**Resource List: Staff Wellness**

*CDC Healthier Worksite Initiative* (<http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm>) addresses a wide range of workforce health promotion topics, including the planning and implementation of program, policy, and environmental change strategies for several health topics.

*Leading by Example: The Value of Worksite Health Promotion to Small- and Medium-sized Employers* (<http://www.prevent.org/Initiatives/Leading-by-Example.aspx>) published in 2011 by the Partnership for Prevention with support from CDC provides best practices and strategies for creating or enhancing a worksite health promotion program as well as worksite health program descriptions from almost 20 small employers.

*CDC’s LEAN Works!* ([www.cdc.gov/leanworks](http://www.cdc.gov/leanworks)) is a free Web-based resource that offers interactive tools and resources to help employers design effective worksite obesity prevention and control programs. The site contains an obesity cost calculator to determine how much obesity costs your organization and how much you could save by establishing an obesity prevention and control program at your worksite.

*Investing in Health: Proven Health Promotion Practices for Workplaces* (<http://www.prevent.org/Worksite-Health/Investing-in-Health-Workplace-Guide.aspx>), developed by the Partnership for Prevention in collaboration with the CDC, provides guidance on effective policy, environmental, and health benefit strategies that can improve employee health by controlling tobacco use, promoting cancer screening and early detection, and encouraging physical activity and healthy eating.

The NCCDPHP Workplace Health Promotion toolkit ([www.cdc.gov/workplacehealthpromotion](http://www.cdc.gov/workplacehealthpromotion)) is designed to educate business managers, human resource staff, corporate wellness managers, and public health professionals working with employers on approaches to improving employee health, such as changes in health care benefits or on-site health promotion programs. The toolkit pulls together the best CDC science and resources to provide timely and relevant information to employers to keep their workforce healthy, increase productivity, control health care costs, and effectively engage the organization at all levels.

*The Essential Elements of Effective Workplace Programs and Policies for Improving Worker Health and Wellbeing* ([www.cdc.gov/niosh/TWH/essentials.html](http://www.cdc.gov/niosh/TWH/essentials.html)), developed by the National Institute for Occupational Safety and Health (NIOSH), identifies twenty components of a comprehensive work-based health protection and health promotion program and includes both guiding principles and practical direction for organizations seeking to develop effective workplace programs.

Centers for Disease Control and Prevention. Workplace Health Resources List. Retrieved April 11, 2013 from http://www.cdc.gov/workplacehealthpromotion/pdfs/wh-resources.pdf