



Worksite Wellness Resources

Alameda County Nutrition Services

Programs and Activities

American Cancer Society: Active For Life

www.fightcancer.org/ACSWW/ActiveforLife/Support/login.asp

Offers worksite activity programs and information.

American Heart Association

www.americanheart.org

AHA Start! Program provides a year-long series of health events & programs, on-line wellness program, employee wellness assessment, & free brown bag presentations.

Contact Jill DiGiacomo at 510-904-4024 or jill.digiacom@heart.org

America's Walking

www.pbs.org/americaswalking/

Features health and fitness advice from walking advocate, Mark Fenton, as well as information on his American's Walking series.

California 5 a Day –for Better Health! Campaign

www.dhs.ca.gov/ps/cdic/cpns/worksite/default.htm

Provides information, resources, and tools to increase fruit and vegetable consumption, physical activity, and food security.

California Task Force on Youth/Workplace Wellness

www.wellnesstaskforce.org

Creates and promotes policies to decrease the obesity rates in California schools and workplaces.

Center for Disease Control & Preventions

www.cdc.gov/nccdphp/dnpa/stairwell/index.htm

Provides the information you need to transform your stairs into StairWELLS for better health.

The Health Project

<http://healthproject.stanford.edu>

A non-profit consortium that evaluates, promotes, and distributes wellness programs with demonstrated effectiveness in influencing personal health habits and the cost effective use of health care services.

Institute for Health and Productivity Management

www.ihpm.org

Provides data and services related to all aspects of employee health that affect work performance and costs.

U.S. Breastfeeding Committee

www.usbreastfeeding.org/Issue-Papers/Workplace.pdf

<http://www.usbreastfeeding.org/Issue-Papers/Checklist-WP-BF-Support.pdf>

Work Place Breastfeeding Support

Working Well Works

www.co.tompkins.ny.us/wellness/worksite/workwell/index.html

Provides information about starting worksite wellness programs



Guidelines

Centers for Disease Control & Prevention- Healthy Worksite Food

www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf

Offers guidelines on choosing foods and beverages for healthy meetings, conferences and work-related events.

Prevention Institute

http://www.preventioninstitute.org/CHI_Workplace.html

Offers workplace policies to offer nutritious foods.

University of Minnesota, School of Public Health

http://www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/nutrition.pdf

Provides guidelines for offering healthy foods at meetings, seminars, and catering events.