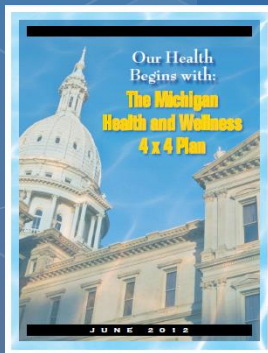


Michigan Information Systems Association

Designing Healthy Environments at Work



September 18, 2015



Michigan Health and Wellness 4 x 4 Initiative

Michigan Department of
Health and Human Services

Dawn Rodman, MS, CWHC
Michigan Health and Wellness
4 x 4 Plan Coordinator

Objectives

- Gain a better understanding of the 4 x 4 Plan
- Become familiar with worksite wellness resources
- Gain an understanding of the Designing Healthy Environments at Work assessment and action plan
- Share the DHEW with key players in your building when your return to work
- Consider setting an individual wellness goal
- PowerPoint will be shared

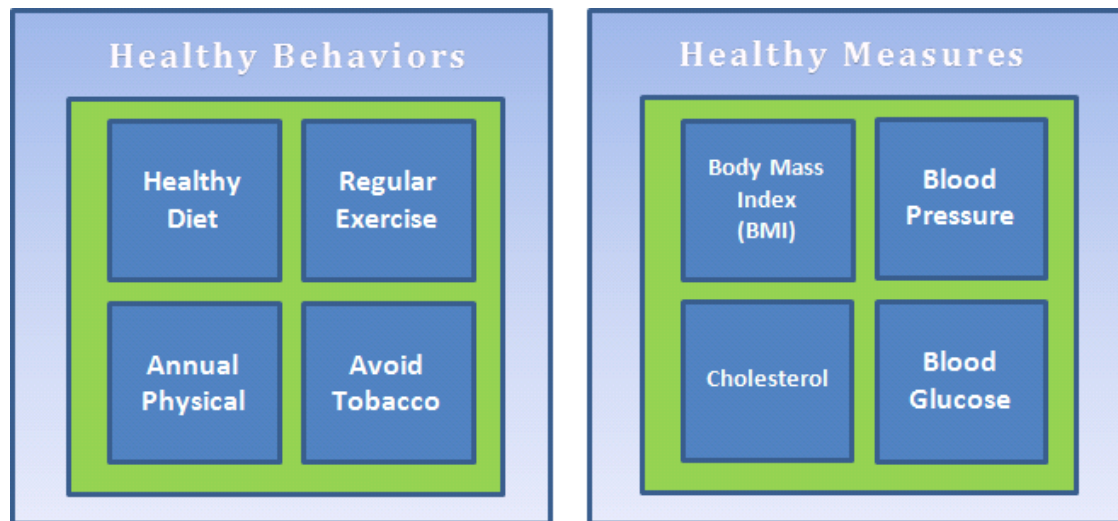


Public Health



- Policies, Systems and Environments where we live, work, learn and play (and pray)

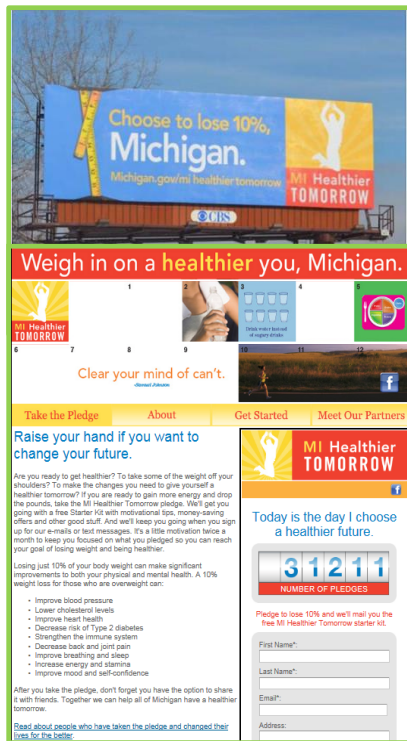
4 x 4 Tool



CREATING HEALTHIER PLACES
TO LIVE, WORK, LEARN AND PLAY

In partnership with Michigan Department
of Health and Human Services

4 x 4 Plan: Major Strategies



Choose to lose 10%, Michigan.
Michigan.gov/MIHealthierTomorrow

Weigh in on a healthier you, Michigan.

MI Healthier Tomorrow

Clear your mind of can't.

Take the Pledge | **About** | **Get Started** | **Meet Our Partners**

Raise your hand if you want to change your future.

Are you ready to get healthier? To take some of the weight off your shoulders? To make the changes you need to give yourself a healthier tomorrow? If you are ready to gain more energy and drop the pounds, take the MI Healthier Tomorrow pledge. We'll get you going with a free Starter Kit with motivational tips, money-saving offers and other good stuff. And we'll keep you going when you sign up for our e-mails or text messages. It's a little motivation twice a month to keep you focused on what you pledged so you can reach your goal of losing weight and being healthier.

Losing just 10% of your body weight can make significant improvements to both your physical and mental health. A 10% weight loss for those who are overweight can:

- Lower blood pressure
- Improve heart health
- Decrease risk of Type 2 diabetes
- Strengthen the immune system
- Decrease back and joint pain
- Improve breathing and sleep
- Increase energy and stamina
- Improve mood and self-confidence

After you take the pledge, don't forget you have the option to share it with friends. Together we can help all of Michigan have a healthier tomorrow.

Read about people who have taken the pledge and changed their lives for the better.

MI Healthier Tomorrow

Today is the day I choose a healthier future.

31211
NUMBER OF PLEDGES

Pledge to lose 10% and we'll mail you the free MI Healthier Tomorrow starter kit.

First Name*
Last Name*
Email*
Address:



District Health Department #10
Healthy People. Healthy Communities

INTER-TRIBAL COUNCIL OF MICHIGAN, INC.

Healthy Pontiac, We Can!

GREATER FLINT HEALTH COALITION

MICHIGAN HEALTH & WELLNESS 4x4
CREATING HEALTHIER PLACES TO LIVE, WORK, LEARN AND PLAY
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LIVE WELL

CAPITAL AREA HealthAlliance
Working together to empower our community to achieve better health

BE HEALTHY BERRIEN

Statewide Partners and 4 x 4 Steering Committee

Partnering to make policy, system and environmental changes to support regular physical activity, access to healthy food and smoke free places for all Michiganders, where people live, work, learn and play.

“Tomorrow”



It's time to put yourself **first**.

Take the pledge for a healthier lifestyle. You have the power to change your health, one active step at a time. When you take the MI Healthier Tomorrow Pledge, you get the support and resources you need to set health goals and improve your physical and mental health. So make today the day you put yourself and your future first. Take your first step by visiting Michigan.gov/mihealthiertomorrow.



Pandora



Radio



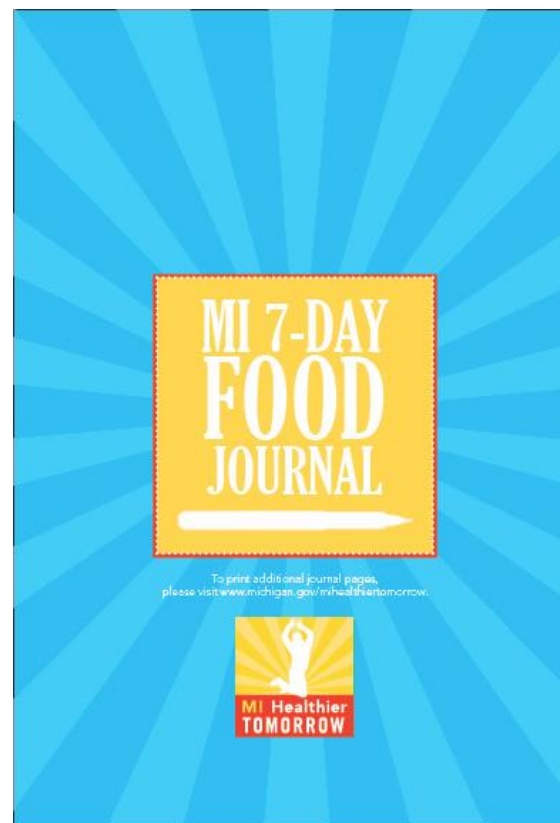
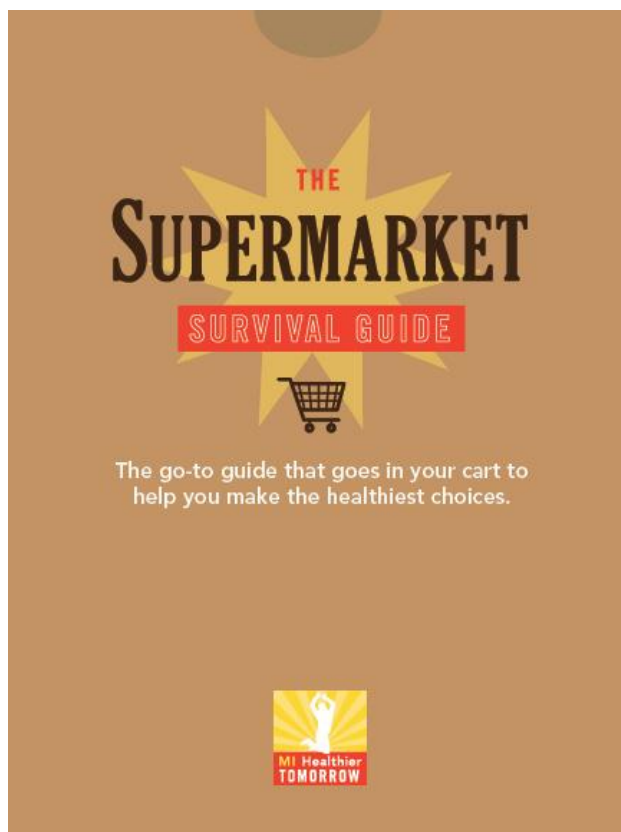


Get Started Kit



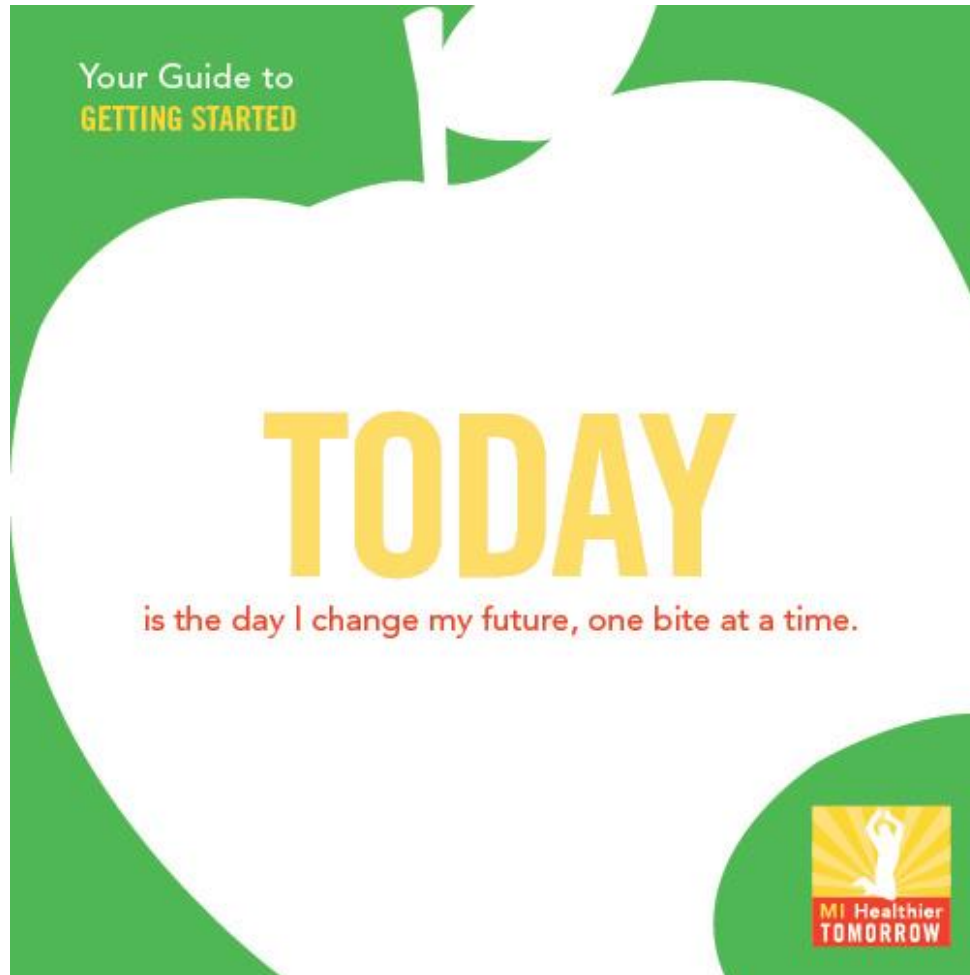


Get Started Kit



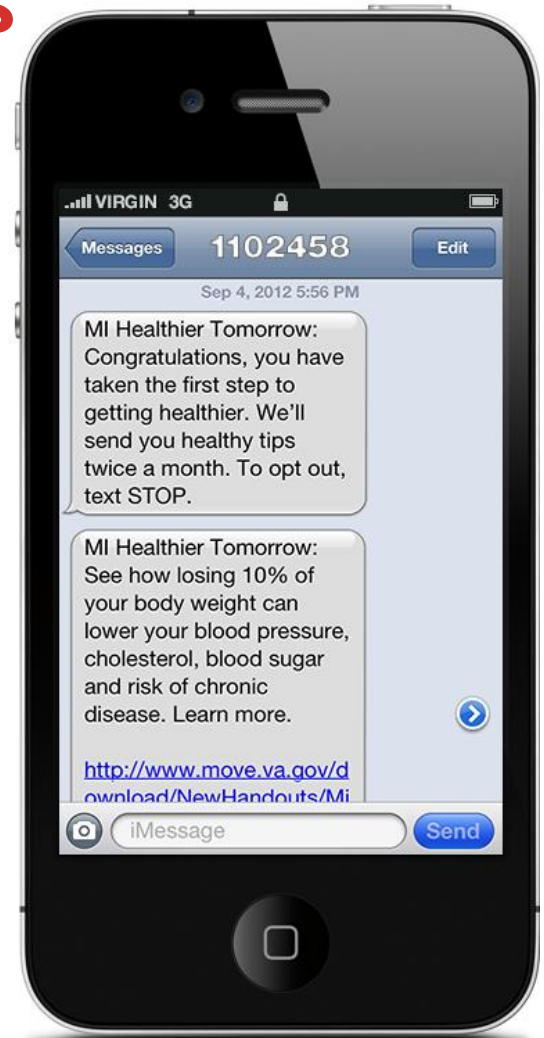


Get Started Kit



Text or Email Updates

- Participants can opt-in to receive either one or both of these by providing their mobile phone number or email address at sign up.
- These communications will include:
 - Newsletters
 - Coupons/discounts
 - Recipes
 - Recommended healthy living/weight loss apps to download
 - Recommended healthy living websites
 - Menu plans



Pledge Site Resources

KNOW YOUR NUMBERS

As part of the Michigan 4 x 4, take this card to your doctor so you can measure your success together.



	STARTING	GOAL	CHECKUP PROGRESS
NAME:	DATE:	DATE:	DATE:
AGE:	WEIGHT: BMI:	WEIGHT: BMI:	WEIGHT: BMI:
HEIGHT:	BLOOD PRESSURE:	BLOOD PRESSURE:	BLOOD PRESSURE:
NOTES:	CHOLESTEROL LEVEL:	CHOLESTEROL LEVEL:	CHOLESTEROL LEVEL:
	BLOOD SUGAR LEVEL:	BLOOD SUGAR LEVEL:	BLOOD SUGAR LEVEL:



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20,000 printed @ .0816 cents with a total cost of \$1,632.40

Pledge Site Resources

MI Daily PLAN

for a **healthier TOMORROW**

Drink water instead of sugary drinks.

Make at least half your grains whole grains.

20 TO 30
minutes of aerobic exercise per day

Make half your plate fruits and vegetables.

Choose a variety of protein-rich foods, like seafood, lean meat, poultry and eggs, etc.

3,500
CALORIES = 1 POUND OF FAT
(reduce intake by 500 calories per day to lose 1 pound a week)

Eat $3\frac{1}{2}$ cups of rainbow-colored vegetables a day.

Less than **2,300** mg. of sodium

Signs on dining tips and health. Talk to your doctor.

SWITCH TO fat-free or low-fat milk (1%).

Strive for **7-8** hours of sleep per night.

MI HEALTHIER TOMORROW TO-DO LIST

- Call your doctor and make an appointment
- Know BMI and weight, blood pressure, cholesterol and blood sugar numbers
- Set reasonable goals and non-food rewards
- Take your starting measurements
- Fill your water bottle and drink up
- Clean up your pantry and fridge
- Find some new healthy recipes
- Plan your meals and snacks for the week
- Grocery shop for healthy foods
- Read labels
- Go outside for a 20-minute walk
- Plan exercise for the week
- Find a walk-out buddy
- Eat at the table with TV off
- Experiment with spices and herbs
- Practice portion control
- Eat 5 small meals a day
- Keep a food journal — write down what you eat and drink, the time and how you're feeling
- Envision what losing 10% would feel like
- Ask friends and family for support

Avoid **OVERSIZED** portions.



1 / 1

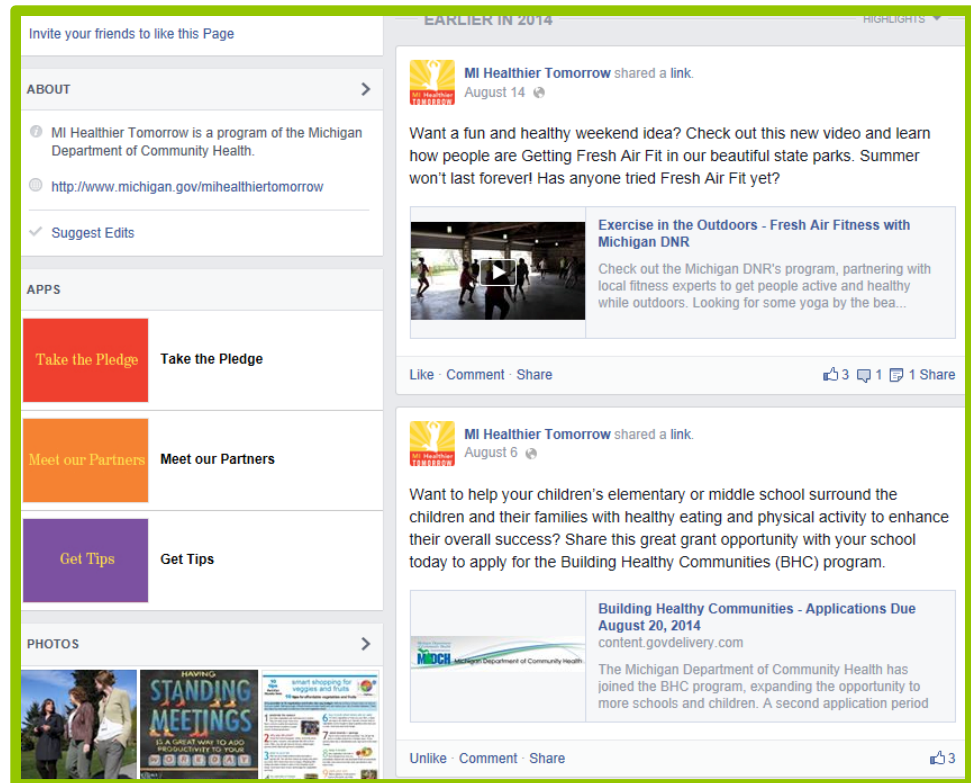
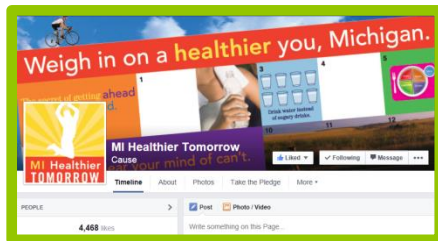




Partner Tools

- Visit [Our Partner Resource page](#) for materials to help prepare your websites as well as your employees and members for this campaign.
- We encourage you to download the pledge, website buttons, social media samples, and sample messages.
- You are welcome to promote this campaign both within and outside of your organization.

Social Media - Facebook



4 x 4 Plan: Major Strategies



Statewide Partners and 4 x 4 Steering Committee

Partnering to make policy, system and environmental changes to support regular physical activity, access to healthy food and smoke free places for all Michiganders, where people live, work, learn and play.

Deploy Community Coalitions

Nutrition and Physical Activity Environments

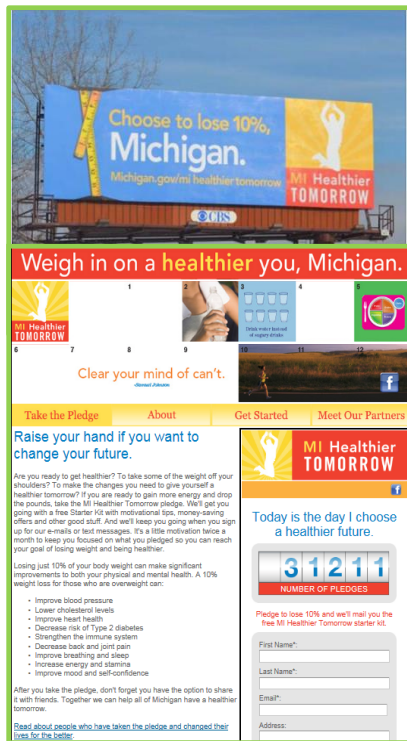


**1,000,000
MILE
CHALLENGE**

Berrien County Residents
We invite you to be a part of the
Million Mile Challenge.



4 x 4 Plan: Major Strategies



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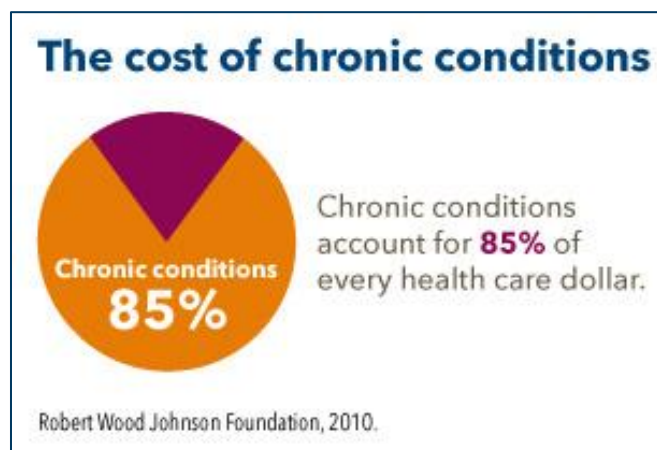
Stronger, Healthier Michigan Workforce



- To build a stronger Michigan, we must build a healthier Michigan.
- My vision is for Michiganders to be healthy, productive individuals, living in communities that support health and wellness
- The increasing cost of health care - one of the most significant economic challenges facing Michigan
- Wellness and economics are linked
- Even modest improvements in wellness can significantly reduce our risk of CHD and similar chronic conditions
- Health is the foundation for Michigan's economic transformation—it allows our children to thrive and learn...and it permits our current workforce to grow and adapt to a dynamic economy

Cost of Chronic Disease

- 2001 - 2009, the average employee contribution for family health coverage nearly doubled, from \$1,741 to \$3,474
- Employer contributions increased at roughly the same pace
- Presenteeism, absenteeism, disability, productivity, satisfaction
- Cost of doing nothing
- Culture
- Social support
- Recruitment and retention



Work Environments

- Half our waking hours; half our calories
- A healthy work culture makes it easier to make a healthy choice, at work and at home
 - children, families and friends



Reaching Michiganders
where they work

Definition

Worksite Wellness is “an organized, employer - sponsored program that is designed to support employees (and sometimes, their families) as they adopt and sustain behaviors that reduce health risks, improve quality of life, enhance personal effectiveness, and benefit the organization’s bottom line.”

-Harvard Business Review

Draft Objective

- *By (target date), increase from xx to xxx (tbd) the number of Michigan worksites that have documented and demonstrated their support of worksite wellness by using the newly revised Designing Healthy Environments at Work (DHEW) and the Healthy School Action Tools (HSAT) assessments and action plans which measures the policies and practices that support a healthy worksite and encourage healthy behaviors.*

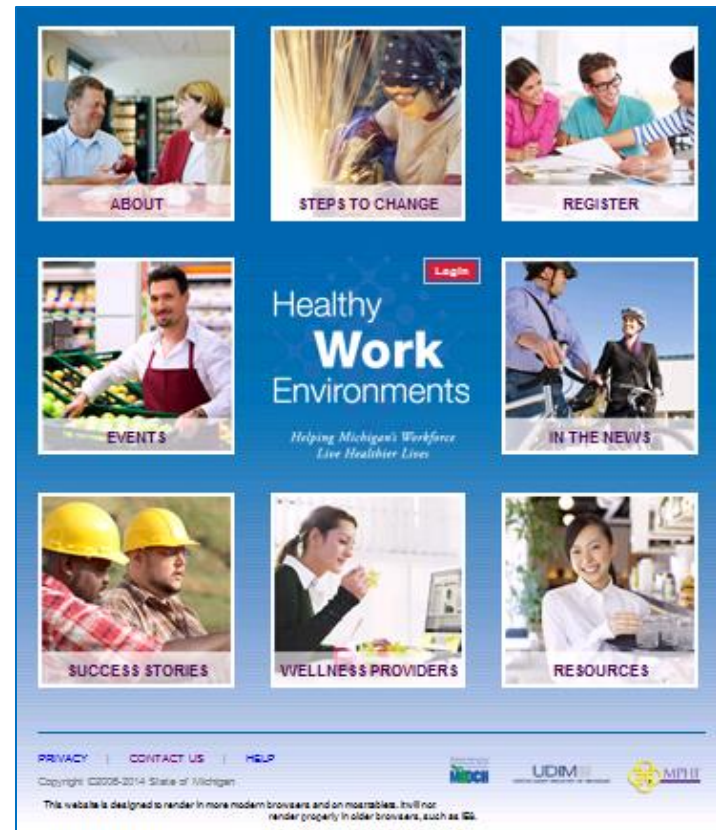
Shared

Measures

of Success

Assessing Health and Wellness Environments at Work

- Designing Healthy Environments at Work (DHEW)
- www.mihealthtools.org



Worksite Wellness Tools - www.mihealthtools.org



Michigan Healthy Child Care:

Featuring the online Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC), best practice feedback reports, interactive action planning tools and other resources to support Michigan child care providers as they improve nutrition and physical activity environments.



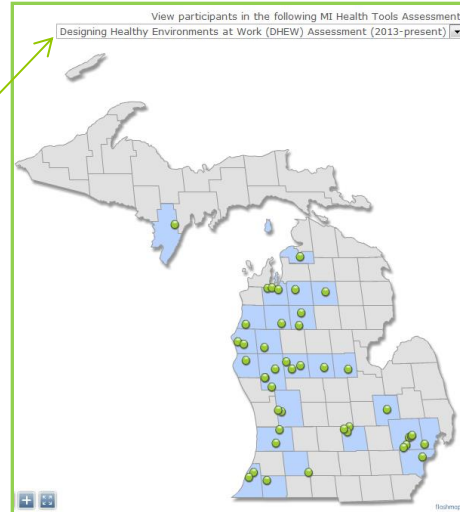
Healthy Work Environments: Online assessments, planning tools, and resources to create healthy work environments and document success!



Healthy Schools, Healthy Students: The Healthy Schools websites feature the Healthy School Action Tools (HSAT), School Wellness Award, Healthy Schools Success Story website, and Student Health Survey website.

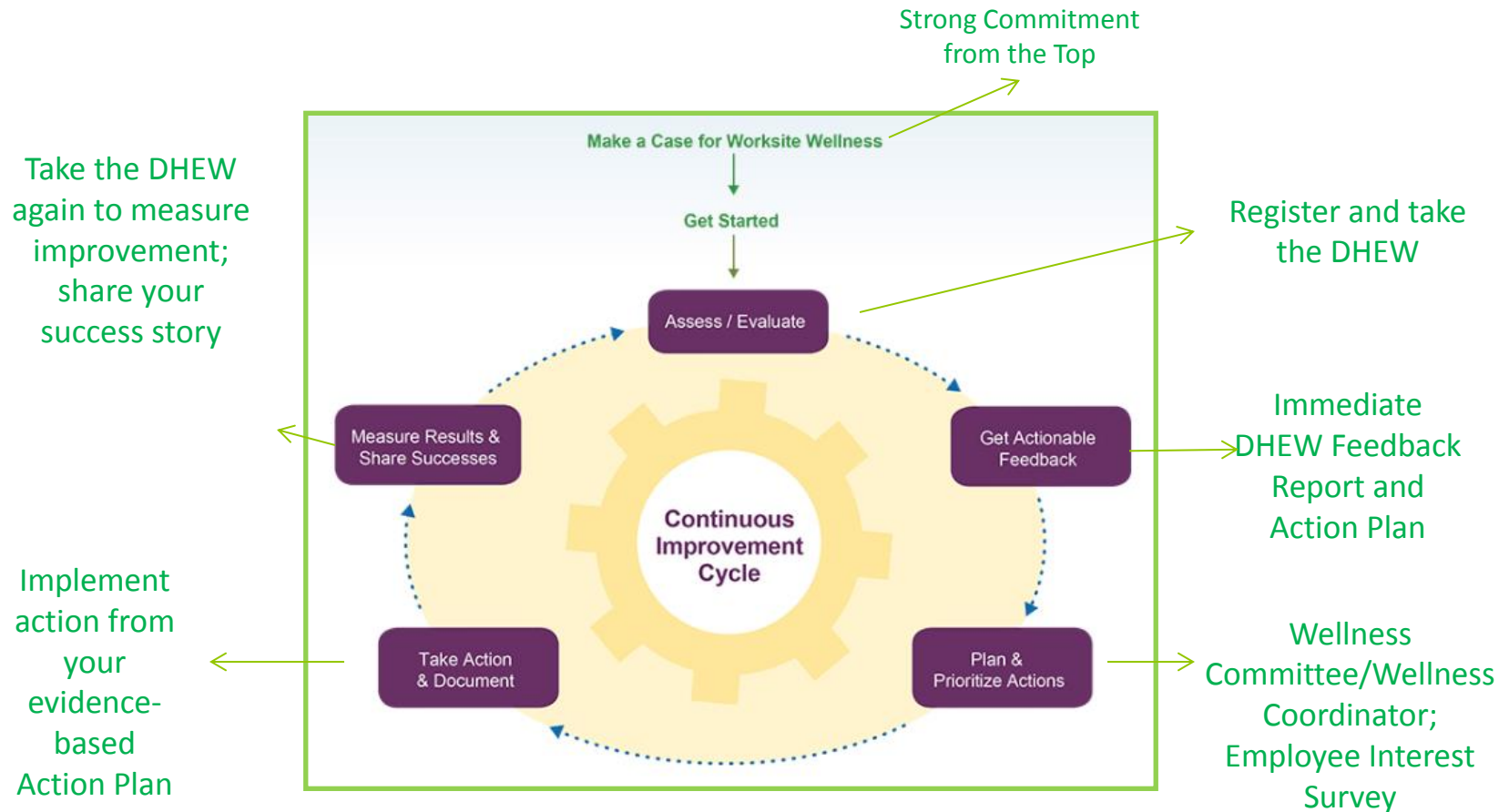


Walk by Faith: Providing resources to assist Michigan faith leaders in promoting healthy congregants, featuring the Promoting Healthy Congregations assessment.



- Based on current research and best practices
- Reflect the Centers for Disease Control's research-based recommendations

Quality Process



Designing Healthy Environments at Work - Registration -

Healthy
Work
Environments

Helping Michigan's Workforce Live Healthier Lives

Login

ABOUT | STEPS TO CHANGE | REGISTER | NEWS | SUCCESS STORIES | AWARDS | RESOURCES | WELLNESS PROVIDERS

Register

Register by filling out the information below. All fields are required unless indicated as optional.

If your company has multiple locations, please register for each location separately.

While several people within a worksite can log in and utilize the various online tools, the registration form asks for only one contact. This person will serve as our primary contact person and will receive any email notifications about your worksite's assessments, surveys and action plans.

Worksite & Contact Information

Name of Company:

Company Street Address:

Address 2:

City:

State:

Zip Code:

County:

Company Website URL (optional):

Approximate Number of Employees:

Primary Contact First Name:

Primary Contact Last Name:

Primary Contact Phone Number:

Email Address:

Confirm Email Address:

Username / Password

Username and password are case sensitive with no spaces. Usernames must be 4 to 12 characters long. Passwords must be 8 to 12 characters long. Your username and password allow you to log in and access your assessments, surveys, and action plans. Please choose something you can remember.

Username:

Confirm Username:

Password:

Confirm Password:

Privacy Agreement: The team administering the online healthy worksite tools and this website care about your privacy. Please see our [Privacy Policy](#) for details on how the information you provide will be used and protected. By clicking the submit button below and registering, you agree to our [privacy policy](#).

Click Here to Submit Your Registration

PRIVACY | CONTACT US | HELP

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Michigan
MICH

UDIM
UNIVERSITY OF DETROIT
INSTITUTION

OSU
OHIO STATE
UNIVERSITY

This website is designed to render in more modern browsers and on most tablets. It will not render properly in older browsers, such as IE8.

Designing Health Environments at Work - Assessment -



DHEW Assessment

3 Completed
1 in Progress
Started on 6/12/2014.
[INSTRUCTIONS](#)

Continuing DHEW Started on 6/12/2014

YOUR ASSESSMENT IS IN PROGRESS:
Click on the buttons below to complete your assessment.

- Worksite Health Infrastructure !
- Physical Activity ✓
- Healthy Eating ?
- Tobacco ?
- Worksite Description ?
- Submit Your DHEW ?

Legend

- ✓ Section complete
- ! In progress with errors
- ? Not yet started

Section 2: Physical Activity

Sub-Topic area: Policy/Organization Support

During the past 12 months, did your worksite:

Have a written policy or formal activity opportunities that encourages/allows for the following? (Check all that apply)

- ☐ Walking meetings (1 pt)
- ☐ Flexible work schedules (1 pt)
- ☐ Activity breaks during company sponsored meetings (1 pt)
- ☒ None of these (0 pts)

Subsidize or discount the cost of an onsite or offsite exercise facility?

- ☐ Offered free (4 pts)
- ☒ Offered at a discount (2 pts)
- ☐ Not offered (0 pts)

Sub-Topic area: Environmental Support

During the past 12 months, did your worksite:

Provide additional supports for physical activity in the following ways? (Check all that apply)

- ☐ Facility maintained walking paths or trails (0.5 pts)
- ☒ Bike racks (0.5 pts)
- ☒ Maps of area walking/biking paths and trails (0.5 pts)
- ☐ Open area for recreation and exercise (0.5 pts)
- ☐ Shower and changing facilities (0.5 pts)
- ☐ Well lit, safe and accessible stairwells (0.5 pts)
- ☐ None of these (0 pts)

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

- ☐ Yes (3 pts)
- ☒ No (0 pts)

Designing Health Environments at Work

- Assessment : Infrastructure

During the past 12 months:

- Organizational commitment and support of worksite health promotion at all levels of management
- Annual objectives
- At least one strong advocate/champion (from any level of the organization)
- Annual budget
- Paid health promotion coordinator
- Worksite Wellness Committee that met at least once
- How often did they meet
- Is the committee representative of your work force (staff levels, categories, union, non, contractors, part time, gender, race/ethnicity)
- How effective has the committee been (establishing policies, garnering management support, planning/implementing programs)

Designing Health Environments at Work

- Assessment : Infrastructure

During the past 12 months:

- Offer access to an Employee Assistance Program (EAP)
- Have a policy that gives employees PTO or flexible scheduling around work duties to attend work-sponsored health promotion activities
- Support new mothers by
 - Implementing/enforcing policy/written procedure supporting employees who are breastfeeding
 - Having a place, other than a bathroom, that is private and free from intrusion for employees expressing breast milk?
 - Allowing reasonable break time for an employee to express breast milk

Designing Health Environments at Work


- Assessment : Infrastructure

During the past 12 months:

- Conduct a health risk appraisal through a vendor, onsite staff, or health plan?
- Did the health risk appraisal provide individuals with feedback?
- Did the health risk appraisal provide individuals with health education?
- Did you conduct an employee needs and interests assessment for planning health promotion activities?

Designing Health Environments at Work

- Feedback Report -

 Feedback for DHEW Completed on 7/7/2013

Your Scores by Topic Area

Your Scores by Support Level

Best Practice Achievement Levels

Worksite Health Infrastructure

Physical Activity

Healthy Eating

Tobacco

[View](#)

[View](#)

[View](#)

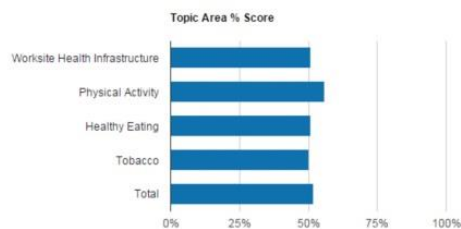
[View](#)

[View](#)

[View](#)

Your Scores by Topic Area

Topic Area	Score	Max Score	Percent
Worksite Health Infrastructure	18.5	36.5	50.7 %
Physical Activity	14.5	26.0	55.8 %
Healthy Eating	11.4	22.4	50.9 %
Tobacco	9.0	18.0	50.0 %
Total	53.4	102.9	51.9 %

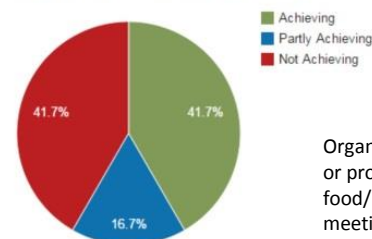


Worksite Environment - Provide & promote opportunity for employees to easily purchase fresh, local fruits/vegetables, such as onsite sales or promoting local farmers market

Healthy Eating Best Practice Summary - Overall

Achievement Level	Count	% Achieving
Achieving	5	41.7 %
Partly Achieving	2	16.7 %
Not Achieving	5	41.7 %

Healthy Eating Best Practices Summary - Overall



Organization/Policy – implement policy or procedure ensuring healthy food/beverage choices are provided at meetings and events where food/beverages are served.

Your Healthy Eating Best Practices

Sub-topic Area	Best Practices Achieved
Organization/Policy	Implement a policy or written procedure ensuring healthy food/beverage choices are provided at meetings and events where food/beverages are served.
Organization/Policy	Reduce the cost of healthy food/beverage options in vending machines, cafeterias and snack bars by providing subsidies and discounts.
Worksite Environment	Identify healthier foods and beverage choices in vending machine or in cafeteria/snack bars with signs or symbols for quick recognition.
Worksite Environment	Provide refrigerators, microwaves and sinks for use by employees who bring food/lunches to work.
Health Programming/Activities	Provide free or subsidized healthy eating seminars, workshops or classes at least four times per year. These can be offered either onsite or through collaboration with an outside organization, including online programs.
Sub-topic Area	Best Practices Partially Achieved
Health Programming/Activities	Provide free or subsidized healthy eating self management/behavior change programs at least four times per year. These can be offered either onsite or through collaboration with an outside organization, including online programs.
Worksite Environment	Make an array of healthy foods available in cafeterias and/or vending machines daily, including low-fat options other than dairy; low-fat/fat-free dairy products including white and flavored milk; low-sodium options; fruits with no sugar added; reduced sugar or sugar free options; vegetables with no fat added, water or other low calorie/calorie-free beverages.
Sub-topic Area	Best Practices Not Achieved
Worksite Environment	Provide nutritional information (beyond standard nutrition information on labels) on sodium, calories, trans fats, or saturated fats for foods and beverages sold in cafeterias, snack bars, vending machines or other purchase points.
Worksite Environment	Provide and promote opportunities for employees to easily purchase fresh local fruits and vegetables, such as having onsite sales or promoting local farmers markets.

Implement and enforce a policy or procedure that ensures that at least 80% of food/beverages offered in

Designing Health Environments at Work

- Employee Interest Survey Results -

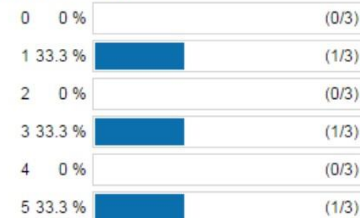
[Click here to view verbatim responses](#)

Summary Report For Employee Interest Survey: Production Test EIS Cycle 1

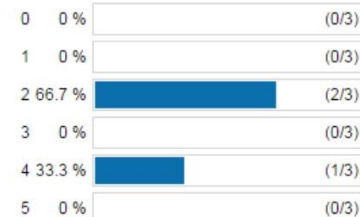
Report Date: 3/26/2015
Assessment Cycle Number: 1
Assessment Cycle Creation Date: 7/7/2013
Assessment Cycle Close Date: 7/7/2013
Total Assessments Completed: 3
Total Invitations Created: 5
Response Rate: 60 %

Please select the number that indicates your interest in the following wellness activities that we might offer at the worksite, at little or no cost to you. (0 indicates no interest and 5 indicates a great deal of interest)

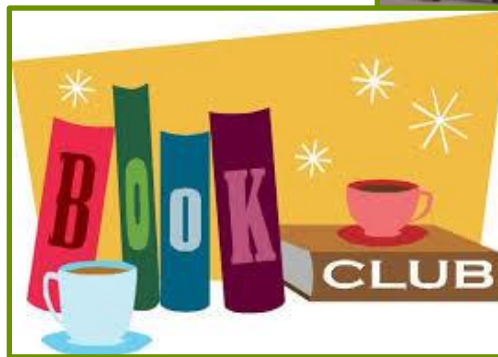
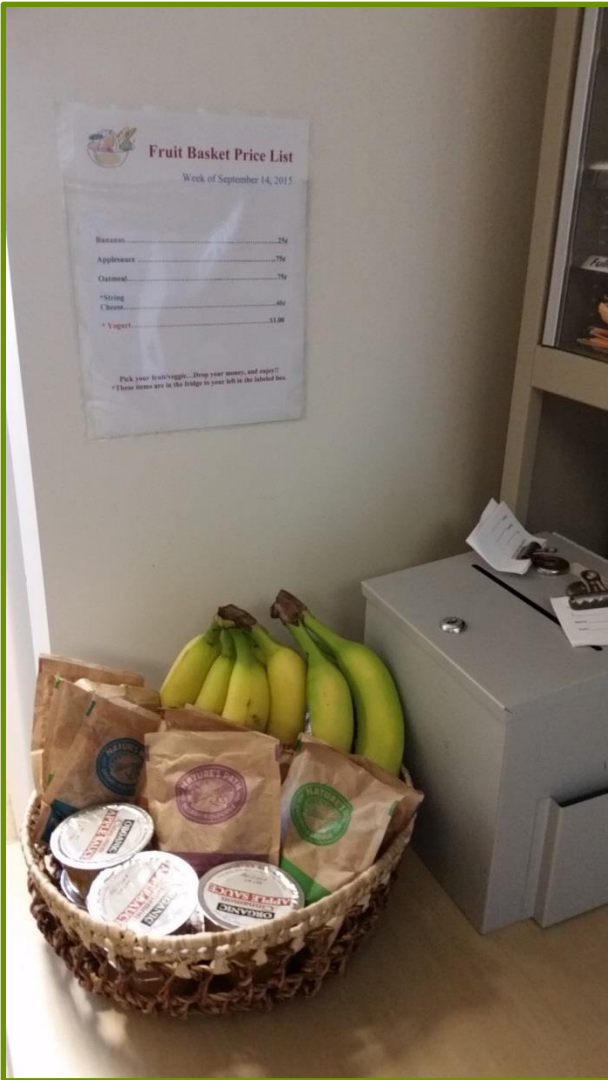
Cardiovascular health education/screening (blood pressure, cholesterol)



Cancer education/screening




Physical activity classes/programs



Designing Healthy Environments at Work


- Action Plan -

Suggested Actions




You currently have 22 suggested action(s).

Actions Being Worked On



You are currently working on 8 action(s).

Completed Actions



You currently have 3 completed action(s).

[Click here to add your own action](#)

Filter by Topic Area: Show all topic areas ▼

Show all topic areas

My Worksite Actions

Healthy Eating

Physical Activity

Tobacco

Worksite Health Infrastructure

Sub Topic ▲ ▼	Best Practices Not Achieving	
Health Programming/Activities	Provide frequent communication-at least on the benefits of healthy eating through comm that reach employees, including videos, posters, pamphlets, newsletter or other written or online information.	Work on this
Health Programming/Activities	Inform employees about health insurance coverage for programs that include tobacco cessation medication and counseling.	Work on this
Organization/Policy	Implement a policy or written procedure ensuring healthy food/beverage choices are provided wherever foods or beverages can be purchased (cafeterias, snack bars, vending machines).	Work on this
Organization/Policy	Provide health insurance coverage with no or low out of pocket costs for prescription tobacco medications, including nicotine replacements.	Work on this
Organization/Policy	Identify and if necessary, empower employee "influencers" to actively engage them in promoting worksite health promotion programs.	Work on this
	Include worksite health promotion implementation in the job description of either a full time person dedicated to this job or a	

Designing Healthy Environments at Work

- Action Being Worked On -

Suggested Actions
You currently have 22 suggested action(s).

Actions Being Worked On
You are currently working on 7 action(s).

Completed Actions
You currently have 3 completed action(s).

Click here to add your own action

Filter by Topic Area

Show all topic areas
Show 1 topic areas
My Worksite Actions
Healthy Eating
Physical Activity
Tobacco
Worksite Health Infrastructure

Sub Topic	Best Practices Not Achieving
Health Programming/Activities	Provide or subsidize physical fitness assessments, onsite through a community exercise facility, that include individual feedback, counseling/education and personalized recommendations or goals.
Health Programming/Activities	Support community physical activity opportunities, such as sports teams or charity walks at least four times per year.
Health Programming/Activities	Refer tobacco users to a state or other tobacco line.

Sub Topic: Best Practices Partly Achieving

Health Programming/Activities	Provide free or subsidized healthy eating management/behavior change programs a year. These can be offered either onsite or
-------------------------------	---

Edit Details

Physical Activity
Support community physical activity opportunities, such as sports teams or charity walks at least four times per year.

Prioritize this Action by Ranking on Cost, Time, Support & Importance:

Cost:	Time to Implement:	Support:	Importance:	Composite Rank:
<input type="radio"/> Low <input type="radio"/> Medium <input type="radio"/> High	<input type="radio"/> Brief <input type="radio"/> Medium <input type="radio"/> Long	<input type="radio"/> Not Much <input type="radio"/> Some <input type="radio"/> A lot	<input type="radio"/> Low <input type="radio"/> Medium <input type="radio"/> High	Not ranked yet

Outline Your Plan for Achieving Best Practice & Monitor Progress:

Specific Steps to Accomplish & Progress Notes:

Lead Person:

Resources Needed:

Set Your Timeline (dates must be in MM/DD/YYYY format):

*Date Started: Target Completion Date: *Date Completed:

If you have entered a valid Date Started & Date Completed, this action will be moved to the Completed Actions list when you click SAVE and cannot be moved back or edited further.

Keys to Success: Leader Support

- Tell employees why wellness is important
- Create an employee wellness committee/coordinator & dedicate resources
- Communicate the wellness program
- Help create a culture of health
- Participate – “walk the talk”
- Incentives integrated into wellness benefits


State of Michigan – Health & Wellness Resources

www.michigan.gov/healthymichigan

MDHHS Home Healthy Michigan Home MI.gov

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A Healthier Michigan will be a Stronger Michigan

Healthy Measures

A healthy weight starts with a healthy lifestyle. Choosing to eat healthy and be active every day will help maintain a healthy weight.

Body Mass Index (BMI)



- Healthy Michigan Plan
- America's Health Rankings
- County Health Rankings
- Create a Personal Plan
- Access Personal Plan Tools
- MI Health Tools

Governor Rick Snyder is committed to [creating a healthier Michigan](#), and reducing obesity is a key priority.

Michigan has one of the highest obesity rates in the nation; 31 percent of adults and 17 percent of youth are obese. Obesity is about more than "just being overweight." Obesity directly impacts a person's overall health and is the root cause of many chronic illnesses, such as type 2 diabetes and heart disease. It also takes a toll financially.

The good news is we can do something about it, each one of us.

[The Michigan Health and Wellness 4 x 4 Plan](#) lays out strategies for reducing obesity and improving health and wellness. Central to the plan is the 4 x 4 tool.

The Michigan 4 x 4 Tool incorporates four key healthy behaviors with four key health measures. If each of us practice the Michigan 4 x 4 Plan, we will improve our quality of life and reduce health costs.

Each of us can improve our personal health by:



Practicing four key healthy behaviors:

- maintain a healthy diet
- engage in regular exercise

State of Michigan – Worksite Wellness Resources

[MDHHS Home](#) [Healthy Michigan Home](#)  [MI.gov](#)

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[HEALTHY MICHIGAN > BUSINESSES](#)

Businesses & Health

In Governor Snyder's [Health and Wellness address](#), he encouraged Michigan worksites to empower their employees with the tools necessary to access quality health care and live a healthy lifestyle. "Health is the foundation for Michigan's economic transformation, it permits . . . our current workforce to grow and adapt to a dynamic economy."

Worksites are the best places to reach the majority of Michigan's adult citizens to encourage them to eat better, move more, and avoid using tobacco products. To remain competitive, Michigan employers may find it necessary to create worksite environments that are supportive of these goals. However, this can be difficult, especially for small businesses. Fortunately, there are various low- or no-cost effective strategies available to Michigan worksites that can assist them in promoting good health and support their employees' healthy lifestyle behaviors.



The [National Healthy Worksite Program](#) encourages worksites to follow these steps to better health:

STEP 1: [Assess the health of your worksite and employees](#) Assessments can help identify what changes you can make to your physical worksite environment. Assessments can also identify the health concerns and overall health of your workforce. Read more about [environmental assessments](#), and [Employee Interest Surveys](#) to help guide your worksite through this step.

MichiganTools:

[Designing Healthy Environments at Work](#)
[Employee Interest Survey](#)

STEP 2: [Plan a worksite health promotion program](#) Your plan will include goal determination, selecting priority interventions, and building organizational infrastructure, such as establishing a wellness committee and engaging senior leadership. The [National Healthy Worksite Program](#) has a list of leading health topics, which include links to potential interventions along with suggested evaluation measures. Need help with your worksite program? See a [list](#) of Michigan worksite wellness providers to find one that offers the services your worksite needs!

STEP 3: [Implement your program](#) Take the steps needed to put selected health promotion programs, policies, practices, and environmental supports into place and make them available to employees.

- [Healthy Michigan Plan](#)
- [America's Health Rankings](#)
- [County Health Rankings](#)
- [Create a Personal Plan](#)
- [Access Personal Plan Tools](#)
- [MI Health Tools](#)

- [Designing Healthy Environments at Work](#)
- [Contact the Healthy Businesses Workgroup](#)
- [Worksite Wellness Provider Application](#)



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Employee Health & Wellness



Healthy
Recipes

HMOs
& PPOs

Success
Stories

Tobacco
Cessation

Weight
Management

Wellness
Resources

**The State Employees Flu Vaccine Clinics will run
between September 21 and November 20, 2015.**

Check the [Flu Busters](#) web page for more information.

September is Preparedness Month in Michigan, making it a great time to
create or review emergency plans for you and your family.

To learn more, visit: www.mi.gov/MiReady



[Sign Up for FREE Healthy Tips!](#)

MI Department of Health and Human Services



MCSC Quick Links

- MI HR Self-Service Gateway
- Job Specifications/Pay
- Compensation Plan
- MCSC Phone Book
- MCSC Rules and Regulations Updates
- State of MI Workforce Reports
- ADA Complaint Process & Form
- MCSC Forms
- Registration for Veterans' Preference
- State Officers Compensation Commission
- Retiree Information
- Military Leave



PURE MICHIGAN

Weigh in on a healthier you, Michigan.



Take the Pledge

About

Get Started

Health Tips

Meet Our Partners

Raise your hand if you want to change your future.

Are you ready to get healthier? To take some of the weight off your shoulders? To make the changes you need to give yourself a healthier tomorrow? If you are ready to gain more energy and drop the pounds, take the MI Healthier Tomorrow pledge. We'll get you going with a free Starter Kit with motivational tips, money-saving offers and other good stuff. And we'll keep you going when you sign up for our e-mails or text messages. It's a little motivation twice a month to keep you focused on what you pledged so you can reach your goal of losing weight and being healthier.

Losing just 10% of your body weight can make significant improvements to both your physical and mental health. A 10% weight loss for those who are overweight can:

- Improve blood pressure
- Lower cholesterol levels
- Improve heart health
- Decrease risk of Type 2 diabetes
- Strengthen the immune system
- Decrease back and joint pain
- Improve breathing and sleep
- Increase energy and stamina
- Improve mood and self-confidence

After you take the pledge, don't forget you have the option to share it with friends. Together we can help all of Michigan have a healthier tomorrow.

[Read about people who have taken the pledge and changed their lives for the better.](#)



Today is the day I choose a healthier future.

33118
NUMBER OF PLEDGES

Take the pledge to be healthier and we'll mail you your free starter kit.

First Name*:

Last Name*:

Email*:

Address:

City:

State:

Zip:

Mobile Phone:

How did you find out about MI Healthier Tomorrow?

Sign up to receive free healthy tips and savings twice a month. Choose email updates, mobile text updates, or both:

☒ Email ☒ Mobile

Mobile — Message & Data rates may apply. Reply HELP for help. Reply STOP to cancel.



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A Healthier Michigan will be a Stronger Michigan

Healthy Measures

High Blood Pressure (HBP), also called hypertension, can lead to stroke, heart attack, heart failure or kidney failure. The best way to know if your blood pressure is high is to have it checked by a healthcare provider.

Blood Pressure

- Healthy Michigan Plan
- America's Health Rankings
- County Health Rankings
- Create a Personal Plan
- Access Personal Plan Tools
- MI Health Tools

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Each of us can improve our personal health by:




Practicing four key healthy behaviors:


- maintain a healthy diet
- engage in regular exercise
- get an annual physical examination
- avoid all tobacco use




Being aware of four key health measures that are closely tied to several chronic diseases:




- body mass index (BMI)
- blood pressure
- cholesterol level
- and blood sugar (glucose) level

[MDHHS Home](#) [Healthy Michigan Home](#)  [MI.gov](#)



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[Track Food & Activity](#)

[Move More](#)

[Eat Better](#)

[Avoid Tobacco](#)

[Watch Weight](#)

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[HEALTHY MICHIGAN > PEOPLE](#)

Track Food & Activity

Take the assessment and set goals that work for you. Receive your personalized nutrition and physical activity plan to help you make healthier choices.

Move More

Free personalized plan, readiness quiz, easy, helpful ways to increase physical activity and best physical activity sites on the web.

Eat Better

Eating tips and tools, tasty recipes, and a collection of better eating links.

Avoid Tobacco

Dependence quiz, helping you quit, and great ways for parents to talk to their kids about not using tobacco.

Watch Weight

Find out your BMI, safe weight loss tips and tools, why fad diets and gimmicks just don't work and a special section for weight problems in kids.

Create a Personal Plan

information about creating a personal plan for moving more, eating better and avoiding tobacco.

- [Healthy Michigan Plan](#)
- [America's Health Rankings](#)
- [County Health Rankings](#)
- [Create a Personal Plan](#)
- [Access Personal Plan Tools](#)
- [MI Health Tools](#)

Other Tools



Rec 101:

Michigan is rolling out the "green" carpet to welcome everyone to the woods and waters! Recreation 101, or "Rec 101," is a series of intro-to format classes taught by DNR staff or expert volunteers from organizations, guide services, outfitters, and more. These volunteers offer their time and knowledge at no charge to the DNR or participants. The program began with state parks in 2011 with 87 events, grew to more than 500 events in 2012, and we hope to continue to grow again in 2013. We offer almost every recreational pursuit from archery to windsurfing and hope you'll try them all. For a complete list of events, visit

www.michigan.gov/rec101

Other Tools

NANA ready to help workplace environments tackle this issue:
<http://www.communitycommons.org/2013/05/healthy-vending-machines/>

Healthy Vending Machines

Warmer weather often brings new resolve to eat healthy. Unfortunately, good intention can be sidetracked when mid-afternoon hunger leads to a trip to the vending machine and the only options are candy, chips, and sugary beverages.

According to a 2010 [report](#) by the Snack Food Association, about 74% of consumers are trying to eat healthier, with about 65% eating specific foods to lose weight. Sales of healthier snacks are outpacing traditional snack foods by 3 to 1, yet the majority of vending machines still contain mostly junk-food.



The National Alliance for Nutrition and Activity (NANA) is ready to help workplace environments tackle this issue in 2013. They recently created a set of [model food and beverage vending machine standards](#) and well as a [model policy](#) for helping implement the standards.

Update! Two new documents are now available: a [product list](#) of vending foods that meet NANA guidelines and a [revenue fact sheet](#) that outlines statistics on the positive financial effects of healthy vending.

Margo G. Wootan, co-founder of NANA and director of nutrition policy at the [Center for Science in the Public Interest](#) (CSPI) and Katherine Bishop, nutrition policy associate at the CSPI, co-wrote [Tired of the Same Old Vending Machine Junk?](#) for Community Commons which highlights their tools for transforming vending machines to help people reach their healthy eating goals.

Profit Loss Issues

One of the biggest push-backs to getting healthier foods in vending machines is the fear of losing money. In 2009 the Missouri group Nutrition and Physical Activity Program for the Prevention of Obesity and other Chronic Diseases (NPAO) initiated a pilot project to stock vending machines healthier foods so that it could be determined if healthier snacks and food really did produce lower profits.

The [Healthier Vending pilot project](#) successfully showed that stocking healthier items

Individual Change



Individual Change



- I will feel better during the day by getting better sleep during the work week.
 - ✓ Each work night, I will set a reminder alarm for one hour before I want to go to bed, to wind down, pack my lunch, get ready for bed, turn off electronics and read for 15 minutes. I will post a chart on my refrigerator to keep track of my success.

Next Steps



- Take the MI Healthier Tomorrow pledge
- Embed the Pledge on your website
- “Like” the MI Healthier Tomorrow Facebook page
- Set an individual SMART goal
- Seek senior level support for wellness at work
- Take the Designing Healthy Environments at Work assessment at your worksite
- Take small, steady steps

Objectives Review

- Gain a better understanding of the 4 x 4 Plan
- Become familiar with worksite wellness resources
- Gain a better understanding of the Designing Healthy Environments at Work assessment and action plan
- Share the DHEW with key players in your building when your return to work
- Consider setting an individual wellness goal



CREATING HEALTHIER PLACES
TO LIVE, WORK, LEARN AND PLAY
In partnership with Michigan Department
of Health and Human Services

Questions?



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of Health and Human Services

Thank You!

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4 x 4 Plan Coordinator
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517-373-7958



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