

*A healthy workplace  
is a great investment*



## A COMPREHENSIVE APPROACH

Traditionally, efforts to make workers healthy have focused primarily on occupational health and safety initiatives. Although this is an integral part of employee health, current evidence suggests a comprehensive approach to health and wellness is more effective.

A comprehensive approach uses a variety of strategies to create a healthier workplace, including initiatives related to:

- education and awareness
- personal skill building
- creating supportive environments
- developing health policies

Public health nurses from the *York Region Workplace Wellness Program*, in collaboration with workplace representatives, use *The Health Communication Unit's* eight-step process for creating comprehensive wellness programs. They provide consultation and support to all workplaces across York Region who are interested in incorporating a comprehensive approach in their wellness programs.



YORK REGION COMMUNITY and HEALTH SERVICES

# WORKPLACE wellness

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There are many helpful web resources available to assist your organization with comprehensive workplace health planning and programming. Please visit the following sites:

**York Region Workplace Wellness Program**  
[www.york.ca/workplacewellness](http://www.york.ca/workplacewellness)  
Sign up to receive an electronic copy of our *Healthy Workplace Newsletter*.

**The Health Communication Unit**  
[www.thcu.ca/Workplace/Workplace.html](http://www.thcu.ca/Workplace/Workplace.html)

**Health Canada Workplace Health**  
[www.hc-sc.gc.ca/ewh-semt/index\\_e.html](http://www.hc-sc.gc.ca/ewh-semt/index_e.html)

**Canadian Centre for Occupational Health and Safety**  
[www.ccohs.ca](http://www.ccohs.ca)

**Institute for Work and Health**  
[www.iwh.on.ca](http://www.iwh.on.ca)

**Industrial Accident Prevention Association**  
[www.iapa.ca](http://www.iapa.ca)

If you would like to speak to a public health nurse about comprehensive workplace health, please contact York Region **Health Connection** at **1-800-361-5653** or email us at [workplace.wellness@york.ca](mailto:workplace.wellness@york.ca)

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Research shows employees in safe, healthy and supportive workplaces help businesses keep a competitive edge.

Health Canada, 2007.



The York Region **Workplace Wellness Program** is funded by the Ministry of Health Promotion, the Ministry of Health and Long-Term Care and The Regional Municipality of York. Our team consists of public health nurses, inspectors, nutritionists, dental professionals and health educators who provide a variety of comprehensive health programs at NO cost to York Region workplaces.

## OUR SERVICES INCLUDE:

### Consultation

- Assisting workplaces to implement comprehensive workplace health by supporting the development of health promotion programs, environmental supports and policies
- Helping healthy workplace committees develop business cases, conduct situational assessments and implement and evaluate their workplace health promotion plans

### Program planning and delivery

- Providing comprehensive, evidence-based, health promotion programs and services using education, awareness, skill building and behaviour change resources and strategies
- Supporting sustainability of healthy behaviours through initiatives addressing environmental supports and policy development



### Workplace wellness newsletter and email messaging

- Distributing a relevant and timely newsletter, three times a year, focusing on recent research and health issues
- Forwarding regular email updates on current public health campaigns



### Bi-annual networking sessions

- Providing a forum for the exchange of knowledge and practices in comprehensive workplace health programming

### Annual workplace wellness conference

- Inviting workplaces to learn about current trends from experts in workplace health

### Referrals

- Linking community organizations and other external service providers with workplaces



## OUR PROGRAM FOCUSES ON:

- Healthy eating
- Physical activity
- Skin cancer prevention
- Stress management
- Substance abuse prevention
- Tobacco-free living

## ADDITIONAL INFORMATION IS AVAILABLE ON:

- Breast, cervical and colorectal cancer screening and prevention
- Breastfeeding friendly workplaces
- Dental health
- *Eat Smart!* (Workplace cafeteria program)
- Flu shots at work
- Food safety
- Indoor and outdoor air quality
- Infectious diseases control
- Injury prevention
- Parenting
- Rabies awareness
- Safe water
- Travel health
- Tuberculosis
- West Nile virus

