



Wellness and Health Promotion

Today's federal manager knows that the healthier the work force, the more productive the work place. Federal Occupational Health (FOH) helps federal managers establish and maintain employee wellness programs that will ensure a healthy and productive work force. Wellness and health promotion services provide numerous benefits to employees that ultimately result in reduced absenteeism and health care costs, as well as greater job satisfaction, improved morale, and increased efficiency.

FOH is a non-appropriated agency that provides occupational health and wellness services exclusively to federal employees. FOH was created by Congress in 1946 by an amendment to the Public Health Service Act (42 U.S.C.), and is a service unit within the Department of Health and Human Services (HHS), Program Support Center. Our **mission** is to improve the health, safety, and productivity of the federal workforce.

FOH can provide a full range of wellness programming and support that will allow employees to enjoy the improved quality of life associated with a healthier lifestyle. As a result, agencies can reap the benefits associated with healthier employees. FOH can design, implement, and manage a fully customized wellness program that will meet the specific needs of each agency based upon the health and wellness interests of the employee population. A well-tailored program is one that works!

FOH's wellness programs support the President's HealthierUS initiative which strives to improve the health of the all Americans, and as a result, reduce the healthcare costs associated with illnesses that stem from poor dietary habits, sedentary living, and obesity.

FOH's comprehensive wellness programs offer a variety of specialized services:

Certified Staff

FOH's fully certified Wellness/Fitness staff consists of highly qualified professionals that will help federal employees get the most out of their customized wellness programs.

Wellness Activities

FOH can tailor wellness programs based on the unique needs of each agency and its employees. Wellness activities are varied and can include motivational programs, stress management training, weight control programs, and incentive programs.

Health Promotion

FOH will work with each agency to provide health promotion activities that will inspire and interest employees. FOH establishes monthly wellness themes, often based on national observances, and provides informational materials featuring health related topics as well as local information.

FOH can also provide general health information to employees through bulletin boards, articles in local agency newsletters, e-mail broadcasts, and brown bag lunch seminars. FOH's Wellness/Fitness staff conducts on-site health fairs, arranges health promotion lectures, provides a monthly newsletter, and designs customized training programs.

A sample of FOH's seminar topics includes:

- **The Stages of Change:** Provides information that teaches how to improve exercise behaviors and make permanent lifestyle changes
- **Exercise Basics:** Covers the benefits of exercise and the elements that should be a part of every exercise program
- **Exercising with Special Health Concerns:** This seminar teaches how to exercise safely at any age or with conditions such as high blood pressure, diabetes, past injuries, or arthritis
- **Osteoporosis:** This seminar covers osteoporosis and strategies for prevention
- **Stress Management:** Presents information about balancing life and work, stress management, and relaxation
- **Nutrition:** This seminar entitled "Eating Poorly in the Land of Plenty," covers today's nutritional problems and how to eat for improved health
- **Smoking Cessation:** Provides a fundamental understanding of smoking behavior and an outline of the "Quit Process"
- **Body Composition Analysis:** Provides information on how this measurement is taken, what it means, and how exercise can impact body composition

Lighten Up! with FOH

FOH's 8-week weight management and nutrition education program, "*Lighten Up! with FOH*," is a resource for federal employees who want to learn more about proper nutrition, the benefits of exercise, and methods of behavior change as they relate to weight control and healthier living.

Personal Training (On-Site & On-Line)

FOH's personal training program is a multifaceted program that is designed to educate and motivate employees to live energetic and healthier lives. Our experienced, professionally certified trainers will first assess health risks and then design a program tailored to each individual's personal goals, fitness needs, schedule, and lifestyle. Then, they will work hard to keep motivation high and help each person achieve his or her fitness and health goals.

Step Walk Go

Walking programs have been implemented throughout federal agencies because they are an efficient and cost effective way to help employees incorporate physical activity into their daily lives. FOH has designed a walking program that any agency can easily implement. The "*Step Walk Go*" program is practical, requires marginal monitoring, and the cost is minimal. The most impressive attribute of this walking program is that it provides great results to its participants!

Screenings

Prior to beginning an exercise program, FOH will conduct pre-participation and periodic health screenings that include a cardiac risk assessment as well as recommendations for physician clearance for those who have significant health risks.

FOH, the Occupational Health Provider of Choice for the Federal Government

The mission of FOH is to improve the health, safety, and productivity of the federal workforce. Created by Congress in 1946, FOH is a non-appropriated service agency within the Department of Health and Human Services (HHS), Program Support Center.

Federal agencies throughout the U.S. and overseas can access FOH services. FOH provides worksite health services, Wellness/Fitness, Employee Assistance Programs (EAP), Work/Life, Environmental Health and Safety, Organizational and Professional Development, and Training and Education.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at www.foh.dhhs.gov or call us today at **1-800-457-9808**.