

Government Resources for Developing Workplace Wellness Programs

U.S. Office of Personnel Management

<https://www.opm.gov/policy-data-oversight/worklife/health-wellness/>

Guidance and Legislation, Program Administration, Health Topics, Tools and Resources and Program Evaluation. This site includes a contact tool to assist finding Federal Agency Points of Contacts.

National Institute for Occupational Safety and Health (NIOSH)

<https://www.cdc.gov/NIOSH/twh/>

Comprehensive information about workplace health, safety and employer mechanisms for programming.

CDC Healthier Worksite Initiative Toolkits

<https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/workplace-health.html>.

This site contains toolkits that provide customizable turn-key solutions to help program planners plan, implement, and evaluate a specific health promotion intervention. The toolkits are divided into: General Workforce Health Promotion, Nutritious Eating, Physical Activity, Preventive Health Screenings, and Healthy Choices.

CDC Division of Nutrition, Physical Activity, and Obesity's Social Marketing Resources

<https://www.cdc.gov/healthcommunication/toolstemplates/index.html>.

Training for public health professionals about using social marketing to plan nutrition, physical activity, and obesity prevention programs.

CDC Workplace Health Promotion

<http://www.cdc.gov/workplacehealthpromotion/index.htm>

This site is a toolkit for workplace health protection and promotion. It provides information, tools, resources, and guidance to practitioners interested in establishing or enhancing workplace health and safety programs.

General Health Resources

The President's Council on Sports, Fitness & Nutrition

<https://www.hhs.gov/fitness/index.html>

Wide range of information, research, activity guidelines and resources for all Americans from children to aging and older adults.

HHS National Institute of Health--Health Information

<http://health.nih.gov/>

Information, newsletters, databases, and hotline resources on healthy lifestyles, conditions/diseases, and body location/systems.

HHS Healthfinder.gov

<http://www.healthfinder.gov/>

Offering quick guides to healthy living, personalized health advice, and tips.

Nutrition & Obesity

CDC Division of Nutrition, Physical Activity and Obesity

<http://www.cdc.gov/nccdphp/dnpao/index.html>

Information and personal assessments on weight, nutrition, physical activity, and obesity.

CDC Division of Nutrition, Physical Activity and Obesity Body Mass Index

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

Body Mass Index (BMI) Calculator

HHS National Heart, Lung, and Blood Institute's Platillos Latinos Delicious Healthy Heart Recipes

http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

These recipes have all the nutrition and great taste that characterize this rich culinary heritage, but have less saturated fat, trans fat, cholesterol, sodium, and calories.

USDA MyPlate

<http://www.choosemyplate.gov/>

Consumer information on a full range of nutrition topics.

Tobacco Cessation

OPM Guidance on Establishing Programs Designed to Help Employees Stop Using Tobacco

<https://www.opm.gov/policy-data-oversight/worklife/reference-materials/tobacco-cessation-guidance-on-establishing-programs-designed-to-help-employees-stop-using-tobacco/>

Policy, guidance and planning steps

CDC Tobacco Cessation-Use

https://www.cdc.gov/tobacco/quit_smoking/index.htm?s_cid=osh-stu-home-nav-002

This website includes tobacco cessation programs, policies, health benefits, environmental supports, and various tools & resources.

Skin Care

EPA SunWise Program

<http://www.epa.gov/sunwise/>

The SunWise Program is an environmental and health education program that aims to teach children and their caregivers how to protect themselves from overexposure to the sun through the use of classroom-, school-, and community-based components.

Aging and Older Workers & Adults

NIOSH Total Worker Health, Productive Aging and Work

<https://www.cdc.gov/niosh/topics/productiveaging/default.html>

Comprehensive information relevant to aging, the workplace, employees and healthy and safe work environments.

CDC Healthy Aging

<https://www.cdc.gov/aging/index.html>

Resources for professionals to use with the Healthy Aging Program and the Health Brain Initiative. Access to general health information for aging and older adults.

Administration for Community Living

<https://www.acl.gov/>

Resources and background about older adults and people with disabilities living in the U.S.

Administration on Aging

<https://www.acl.gov/about-acl/administration-aging>

Includes access to Caregiver Services, Elder Justice and Nutrition and Health Programs

Resources for Families & Children

Multiple Agencies Girlshealth.gov

<http://www.girlshealth.gov/>

The mission of girlshealth.gov, developed by the Office on Women's Health in the Department of Health and Human Services, is to promote healthy, positive behaviors in girls between the ages of 10 and 16. The site gives girls reliable, useful information on the health issues they will face as they become young women, and tips on handling relationships with family and friends, at school and at home.

CDC National Center for Chronic Disease Prevention and Health Promotion Healthy Schools Healthy Youth

<http://www.cdc.gov/HealthyYouth/index.htm>

Promotes the health and well-being of children and adolescents to enable them to become healthy and productive adults

HHS Food and Drug Administration Information for Kids

<http://www.fda.gov/ForConsumers/ByAudience/ForKids/default.htm>

Songs, quizzes, interactive games, crossword puzzles, and more help kids learn about health and safety.