



## Fundamentals – Workforce Health Promotion (WHP) Information by Topic

Workforce health promotion (WHP) program planners can use the following resources to develop programs on a variety of topics ranging from general health promotion to specific chronic diseases and health behaviors. The information is primarily tailored toward federal agencies, but non-governmental organizations will also find these resources useful.

The Internet contains an unlimited amount of health information and this list is not intended to be exhaustive but rather a place to start. Links to non-federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by CDC or the federal government, and none should be inferred. CDC is not responsible for the content of Web pages found at non-federal links.

The resources are categorized into the following sections:

### WHP Program Design

### Be Physically Active Every Day

### Eat a Nutritious Diet

### Get Preventive Health Screenings

### Know Your Health Numbers

### Common Diseases and Conditions

### Make Healthy Choices

Tobacco Cessation

Breastfeeding

Alcohol Misuse

Mental Health

Injury Prevention





## WHP Program Design

The following resources provide guidance on overall WHP program design including planning and evaluation tools, program guides, publications, and health data.

(<sup>S</sup> Indicates information available in Spanish.)

### Federal Resources

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**CDC Health Promotion** <sup>S</sup> <http://www.cdc.gov/node.do/id/0900f3ec80059b1a>

List of CDC programs and campaigns that address a wide variety of health promotion topics. These programs are intended to reduce the health and economic consequences of the leading causes of death and disability and improve the quality of life for all people.

**Federal Occupational Health (FOH)** <http://www.foh.dhhs.gov/default.asp>

This service unit within the Department of Health & Human Services' Program Support Center, provides occupational health resources and services to its federal partners to improve the health, safety, and productivity of the federal workforce.

**Healthier Feds** <http://www.opm.gov/healthierfeds/>

Information about the Office of Personnel Management's HealthierFeds initiative that addresses the four keys for a healthier America, as identified by the President's Healthier US Initiative: Be physically active every day, eat a nutritious diet, get preventive screenings, and make healthy choices.

**Healthier Feds – Employee Health Services Handbook**

<http://www.opm.gov/healthierfeds/healthierfedsmanual.asp>

Published by the Office of Personnel Management, this handbook can help federal agencies meet the President's objective of creating a healthy workforce. Addresses employee health, physical fitness, and assistance programs.

**National Center for Health Statistics (NCHS)** <sup>S</sup> <http://www.cdc.gov/nchs/Default.htm>

As the nation's principal health statistics agency, NCHS provides statistical information about America's health that can be used to guide actions and policies to improve the health of people.

**State Health Departments** <sup>S</sup> <http://www.cdc.gov/nchs/about/major/natalty/sites.htm>

Provides Internet links to your state health department, many of which provide information on smoking cessation, nutrition, physical activity, and other work site interventions.



## Non-Federal Resources

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### ***Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small***

<http://www.prevent.org/content/view/25/60/>

Uses the objectives of Healthy Workforce 2010 to explain how and why a company should be involved in health promotion for its employees.

### ***Wellness Councils of America: Key Resources***

<http://www.welcoa.org/wellworkplace/index.php?category=7>

Provides a list of manuals and books that can help guide the development of WHP programs.

### ***Wellness Councils of America: Free Reports***

<http://www.welcoa.org/freeresources/index.php?category=8>

Provides a list of free reports, studies, and other publications that explain key issues in work site health promotion.

## Books on Work Site Health Promotion

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**Evaluating Worksite Health Promotion.** By David H. Chenoweth, PhD. Human Kinetics Publishers, 2002.

**Worksite Health Promotion.** By David H. Chenoweth, PhD. Human Kinetics Publishers, 1998.

**Worksite Health Promotion Manual.** By American College of Sport Medicine. Human Kinetics Publishers, 2003.

**Health Promotion in the Workplace.** By Michael P. O'Donnell. Delmar, 2002.

**The Well Workplace Field Manual. A Step-by-step guide for the Busy Wellness Practitioner.** By Chad Abresch, Craig Johnson, and Bo Abresch. Wellness Councils of America, 2000.



## Be Physically Active Every Day

These resources provide information on the health benefits of regular physical activity, recommendations for how to become physically active, and how to manage a work site wellness/fitness program. (S Indicates information available in Spanish.)

### Federal Resources

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***CDC Recommendations for Physical Activity*** <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

Recommendations for physical activity, how to make it part of your everyday life, common terms, and information about CDC campaigns to increase physical activity in the community.

***Federal Occupational Health – Wellness/Fitness Programs***

<http://www.foh.dhhs.gov/Public/WhatWeDo/Wellness/Wellness.asp>

Wellness and fitness program services offered by Federal Occupational Health to other federal agencies, including fitness center and program design, fitness center management, and wellness program management.

***Healthier Feds – Physical Activity*** <http://www.opm.gov/healthierfeds/physicalactivity.asp>

Office of Personnel Management tips on how to become physically active and how to maintain a physically active lifestyle.

***Physical Activity and Weight Control*** <http://win.niddk.nih.gov/publications/physical.htm>

The National Institutes of Health provides a Weight-control Information Network on how physical activity helps people reach and maintain a healthy weight.

***The President’s Council on Physical Fitness and Sports*** <http://www.fitness.gov/>

Information about the council, its work, publications, and links to government and non-government health and fitness organizations.

***Measuring Physical Activity Intensity***

[http://www.cdc.gov/nccdphp/dnpa/physical/measuring/target\\_heart\\_rate.htm](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/target_heart_rate.htm)

Describes the various methods for measuring the intensity of physical activity and exercise.

### Non-Federal Resources

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***American College of Sports Medicine (ACSM) Health and Fitness Information***

<http://www.acsm.org/health%2Bfitness/index.htm>

Resources for how to exercise, the benefits of physical activity, fitness journals, and public information brochures.





## Eat a Nutritious Diet

These resources provide information on the Dietary Guidelines for Americans and a variety of nutrition topics. (S Indicates information available in Spanish.)

### Federal Resources

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***CDC Recommendations for Nutrition*** <sup>S</sup><http://www.cdc.gov/nccdphp/dnpa/nutrition.htm>

Links to a variety of nutrition-related topics such as dietary guidelines, obesity, bone health, breastfeeding, and reviews of nutrition research. Also highlights CDC campaigns such as *5 A Day*, *National Bone Health*, and *Choosing Foods and Beverages for Healthy Meetings, Conferences, and Events*.

***Dietary Guidelines for Americans (2005)*** <sup>S</sup> <http://www.healthierus.gov/dietaryguidelines/>

The Dietary Guidelines for Americans were recently updated by the Department of Health and Human Services and the Department of Agriculture. Includes brochure ordering information, campaigns, tools, and related resources.

***Healthier Feds – Nutrition*** <http://www.opm.gov/healthierfeds/nutrition.asp>

Tips on eating healthy from the Office of Personnel Management.

***My Pyramid Plan: Steps to a Healthier You*** <http://www.mypyramid.gov>

Information about the new Dietary Guidelines for Americans with tools to create a customized food pyramid based on age, gender, and physical activity level.





## Get Preventive Health Screenings

These resources provide a list of recommended health screenings, which ones are the most cost-effective for employers, and information on promoting specific health screenings to employees. (§ Indicates information available in Spanish.)

### Federal Resources

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***The Clinical Guide*** <http://www.ahrq.gov/clinic/cps3dix.htm>

The US Preventive Services Task Force rates the efficacy of clinical-based preventive health services, including screening tests, counseling, immunizations, and preventive medications.

***Healthier Feds – Preventive Health Services*** <http://www.opm.gov/healthierfeds/preventiveemployer.asp>

Office of Personnel Management information on preventive health strategies for federal agency personnel.

***Selected Preventive Screening Recommendations for Worksite Health Promotion Planners***

[http://www.cdc.gov/nccdphp/dnpa/hwi/resources/screening\\_matrix.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/resources/screening_matrix.htm)

Summarizes the US Preventive Services Task Force recommendations in The Clinical Guide (see above) for preventive health screenings that apply to people who are of employment age.

***Screening and Testing to Detect Cancer***<sup>S</sup> <http://www.nci.nih.gov/cancertopics/screening>

National Cancer Institute information on screening and testing to detect specific cancers.

***Breast Cancer and Mammography***<sup>S</sup> <http://www.cdc.gov/cancer/nbccedp/info-bc.htm>

Information from CDC on mammography and resources for early detection of breast cancer.

***Cervical Cancer and Pap Test Information***<sup>S</sup> <http://www.cdc.gov/cancer/nbccedp/info-cc.htm>

Information from CDC on Pap Tests and resources for early detection of cervical cancer.

***Colorectal Cancer: The Importance of Detection and Early Prevention***<sup>S</sup>

<http://www.cdc.gov/cancer/colorct/about2004.htm>

Information from CDC on screening and resources for early detection of colorectal cancer.

***Prostate Cancer Control Initiatives***<sup>S</sup> <http://www.cdc.gov/cancer/prostate/index.htm>

Information from CDC on screening and resources for early detection of prostate cancer.

***Skin Cancer Primary Prevention and Education Initiative***<sup>S</sup>

<http://www.cdc.gov/cancer/nscpep/index.htm>

Information from CDC on screening and prevention of skin cancer.



## Non-Federal Resources

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***Prevention Priorities: Employer's Guide to Highest Value Preventive Health Services***

<http://www.prevent.org/content/view/18/12/>

Partnership for Prevention ranks 30 clinical preventive services recommended by the US Preventive Services Task Force by health impact and cost effectiveness to employers.

***Prevention and Health Services Tools and Solutions*** <http://www.wbgh.org/prevention/tools.cfm>

The National Business Group on Health provides tools and solutions for preventive health services for employers.



## Know Your Health Numbers

These resources provide information on important health numbers that people can use to assess their risks of certain chronic diseases and conditions. (S Indicates information available in Spanish.)

### Federal Resources

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**Body Weight - Body Mass Index (BMI)** <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>  
CDC information about what BMI is, how to calculate it, and what the results mean.

**High Blood Pressure** [http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html)  
Categories for blood pressure levels and the risks of high blood pressure.

**High Blood Cholesterol: What you need to know**  
<http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.pdf>  
National Cholesterol Education Program brochure that explains what cholesterol is, categories for high cholesterol, risks of high cholesterol, and how to reduce it.

**Risk Assessment Tool for Assessing Your 10-Year Risk of Having a Heart Attack**  
<http://hin.nhlbi.nih.gov/atp/iii/calculator.asp?usertype=pub>  
A basic questionnaire that uses blood pressure, cholesterol, and smoking behavior to assess your risk of having a heart attack in the next 10 years.

### Non-Federal Resources

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**Risk Factors for Coronary Heart Disease** <http://www.americanheart.org/presenter.jhtml?identifier=235>  
Explains the risk factors for heart disease and stroke and provides a checklist for reducing risk factors.

**Diabetes and Fasting Blood Glucose** <http://www.diabetes.org/pre-diabetes/pre-diabetes-symptoms.jsp>  
Information on how to tell if you have diabetes and how to assess your risk of developing diabetes.







## Common Chronic Diseases and Conditions

These resources provide information on common chronic diseases and conditions that cause illness, disability, and death. (S Indicates information available in Spanish.)

### Federal Resources

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**Chronic Disease Overview** <http://www.cdc.gov/nccdphp/overview.htm>

Information from the CDC on the leading causes of death and disability in the United States, cost of chronic disease, and cost effectiveness of prevention efforts.

**CDC Chronic Disease Programs** <http://www.cdc.gov/nccdphp/programs/index.htm>

CDC programs intended to improve the nation's health by preventing chronic diseases and their risk factors.

**Arthritis** <http://www.cdc.gov/arthritis/>

Information from the CDC about arthritis, including statistics, what can be done to manage the condition, and resources for health programs.

**Cancer<sup>S</sup>** <http://www.cdc.gov/node.do/id/0900f3ec80193c0d>

Information from the CDC on cancer awareness programs, detection and prevention, and public health data.

**Cardiovascular Health<sup>S</sup>** <http://www.cdc.gov/dhdsp/>

Information from the CDC about public health program activities, data on heart disease and stroke mortality rates, and informational resources on how to improve cardiovascular health.

**Cholesterol Fact Sheet<sup>S</sup>** [http://www.cdc.gov/dhdsp/library/fs\\_cholesterol.htm](http://www.cdc.gov/dhdsp/library/fs_cholesterol.htm)

Facts on cholesterol and information from the CDC about public health efforts to reduce the risks of heart disease.

**Coronary Artery Disease** [http://www.nhlbi.nih.gov/health/dci/Diseases/Cad/CAD\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Cad/CAD_WhatIs.html)

Information about coronary artery disease, risk factors, symptoms, and prevention.

**High Blood Pressure Fact Sheet<sup>S</sup>** [http://www.cdc.gov/DHDSP/library/fs\\_bloodpressure.htm](http://www.cdc.gov/DHDSP/library/fs_bloodpressure.htm)

Information from the CDC about high blood pressure and resources available for health programs.

**Stroke Fact Sheet<sup>S</sup>** [http://www.cdc.gov/stroke/stroke\\_facts.htm#facts](http://www.cdc.gov/stroke/stroke_facts.htm#facts)

Information from the CDC about stroke, risk factors, prevention, and programs to reduce the stroke burden.

**Am I at Risk for Type 2 Diabetes?<sup>S</sup>** <http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/index.htm>

Information about Type 2 Diabetes, including symptoms, risk factors, prevention, and screening.

**Diabetes Public Health Resource<sup>S</sup>** <http://www.cdc.gov/diabetes/>

Information from the CDC on diabetes prevention and control, summaries of diabetes research, public health data, and diabetes awareness programs.





***Diabetes at Work*** <http://www.cdc.gov/diabetes/pubs/factsheets/atwork.htm>

Explains and provides a link to [Diabetesatwork.org](http://www.cdc.gov/diabetes/pubs/factsheets/atwork.htm), an online resource designed to address the management of diabetes in the workplace.

***Business Responds to AIDS and Labor Responds to AIDS*** <http://www.brta-lrta.org/>

Information from the CDC on HIV/AIDS programs for the workplace – Business Responds to AIDS (BRTA) and Labor Responds to AIDS (LRTA).

***HIV/AIDS in the Workplace*** <http://www.opm.gov/ehs/HivAids.htm>

Information from the Office of Personnel Management about the policy on HIV/AIDS in the federal agency workplace and resources for health programs.

***Occupational Heart Disease*** <http://www.cdc.gov/niosh/topics/heartdisease/>

Information from the National Institute for Occupational Safety and Health about occupational factors that may contribute to heart disease.

***Overweight and Obesity*** <http://www.cdc.gov/nccdphp/dnpa/obesity/>

Information from the CDC about overweight and obesity, health consequences, economic impact, and resources for health programs.

***Understanding Adult Obesity*** <http://win.niddk.nih.gov/publications/understanding.htm>

Information about obesity, including causes, health consequences, and treatments.

***How to Lose and Manage Weight*** <http://www.fda.gov/oc/opacom/hottopics/obesity.html>

Food and Drug Administration site that provides tools for consumers to use to achieve and maintain a healthy weight and lifestyle.

Non-Federal Resources

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***Heart at Work*** <http://216.185.102.50/haw/>

American Heart Association program designed to inspire employees and their families to lower their risk of heart disease and stroke.

***Promoting Healthy Weight through Healthy Lifestyles***

[http://www.wbgh.org/pdfs/obesity\\_final032204.pdf](http://www.wbgh.org/pdfs/obesity_final032204.pdf)

Information about how businesses can promote healthy weight to employees and reduce the burden of overweight and obesity.





## Make Healthy Choices

The following resources provide information on behaviors that promote health and prevent disease, disability, injury, and premature death. (S Indicates information available in Spanish. C Indicates information available in Chinese.)

### General - Federal Resources

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***Guide to Community Preventive Services*** <http://www.thecommunityguide.org/>

Issued by the US Preventive Services Task Force, this document evaluates the efficacy of community-based interventions to promote health and prevent disease, injury, disability, and premature death.

***Healthier Feds – Work/Life Programs*** [http://www.opm.gov/Employment\\_and\\_Benefits/worklife/](http://www.opm.gov/Employment_and_Benefits/worklife/)

Information about various work life topics supported by the Office of Personnel Management.

### Tobacco Cessation – Federal Resources

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***Smoking and Tobacco Use*** <sup>S</sup> <http://www.cdc.gov/tobacco/>

CDC Publications, data, research, programs, and campaigns related to quitting smoking.

***Healthier Feds – Smoking Cessation***

<http://www.opm.gov/healthierfeds/smokingcessation.asp>

Information from the Office of Personnel Management on why and how to quit smoking.

[http://www.opm.gov/employment\\_and\\_benefits/worklife/officialdocuments/handbooksguides/Tobacco\\_Cessation/Smoking2.asp#Program](http://www.opm.gov/employment_and_benefits/worklife/officialdocuments/handbooksguides/Tobacco_Cessation/Smoking2.asp#Program)

Office of Personnel Management's Guidance on Establishing Programs Designed to Help Employees Stop Smoking.

***Federal Occupational Health (FOH) – Smoking Cessation***

<http://www.foh.dhhs.gov/public/ProductFocus/Nov2001/ProductFocusNov.asp>

Information about FOH smoking cessation programs.

***Tobacco: Quitting and Prevention*** <sup>S</sup> <http://www.nci.nih.gov/cancertopics/tobacco/quitting-and-prevention>

Information from the National Cancer Institute on a wide variety of topics associated with quitting and preventing smoking.

***You Can Quit Smoking Now*** <http://www.smokefree.gov>

Information and support for people who want to quit smoking; provides telephone numbers for national and state "quit lines."



## Tobacco Cessation – Non-Federal Resources

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### ***Employers Smoking Cessation Guide: Practical Approaches to a Costly Workplace Problem.***

<http://www.endsmoking.org/>

A guide from Professional Assisted Cessation Therapy that makes the business case for employer involvement in smoking cessation.

## Breastfeeding – Federal Resources

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### ***Breastfeeding Support Within the Workplace***<sup>SC</sup>

[http://www.cdc.gov/breastfeeding/pdf/BF\\_guide\\_2.pdf](http://www.cdc.gov/breastfeeding/pdf/BF_guide_2.pdf)

Information from the CDC on work site initiatives that promote breastfeeding.

### ***Healthier Feds – Establishing a Nursing Mother’s Program***

[http://www.opm.gov/employment\\_and\\_benefits/worklife/officialdocuments/handbooksguides/nursing/index.asp](http://www.opm.gov/employment_and_benefits/worklife/officialdocuments/handbooksguides/nursing/index.asp)

Information from the Office of Personnel Management on establishing a nursing mother’s program in the workplace. Includes benefits of breastfeeding and recommendations for creating a lactation room in the workplace.

### ***Blueprint to Boost Breastfeeding*** [http://www.fda.gov/fdac/features/2003/303\\_baby.html](http://www.fda.gov/fdac/features/2003/303_baby.html)

An action plan for breast-feeding that is based on education, training, awareness, support, and science, and includes key recommendations of the HHS Subcommittee on Breastfeeding.

### ***Breastfeeding—Best for Baby. Best for Mom.***<sup>SC</sup> <http://www.4women.gov/breastfeeding/>

Information and support for nursing mothers and women who are considering nursing. Includes information in Spanish and Chinese.

## Alcohol Misuse – Federal Resources

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### ***CDC Alcohol and Public Health*** <http://www.cdc.gov/alcohol/index.htm>

Information from the CDC about alcohol related diseases, programs, resources, and frequently asked questions.

### ***Alcoholism in the Workplace: A Handbook for Supervisors***

[http://www.opm.gov/employment\\_and\\_benefits/worklife/officialdocuments/handbooksguides/alcohol/index.asp](http://www.opm.gov/employment_and_benefits/worklife/officialdocuments/handbooksguides/alcohol/index.asp)

Information about how to address alcoholism among employees including behavior issues, screening, and treatment.



**National Institute on Alcohol Abuse and Alcoholism<sup>S</sup>** <http://www.niaaa.nih.gov/>  
Information on publications, research, FAQs, and resources related to alcohol abuse and alcoholism.

## Mental Health – Federal Resources

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**Mental Health Workgroup<sup>S</sup>** <http://www.cdc.gov/mentalhealth/>  
Basic public health information from the CDC about mental health, including statistics, state organizations, publications, and FAQs.

**Substance Abuse and Mental Health Services Administration** <http://www.samhsa.gov/index.aspx>  
Information on a wide variety of substance abuse and mental health topics, contains a Workplace Resource Center.

**Substance Abuse and Mental Health Services Administration**  
[http://www.samhsa.gov/treatment/treatment\\_public\\_i.aspx](http://www.samhsa.gov/treatment/treatment_public_i.aspx)  
Information and support on substance abuse for individuals, families, and the public.

**National Institute of Mental Health** <http://www.nimh.nih.gov/>  
Information on resources and research for a variety of mental health topics.

**Healthier Feds Employee Assistance Program**  
[http://www.opm.gov/Employment\\_and\\_Benefits/WorkLife/HealthWellness/EAP/index.asp](http://www.opm.gov/Employment_and_Benefits/WorkLife/HealthWellness/EAP/index.asp)  
Information about EAP services that are offered by the Office of Personnel Management.

**National Institute for Occupational Safety and Health – Stress at Work**  
<http://www.cdc.gov/niosh/topics/stress/>  
Information about the causes of stress at work, current research, and resources that can be used to reduce stress in the workplace.

## Injury Prevention – Federal Resources

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**Injury and Violence** <http://www.cdc.gov/node.do/id/0900f3ec8000e539>  
Information from the CDC on a variety of injury prevention topics including sexual assault, family violence, choking, and child injuries.

**OPM Healthier Feds Injury Prevention** <http://www.opm.gov/healthierfeds/preventivehealth.asp>  
Tips from the Office of Personnel Management on preventing injury and taking medications correctly.

