

*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:

- Awareness raising
- Education and skill building
- Creating supportive environments
- Developing healthy policies

Public health nurses from **York Region Workplace Wellness** 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 help your organization with comprehensive workplace health planning and programming. Please visit the following websites:

York Region Workplace Wellness

www.york.ca/workplacewellness

The Health Communications Unit

www.thcu.ca

Health Canada Workplace Health

www.hc-sc.gc.ca/ewh-semt/index_e.html

**Canadian Centre for
Occupational Health and Safety**

www.ccohs.ca

Institute for Work and Health

www.iwh.on.ca

Industrial Accident Prevention Association

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, TTY 1-866-252-9933 or email us at workplace.wellness@york.ca

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Research shows that attention to health, well-being and safety can improve employee morale, lower short and long-term disability costs and enhance productivity.

Health Canada, 2010.


York Region



York Region **Workplace Wellness** is funded by the Ministry of Health Promotion and Sport, 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 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 workplace wellness committees develop business cases, conduct situational assessments and implement and evaluate their workplace health promotion plans
- Assisting small businesses to incorporate simple and inexpensive activities into their wellness programs—small steps can make a difference

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 e-bulletins

- Focus on recent research and health issues related to workplaces
- Provide regular updates on current public health campaigns
- Easy, online sign-up



Networking sessions

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

Referrals

- Linking workplaces with community organizations and other external service providers



OUR PROGRAM FOCUSES ON:

- Healthy eating
- Physical activity
- Skin cancer prevention
- Stress management
- Substance misuse 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

