

## HIGH IMPACT HEALTH AND WELLNESS STRATEGIES

High Impact Strategies are evidence-based strategies that are known to improve the health of employees when they are used as part of comprehensive worksite wellness programs. WellCheck asks agencies to respond to questions about how these strategies have been implemented. By implementing or strengthening these strategies, agencies can be well on their way to offering comprehensive programming.

### TOBACCO FREE LIVING

- Actively enforce a written policy banning tobacco use  
Source: [Protecting Federal Employees and the Public from Exposure to Tobacco Smoke in the Federal Workplace](#)
- Refer tobacco users to a tobacco cessation telephone quit line  
Source: [CDC Quitting Smoking website](#)

### NUTRITION

- Make most (more than 50%) of the food and beverage choices available in vending machines, cafeterias, snack bars, or other purchase points healthier food items  
Source: [Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#)
- Provide nutritional information (beyond standard nutrition information on labels) on sodium, calories, trans fats, or saturated fats for foods and beverages sold in worksite cafeterias, snack bars, or other purchase points  
Source: [Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#)
- Identify healthier food and beverage choices with signs or symbols ♥  
Source: [Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#)

### LACTATION SUPPORT

- Provide a private space (other than a restroom) that may be used by an employee to express breast milk  
Source: [Section 7\(r\) of the Fair Labor Standards Act](#) and [OPM Nursing Mothers in Federal Government Memo](#)
- Provide flexible scheduling, unpaid break times, and/or paid break times to allow mothers to express breast milk  
Source: [Section 7\(r\) of the Fair Labor Standards Act](#) and [OPM Nursing Mothers in Federal Government Memo](#)



## PHYSICAL ACTIVITY

- Post signs at elevators, stairwell entrances or exits and other key locations that encourage employees to use the stairs

Source: [Public Law 109-115, Section 607 of GSA's Appropriations Act for FY 2006](#)

## EMERGENCY RESPONSE

- Have an emergency response plan that addresses acute heart attack and stroke events  
Source: [Guidelines for Public Access Defibrillation Programs in Federal Facilities](#)
- Have one or more functioning AEDs in place  
Source: [Guidelines for Public Access Defibrillation Programs in Federal Facilities](#)
- Have an adequate number of AED units such that a person can be reached within 3 to 5 minutes of collapse  
Source: [Guidelines for Public Access Defibrillation Programs in Federal Facilities](#)
- Perform routine maintenance or testing on all AEDs  
Source: [Guidelines for Public Access Defibrillation Programs in Federal Facilities](#)
- Provide information to your local community Emergency Medical Service providers so they are aware that your worksite has an AED in place for an emergency response  
Source: [Guidelines for Public Access Defibrillation Programs in Federal Facilities](#)
- Offer access to a nationally-recognized training course on CPR that includes training on AED usage  
Source: [Guidelines for Public Access Defibrillation Programs in Federal Facilities](#)

## OCCUPATIONAL HEALTH & SAFETY

- Coordinate programs for occupational health and safety with programs for health promotion and wellness  
Source: [CDC Total Worker Health](#)
- Encourage reporting of injuries and near misses  
Source: [OSHA Recommended Practices for Safety and Health Programs](#)
- Provide opportunities for employee input on hazards and solutions  
Source: [OSHA Recommended Practices for Safety and Health Programs](#)
- Have a program to investigate the causes of injuries or illnesses  
Source: [OSHA Recommended Practices for Safety and Health Programs](#)
- Provide all new workers with formal, comprehensive training on how to avoid accidents or injury on the job  
Source: [OSHA Recommended Practices for Safety and Health Programs](#)

## VACCINATION-PREVENTABLE DISEASES

- Promote influenza (flu) vaccinations through brochures, videos, posters, pamphlets, newsletters or other written or online information that address the benefits of influenza vaccinations  
Source: [Protect Yourself and Your Loved Ones This Flu Season](#)

