classic Edition Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt--from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

health and wellness committee ideas: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

health and wellness committee ideas: A Design Thinking, Systems Approach to Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

health and wellness committee ideas: Building a Resilient Workforce Institute of Medicine, Board on Health Sciences Policy, Planning Committee on Workforce Resiliency Programs, 2012-07-18 Every job can lead to stress. How people cope with that stress can be influenced by many factors. The Department of Homeland Security (DHS) employs a diverse staff that includes emergency responders, border patrol agents, federal air marshals, and policy analysts. These employees may be exposed to traumatic situations and disturbing information as part of their jobs. DHS is concerned that long-term exposure to stressors may reduce individual resilience, negatively affect employees' well-being, and deteriorate the department's level of operation readiness. To explore DHS workforce resilience, the Institute of Medicine hosted two workshops in September and November 2011. The September workshop focused on DHS's operational and law enforcement personnel, while the November workshop concentrated on DHS policy and program personnel with top secret security clearances. The workshop brought together an array of experts from various fields including resilience research, occupation health psychology, and emergency response. Building a Resilient Workforce: Opportunities for the Department of Homeland Security: Workshop

Summary: Defines workforce resilience and its benefits such as increased operational readiness and long-term cost savings for the specified population; Identifies work-related stressors faced by DHS workers, and gaps in current services and programs; Prioritizes key areas of concern; and Identifies innovative and effective worker resilience programs that could potentially serve as models for relevant components of the DHS workforce. The report presents highlights from more than 20 hours of presentations and discussions from the two workshops, as well as the agendas and a complete listing of the speakers, panelists, and planning committee members.

health and wellness committee ideas: Corporate Stewardship Susan Albers Mohrman, James O'Toole, Edward E. Lawler III, 2017-09-29 Stewardship entails a profound understanding and acceptance of the challenges that result from the organization's interdependence with the societal and ecological contexts in which it operates—and of what it takes to embrace the challenges to be a force for building a viable future. This book dares to ask 'why' business leaders should embrace stewardship in the current market where profit reigns supreme. A shift in approach represents fundamental change for the corporate world, and even the most advanced corporations consider themselves to be in the starting block of this transition. The book sets out the practical ways in which corporate stewardship can be achieved through embedding new approaches across the different functions of a business. This book, written by the leading thinkers in sustainability research, provides practical guidance on how companies can resolve the paradoxical challenges they face. How can they be at the same time profitable and responsible, effective and ethical, sustainable and adaptable? It explores what businesses are doing, what they can and should do to effectively respond to external challenges, and focuses on how leaders can create cultures, strategies, and designs far beyond "business as usual". Stewards must not only make proper current use of that which they hold in trust, they also must leave it in better condition for use by future generations. Corporate Stewardship challenges managers, executives, and directors of global corporations to think and act as stewards of both their organizations and the physical and social environments in which they operate.

health and wellness committee ideas: MindWalks Mary H. Frakes, 1999 Walking is great exercise for the body, but this collection of short, easy exercises makes walking a great workout for the mind and soul as well.

health and wellness committee ideas: The Happy, Healthy Nonprofit Beth Kanter, Aliza Sherman, 2016-09-26 Steer your organization away from burnout while boosting all-around performance The Happy, Healthy Nonprofit presents realistic strategies for leaders looking to optimize organizational achievement while avoiding the common nonprofit burnout. With a uniquely holistic approach to nonprofit leadership strategy, this book functions as a handbook to help leaders examine their existing organization, identify trouble spots, and resolve issues with attention to all aspects of operations and culture. The expert author team walks you through the process of building a happier, healthier organization from the ground up, with a balanced approach that considers more than just quantitative results. Employee wellbeing takes a front seat next to organizational performance, with clear guidance on establishing optimal systems and processes that bring about better results while allowing a healthier work-life balance. By improving attitudes and personal habits at all levels, you'll implement a positive cultural change with sustainable impact. Nonprofits are driven to do more, more, more, often with fewer and fewer resources; there comes a breaking point where passion dwindles under the weight of pressure, and the mission suffers as a result. This book shows you how to revamp your organization to do more and do it better, by putting cultural considerations at the heart of strategy. Find and relieve cultural and behavioral pain points Achieve better results with attention to well-being Redefine your organizational culture to avoid burnout Establish systems and processes that enable sustainable change At its core, a nonprofit is driven by passion. What begins as a personal investment in the organization's mission can quickly become the driver of stress and overwork that leads to overall lackluster performance. Executing a cultural about-face can be the lifeline your organization needs to thrive. The Happy, Healthy Nonprofit provides a blueprint for sustainable change, with a holistic approach to improving organizational

outlook.

health and wellness committee ideas: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

health and wellness committee ideas: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. *Educating the Student Body* makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

health and wellness committee ideas: Wellness Leadership Judd Allen, 2008-01-01 *Wellness Leadership* empowers managers, wellness committee members and other wellness champions to create a workplace culture that supports healthy lifestyles. Such a culture of health saves lives, cuts medical costs, enhances productivity, improves morale and adds new vitality to work groups. *Wellness Leadership* explains how to create a shared wellness vision, serve as an effective role model, align cultural influences and monitor/celebrate success. Revealing self-tests, a culture survey, information about legal issues, guidelines for establishing wellness committees, leadership

stories and checklists take the guesswork out of creating a culture of health.

health and wellness committee ideas: National Health Education Standards Joint Committee on National Health Education Standards, 2007 Concluding a two-year review and revision process supported by the American Cancer Society and conducted by an expert panel of health education professionals, this second edition of the National Health Education Standards is the foremost reference in establishing, promoting, and supporting health-enhancing behaviors for students in all grade levels. These guidelines and standards provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress; provide students, families, and communities with concrete expectations for health education; and advocate for quality health education in schools, including primary cancer prevention for children and youth.

health and wellness committee ideas: Mental Health, Substance Use, and Wellbeing in Higher Education National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. Mental Health, Substance Use, and Wellbeing in Higher Education lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

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health and wellness committee ideas: Fitness Education for Children Stephen J. Virgilio, 2011-10-12 In the latest edition of his book *Fitness Education for Children: A Team Approach*, Stephen Virgilio emphasizes the importance of collaboration to combat obesity and promote active lifestyles. Virgilio shows how you can combine the efforts of physical educators, administrators, classroom teachers, school volunteers, parents, school lunch personnel, health service professionals, and others in the community. Virgilio provides new suggestions and information on incorporating the team approach to help schools meet wellness policy objectives. He spells out a school wellness approach with the physical educator as physical activity director and guides you in integrating school fitness breaks and activities in the classroom curriculum. He also • offers new exercise, rhythmic, and pedometer activities as well as new fitness games; • provides current research and statistics on childhood obesity and approaches to intervention; • includes a completely new chapter on yoga (including activities) for school-aged children; and • presents information on the stages of behavioral change, helping teachers modify long-term health behaviors in children. This new edition

also includes updated Activitygram/Fitnessgram procedures and a discussion of SMART goals. You'll find a new section on teaching children with autism spectrum disorder and the current USDA's MyPlate. You'll also receive the most recent physical activity guidelines for children from the Centers for Disease Control and Prevention and help in developing programs that support those guidelines. And you'll find updated references throughout the book as well as new websites for further information. Fitness Education for Children also offers strategies for cross-curricular activities and classroom collaborations as well as suggestions for using technology to enhance your communication with students and parents. Written for veteran and new physical educators as well as students preparing to enter the profession, this text covers the gamut of issues that educators need to know to provide effective fitness education. Those issues include the principles of fitness, teaching children with disabilities, planning lessons, teaching fitness concepts, collaborating with other teachers, and getting parents and your community involved. You also receive updated developmental exercises and active games and activities, and you'll learn how to hold exciting schoolwide events. Fitness Education for Children offers a blueprint for battling obesity in school-aged children by promoting healthy lifestyles. This book will help you understand the educational philosophy, instructional strategies, assessments, and pedagogical models that will transform your curriculum into a springboard to a lifetime of healthy activity for the children you teach.

health and wellness committee ideas: Health and Wellness Programs for Commercial Drivers Gerald P. Krueger, 2007 TRB's Commercial Truck and Bus Safety Synthesis Program (CTBSSP) Synthesis 15: Health and Wellness Programs for Commercial Drivers explores health risks facing commercial truck and motorcoach drivers. The report examines the association between crash causation and functional impairments, elements of employee health and wellness programs that could be applied to commercial drivers, and existing trucking and motor coach employee health and wellness programs. In addition, the report includes several case studies on employee health and wellness programs in the truck and motorbus industries, focusing on the elements that appear to work effectively.

health and wellness committee ideas: **National Prevention Strategy: America's Plan for Better Health and Wellness** Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

health and wellness committee ideas: **Through the Eyes of the Eagle** Georgia Perez, 2006 A wise eagle teaches a Native American boy how healthy eating and exercise habits can help prevent diabetes.

health and wellness committee ideas: **The Future of the Public's Health in the 21st Century** Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice,

research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

health and wellness committee ideas: Community Perspectives on Obesity Prevention in Children Institute of Medicine, Food and Nutrition Board, 2010-01-01 As the public health threat of childhood obesity has become clear, the issue has become the focus of local, state, and national initiatives. Many of these efforts are centered on the community environment in recognition of the role of environmental factors in individual behaviors related to food and physical activity. In many communities, for example, fresh produce is not available or affordable, streets and parks are not amenable to exercise, and policies and economic choices make fast food cheaper and more convenient than healthier alternatives. Community efforts to combat obesity vary in scope and scale; overall, however, they remain fragmented, and little is known about their effectiveness. At the local level, communities are struggling to determine which obesity prevention programs to initiate and how to evaluate their impact. In this context, the Institute of Medicine held two workshops to inform current work on obesity prevention in children through input from individuals who are actively engaged in community- and policy-based obesity prevention programs. Community perspectives were elicited on the challenges involved in undertaking policy and programmatic interventions aimed at preventing childhood obesity, and on approaches to program implementation and evaluation that have shown promise. Highlights of the workshop presentations and discussions are presented in this volume.

health and wellness committee ideas: The Culprit & the Cure Steven G. Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

health and wellness committee ideas: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

health and wellness committee ideas: Health and Wellness Guide for the Volunteer Fire and Emergency Services (2009 Edition) ,

health and wellness committee ideas: Jump Start Health! Practical Ideas to Promote Wellness in Kids of All Ages David Campos, 2015-04-18 This dynamic resource will help classroom teachers jump start their students on a path to a healthy lifestyle. The author helps us understand the obesity crisis and offers practical ideas for incorporating wellness initiatives into the elementary curriculum. Each idea presented has a clear learning objective, addresses federal health standards, and includes a step-by-step approach with activities for the classroom. This hands-on, comprehensive book provides a set of tools that will help teachers and health practitioners improve the eating habits and exercise patterns of youngsters nationwide. Unlike other health curricula, Jump Start Health! is unique because it provides teaching materials that: Ask a range of critical thinking

questions. Encourage collaboration and community building. Embody the National Education Standards and National Health Standards. David Campos is an associate professor of education at the University of the Incarnate Word in San Antonio, Texas. "In the rich tradition of a child-centered curriculum, David Campos presents a useful, comprehensive, and clear resource for keeping children physically and psychologically healthy. Providing a rich context for a 'well being' perspective, he guides teachers, parents, and the community through understanding the necessity for all adults to ensure a nurturing environment for every age child." —Mari Koerner, Professor and Dean, Mary Lou Fulton Teachers College, Arizona State University "This how-to manual is a panoply of original lesson plans and practical strategies for eradicating the poor dietary and exercise habits that are diminishing the health and wellness of our society. This book is a definitive guide for restoring and maintaining one of our most precious commodities: the health and well-being of our children." —La Vonne I. Neal, Northern Illinois University, Dean, College of Education "Dr. Campos has made a valuable contribution to the national discussion regarding how we, as a country, can effectively address the evolving tragedy of the childhood obesity epidemic." —Norman H. Chenven, M.D., Founder & CEO, Austin Regional Clinic

health and wellness committee ideas: *A Review of the U.S. Workplace Wellness Market* Soeren Mattke, Christopher Schnyer, Kristin R Van Busum, 2012-11-28 This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.

health and wellness committee ideas: *The Psychologically Healthy Workplace* Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

health and wellness committee ideas: *Positive Professionals* Anne Brafford, 2017 'Positive Professionals' is a practical handbook of science-backed strategies to foster full engagement by enhancing people's experience of meaningful work, of feeling valued and valuable, and of growing and developing. The book's well-researched business case convincingly shows that greater engagement boosts not only individual well-being but also profitability, productivity, performance, retention of talent, and client satisfaction.--Back cover.

health and wellness committee ideas: *Mental Health Policies and Programmes in the Workplace* World Health Organization, 2005 Work substantially contributes to one's identity. It provides income for an individual and their family and gives the feeling of playing a useful role in society. However, the nature of work is changing rapidly and factors such as the globalization of markets, urbanization and migration, and the advancements in information technology are impacting on the nature of work and the health and mental health of employees. This module outlines the types of mental health problems encountered in the workplace, their causes and impact. Importantly, it provides guidance to workplaces on how to develop and implement a workplace mental health policy and strategies to improve the mental health of employees. Also available: WHO Mental Health Policy and Service Guidance Package--14 modules Other modules included in the package: Improving Access and Use of Psychotropic Medicines Child and Adolescent Mental Health Policies and Plans Mental Health Policy, Plans and Programmes. Updated version Mental Health Context Mental Health Financing Advocacy for Mental Health Quality Improvement for Mental Health Organization of Services for Mental Health Planning and Budgeting to Deliver Services for Mental Health Mental Health Legislation and Human Rights Mental Health Information Systems Human Resources and Training in Mental Health Monitoring and Evaluation of Mental Health Policies and Plans

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wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

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