

# Establishing a Worksite Wellness Committee



The Worksite Wellness Committee is an internal employee-driven committee that helps build and sustain the wellness culture across the worksite. Its primary purpose is to create an environment that supports healthy lifestyle behaviors and reduction of chronic diseases in the worksite.



The Worksite Wellness Committee is the primary infrastructure that sustains long-term health promotion in the worksite. The members of the Worksite Wellness Committee work to promote better health to all employees. With surveys from employees and of the worksite, the Wellness Committee is empowered to design, plan, and implement worksite policies and employee health promotions that will lead to reduced risk of chronic diseases, increased productivity, and reduced health care costs.

The goal of the *Network for a Healthy California—Worksite Program* is to provide California businesses with low cost, effective, and easy-to-implement worksite wellness tools packaged under the California Fit Business Kit. Our research located a publication from North Carolina’s Eat Smart, Move More Worksite Wellness Program.

Their Committee Guide, *Saving Dollars and Making Sense*, is a detailed workbook on how to establish an effective Wellness Committee.<sup>1</sup> This resource lays out a simple step-by-step process and also provides examples for employee surveys, meeting agendas, program design, strategies/planning, communication, and evaluating health promotion programs from start to finish.



The Guide’s Table of Contents is summarized here:

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Establishing the Wellness Committee provides a strong foundation for implementing additional worksite wellness tools. As an example, the California Fit Business Kit’s 10-week *Take Action!* worksite employee wellness program creates teams and promotes individual goal setting to increase fruit and vegetable consumption and physical activity in the worksite and home.

The North Carolina *Saving Dollars and Making Sense* Committee Guide is located with the other ten California Fit Business Kit tools at: [www.takeactionca.com/resources/wellnesscommittee](http://www.takeactionca.com/resources/wellnesscommittee) or [www.networkforahealthycalifornia.com/worksite](http://www.networkforahealthycalifornia.com/worksite).

<sup>1</sup> North Carolina Department of Health and Human Services, Division of Public Health, Physical Activity and Nutrition Branch (2007). *Saving Dollars and Making Sense*. Retrieved March 17, 2008 from [http://www.eatsmartmovemorenc.com/programs\\_tools/worksites/docs/WorksiteComm.pdf](http://www.eatsmartmovemorenc.com/programs_tools/worksites/docs/WorksiteComm.pdf)

