

Healthy Worksites: A Smart Business Move

With the majority of New York adults spending most of their waking hours at work, employers have a unique opportunity to foster environments that encourage, support, and promote wellness. As an employer, it makes sense to invest in employee health since implementing wellness strategies at the workplace has been shown to produce cost-savings and can help to improve a company's bottom line.

The New York State Department of Health has launched a statewide initiative to increase access to healthy, affordable foods at a number of environments including worksites and other community-based organizations.



Healthy Employees are Good for Everyone

Promoting a culture of wellness at the workplace benefits not only employees, but employers as well. Ongoing research shows a number of benefits to addressing wellness in the workplace:

- **Lower health care and workers' compensation costs:** Rising health care benefit costs are a significant concern. More than 75% of healthcare costs are due to chronic health conditions such as obesity.¹⁻³
- **Increased productivity and reduced absenteeism:** Healthier employees miss less work and are more productive. Businesses who implement wellness strategies report a reduction in days lost to illness or disability.
- **Happier employees:** Employees participating in comprehensive workplace health programs have more favorable attitudes towards organizational commitment, supervision, working conditions, job competence and pay.⁴
- **Enhanced recruitment & retention:** A healthy workplace environment is seen as a core component of an attractive employee compensation and benefits package which can attract and keep high quality employees.
- **Improved organizational image:** Working with the community to promote employee health can enhance corporate image, and increase visibility to potential employees.

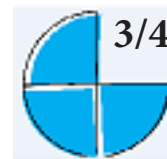
A published review showed an average **\$3.50-to-\$1** savings-to-cost ratio in reduced absenteeism and health care costs.⁵

You Don't Have to do it Alone!

Your organization can be a part of Creating Healthy Schools and Communities (CHSC)*, a statewide effort that aims to address obesity, diabetes, and other chronic diseases by creating environments that foster health for everyone. These efforts include working with employers to increase access to healthy foods through the adoption of food standards and procurement policies. As part of this initiative, you can receive free training, resources and support.

The Worksite Food Environment

While individuals make choices about their diet, their decisions and eating habits are influenced by the food that is locally available, including at the worksite. Organizations throughout New York and across the country are finding innovative ways to provide healthier food options for their employees through their cafeterias, vending machines, meetings, conferences, events and programs.



Three-quarters of adults are trying to eat healthier and want healthier options.

Source: Snack Food Association

Improving **food standards and procurement policies** is one way to support healthful changes to the foods and beverages available. These policies, officially adopted by the organization, require that the food purchased, provided, or made available meets set nutritional guidelines.



NYS Obesity Prevention
Center for Excellence



Creating Healthy Schools
and Communities

Implementing Food Standards and Procurement Policies

Organizations of all types can play an active role in improving their food environment. Some examples of settings that purchase, serve, sell, or distribute food include:

Municipalities

Worksites

Hospitals

Community-based Organizations



Standards can be implemented in venues such as:

Cafeterias Meetings Break Rooms

Conferences Vending Machines

Standards can influence:

Pricing Marketing Sourcing
Purchasing Preparation Serving
Placement and Presentation Labeling
Nutrition Education Promotion



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***Creating Healthy Schools and Communities (CHSC) is a five-year (2015-2020) public health initiative to reduce major risk factors of obesity, diabetes, and other chronic diseases in 85 high-need school districts and associated communities in New York State.**

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