

Worksite Wellness Program

Sources for this Toolkit

“Meta-Evaluation of Worksite Health Promotion Economic Return Studies: 2005 Update,” Larry S. Chapman, MPH, The Art of Health Promotion, American Journal of Health Promotion, July/August 2005

“Health Improvement: A Comprehensive Guide to Designing, Implementing and Evaluating Worksite Programs,” Issue Brief, Center for Prevention and Health Services, National Business Group on Health, November 2004, Vol. 1, No. 1

“Absolute Advantage,” The Workplace Wellness Magazine, multiple articles, Vol. 2, No. 5, Wellness Councils of America

“Trends: The Rising Prevalence of Treated Disease: Effects On Private Health Insurance Spending,” by Kenneth E. Thorpe, et al., Health Affairs, Web Exclusive W5 317-325

Resources for Launching Your Own Worksite Wellness Program

The Wellness Councils of America (WELCOA) www.welcoa.org

Cooper Aerobics Center www.cooperaerobics.com

Dallas Fort Worth Business Group on Health www.dfwbgh.org/resourcectr.htm

National Wellness Institute www.nationalwellness.org

Texas Department of State Health Services www.dshs.state.tx.us/wellness
(512) 458-7200