



Fundamentals – Resources for Workforce Health Promotion (WHP) Program Planners

Resource	WHP Info Available	Contact Information
America on the Move	A Web-based program to help employees increase their physical activity level and for program planners' to track group progress. Employees can track their steps on-line and also have access to healthy recipes, articles, and other downloadable tools.	The Partnership to Promote Healthy Eating and Active Living 44 School Street, Suite 325 Boston, MA 02108 617-367-6894 Fax: 617-367-6899 E-mail: sani@americaonthemove.org Web site: www.americaonthemove.org/
American Cancer Society	Online audio, giving advice to workers and managers about dealing with cancer in the workplace. PDF file on preventing and reducing tobacco use in the workplace outlining cost-effectiveness. Online brochure listing the benefits of a smoke-free workplace and provides policy and procedural guidelines for both the employer and the employee.	1599 Clifton Rd., NE Atlanta, GA 30329 800-ACS-2345 Web site: www.cancer.org
American College of Occupational and Environmental Medicine	A compilation of current literature in the field of health and productivity.	1114 N. Arlington Heights Road Arlington Heights, IL, 60004-4770 847-818-1800 Web site: http://www.acoem.org/health_productivity/default.asp
American College of Sports Medicine	Health/Fitness Facility Standards and brochures on a variety of physical activity topics.	P.O. Box 1440 Indianapolis, IN 4606-1440 317-637-9200 Web site: www.acsm.org





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American Heart Association	Heart at Work, an online planning kit for heart-healthy work site programs.	National Center 7272 Greenville Ave. Dallas, TX 75231 800-242-8721 E-mail: heartatwork@heart.org Web site: www.americanheart.org/haw
Centers for Disease Control and Prevention	"Business Responds to AIDS" kits to guide managers and labor leaders in developing policies and employee education.	HIV at Work P.O. Box 6003 Rockville, MD 20849-6003 800-242-9760 E-mail: hivatwork@cdcnpin.org Web site: www.hivatwork.org
Centers for Disease Control and Prevention	Information and resources about supporting breastfeeding mothers in the workplace.	Web site: www.cdc.gov/breastfeeding/pdf/BF_guide_2.pdf
Centers for Disease Control and Prevention	Information and resources about implementing a tobacco-free workplace.	Web sites: http://www.cdc.gov/tobacco/ETS_Toolkit/worksites/intro.htm http://www.cdc.gov/tobacco/educational_materials/cessation/ReimbursementBrochureFull.pdf
For Federal Employers	Federal Occupational Health (FOH) Office of Personnel Management (OPM) Substance Abuse and Mental Health Services Administration (SAMSA)	Web sites: http://www.foh.dhhs.gov/ http://www.opm.gov/healthierfeds/ http://www.samhsa.gov/Campaigns_programs/campaigns_alpha.aspx





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National Business Group on Health	Councils, forums, and reports to help employers control health care costs and develop work site health promotion services. Has Diabetes at Work program for work site diabetes management and A Purchaser's Guide to Clinical Preventive Services: Moving Science into Coverage . Also publishes Best Practices and Strategies for Weight Management: A Toolkit for Large Employers (available to members only), and a variety of other work site health promotion materials. Also has a variety of issue briefs on WHP topics such as weight control and ADA guidelines.	50 F Street, NW, Suite 600 Washington, DC 20001 202-628-9320 Web site: www.wbgh.org
National Institute for Occupational Safety and Health (CDC)	List of resources for employers and employees about recognizing and managing stress in the workplace.	Web site: http://www.cdc.gov/niosh/topics/stress/
Partnerships for a Healthy Workforce/ Partnership for Prevention	Forum and publications to help employers create a healthy workforce, including a downloadable guide of additional resources (e.g., " Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small ").	1015 18th St, NW, Suite 200 Washington, DC 20036-0009 202-833-0009 Web site: www.prevent.org/
Pedestrian and Bicycle Walking Information Center	Information and resources about bicycling to work.	730 Airport Road, Suite 300 Campus Box 3430 Chapel Hill, NC 27599-3430 919-962-2203 Web site: http://www.bicyclinginfo.org/ee/ed_adults.htm





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President's Council on Physical Fitness and Sports	Information on creating a President's Challenge physical activity group for a work site.	The President's Challenge 501 N Morton Suite 104 Bloomington, IN 47404 800-258-8146 Web site: www.presidentschallenge.org
Produce for Better Health Foundation (5 A Day)	Employers can apply for National Excellence Awards for their 5 A Day programs at work. Offers materials to help employees track their fruit and vegetable consumption.	Web site: www.5aday.com For subscription to PBH Worksite Nutrition Program: Elizabeth Kavanaugh 302-235-2329 E-mail: ekavanaugh@pbhfoundation.org
US Preventive Services Task Force Community Guide	<u>Guide to Community Preventive Services</u> , which rates the efficacy of community-based preventive services, on the basis of research findings.	Community Guide Branch 1600 Clifton Rd NE MS E-90, Atlanta, GA 30333 404-498-6180 Web site: www.thecommunityguide.org
US Preventive Services Task Force Clinical Guide	<u>Guide to Clinical Preventive Services</u> , which rates the efficacy of clinical preventive services, on the basis of research findings.	Office of Disease Prevention and Health Promotion 1001 Wooten Pkwy, Suite LL100, Rockville, MD 20852 240-452-8280 Web site: http://odphp.osophs.dhhs.gov/pubs/guidecps/pcpstoc.htm
Wellness Council of America	Publications, online newsletters, and tapes for planners of work site and community wellness programs. Also provides access to WHP consultants.	The Wellness Councils of America 9802 Nicholas Street, Suite 315 Omaha, NE 68114 402-827-3590 Web site: www.welcoa.org





Resource	WHP Info Available	Contact Information
Your state health department	Available information varies by state. Topics may include nutrition, physical activity, and tobacco-cessation information and resources.	Find your state at: www.cdc.gov/other.htm#states

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