

## **School Employee Wellness Resources and Links August 2008**

**Agency for Healthcare Research and Quality and the AARP** released two new checklists designed to help men and women over the age of 50 learn what they can do to stay healthy and prevent disease. They also released an accompanying wall chart, the Staying Healthy at 50+ timeline, that provides information about recommended preventive services and can be posted in both clinical and community settings. These three publications Men: Stay Healthy at 50+, Checklists for Your Health; Women: Stay Healthy at 50+, Checklists for Your Health; and the Staying Healthy at 50+ timeline show at a glance the evidence-based recommendations from the U.S. Preventive Services Task Force regarding screening tests, preventive medicines and healthy lifestyle behaviors for people 50 and older. For more information, click here:

<http://www.ahrq.gov/news/press/pr2008/ppip50pr.htm>

**SCHOOL EMPLOYEE WELLNESS: A Guide for Protecting the Assets of Our Nation's Schools** is a comprehensive guide that provides information, practical tools and resources for school employee wellness programs. It will help schools, school districts and states develop and support the implementation of school employee wellness programs that promote employee health, improve workforce productivity and reduce the costs of employee absenteeism and healthcare.

<http://www.schoolempwell.org/>

**Hispanic Obesity Prevention and Education (HOPE)** – Free online personal Health Risk Appraisal in English or Spanish Go to “Take the Free Health and Fitness Evaluation”

<http://www.hopeflorida.org/Default.aspx>

**DOH biometric, interest, and behavioral survey sample**

[http://www.surveymonkey.com/s.aspx?sm=ueObFVD0qP8ELZTaD8gHMg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=ueObFVD0qP8ELZTaD8gHMg_3d_3d)

**Wellness Councils of America (WELCOA)**

<http://www.welcoa.org/>

**CDC Healthier Worksite Initiative**

[http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/other\\_general.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/other_general.htm)

<http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm>

**DOE CSHP website – Click on Health Promotion for Staff**

<http://www.fldoe.org/BII/CSHP/>

**Organizing a school employee Wellness Program in a Large District**

<http://www.schoolempwell.org/articles/LargeDistrict.pdf>

## Council of Chief State School Officers- *Addressing the Challenges: Staff Wellness*



School staff wellness programs promote the well-being of all school employees who serve as role models for students. Schools with staff health promotion programs find that teachers are more energetic and optimistic, can better handle job stress, and are absent less often. When teachers are enthusiastic and healthy, they are role models of healthy living for students and the community. A healthy school staff also decreases school costs due to fewer substitute teachers, lower insurance costs, and a decrease in turnover expenses.

[http://www.ccsso.org/Projects/school\\_health\\_project/addressing\\_the\\_challenges/6499.cfm](http://www.ccsso.org/Projects/school_health_project/addressing_the_challenges/6499.cfm)

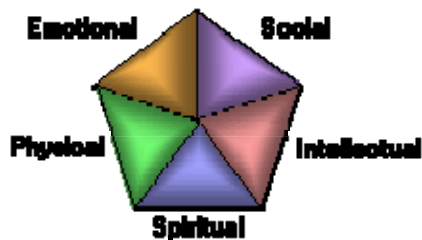
**Alliance for a Healthier Generation** – Key components of a Staff Wellness Program  
A staff wellness program should be tailored to meet the needs and wants of the employees at your school. It should also take into account the resources available to implement and manage a successful program. The following are the key components usually found in a staff wellness program:

[http://www.healthiergeneration.org/uploadedFiles/For\\_Schools/staff\\_wellness\\_tk%203.pdf](http://www.healthiergeneration.org/uploadedFiles/For_Schools/staff_wellness_tk%203.pdf)

**National Association of State Boards of Education** - A staff wellness plan could include the components listed below. Schools should not be expected to implement all these elements at once. Starting with just a few of the elements listed below can provide the foundation for evolution to a more comprehensive program.

<http://www.schoolwellnesspolicies.org/resources/SchoolStaffWellness.pdf>

**American Journal of Health Promotion** – "Health promotion is the science and art of helping people change their lifestyle to move toward a state of optimal health. Optimal health is defined as a balance of physical, emotional, social, spiritual, and intellectual health. Lifestyle change can be facilitated through a combination of efforts to enhance awareness, change behavior and create environments that support good health practices. Of the three, supportive environments will probably have the greatest impact in producing lasting change".  
(*American Journal of Health Promotion*, 1989,3,3,5)



<b>Physical</b>	Fitness. Nutrition. Medical self-care. Control of substance abuse.
<b>Emotional</b>	Care for emotional crisis. Stress Management
<b>Social</b>	Communities. Families. Friends
<b>Intellectual</b>	Educational. Achievement. Career development
<b>Spiritual</b>	Love. Hope. Charity.

<http://www.healthpromotionjournal.com/>