

Road to Wellness Worksite Challenge

6- month competition in 2010

July - December



WHY SHOULD WE PARTICIPATE?

- ✓ Enhance productivity and work climate
- ✓ Increase morale among employees through fun & friendly competition
- ✓ Avert high-cost claims for treatment
- ✓ Use healthcare/wellness dollars wisely
- ✓ Help your employees reduce health risk factors such as obesity and high blood pressure
- ✓ Help reduce chronic diseases such as cardio-vascular disease (hypertension, heart attacks, strokes), cancer, & diabetes
- ✓ Gain positive positioning within the community as a healthy place to work
- ✓ **Be the FIRST company to win the Perpetual Walking Shoe Trophy**



FACTS ABOUT CHRONIC DISEASE

- ✓ Chronic diseases account for 40% of health expenditures nationally
- ✓ Chronic diseases account for 25-35% of employer paid expenses
- ✓ Chronic diseases cause 70% of all US deaths
- ✓ Cancer and heart disease are the leading causes of death among working-age adults
- ✓ 68% of illness and death is preventable
- ✓ Increasing physical activity and more nutritious food choices help reduce risk factors such as (obesity, high blood pressure)



THE COST OF CHRONIC DISEASE

- ✓ Employee absenteeism
- ✓ Job performance
- ✓ Safety/workers compensation rates
- ✓ Higher life insurance premiums
- ✓ Early retirement costs
- ✓ Liability
- ✓ Human Capital
- ✓ Corporate image

HOW DO WE BEGIN?

- ✓ Take the reliable, valid survey by the American Cancer Society
- ✓ Meet with your GFK - liaison for a customized plan
- ✓ Help create fun activities at the workplace to improve physical activity
- ✓ Make healthy nutritional changes in the workplace
- ✓ Retake the survey at the conclusion of the 6 months
- ✓ Competition based on improvement, not company to company comparisons: **The company who realizes the greatest change(s) will WIN**



SURVEY TOPICS

- ✓ Health insurance benefits
- ✓ Workplace policies re: food, tobacco use, physical activity
- ✓ Employee Wellness Programs
- ✓ Health Tracking
- ✓ Employee Communication



GET FIT KAUAI CAN HELP!

Together we can make the workplace environment healthier by:

- ✓ Using an established, reliable survey and customize a plan for your company
- ✓ Establishing smarter food choices
- ✓ Improving fitness opportunities
- ✓ Implementing policies and benefits that promote healthy habits
- ✓ Tracking and measuring healthy changes



Your personal liaison contact -- Get Fit Kauai

Name _____

Email _____ Phone _____