

Worksite Wellness that Works

A Chisago County SHIP Initiative

Customize a worksite wellness program for your organization

Chisago County SHIP can help you learn more about the best practice strategies for policy, systems, environment, and social support initiatives that will help your employees eat better, be more active, quit/reduce tobacco use, support new moms in breastfeeding, and provide well-being/mental health supports. We will be working towards an individualized strategic plan based on the needs of your organization.



Healthy Eating

- Healthy vending/snack stations
- Hydration stations
- Cafeteria /Breakroom improvement
- Labeling & signage
- Lunch & Learns
- Policy updates



Physical Activity

- Stretch breaks
- Flexible scheduling
- Supportive dress code for active living
- Walking meetings/clubs
- Bike racks
- Exercise opportunities
- Standing workstations



Tobacco Use and Exposure

- Quit Partner resources
- Tailored tobacco-cessation programs
- Tobacco-free worksite
- Tobacco-free policy



Breastfeeding Support

- Mother's room
- Mother's support group
- Staff training
- Support policy
- Encouraging nursing mothers' culture



Lifestyle/Stress Management

- Quiet room/spaces
- Employee and manager wellness survey
- Investing in employee wellness
- Skills training
- Flexible scheduling
- Employee Assistance Programs
- Wellness resource guide

Foundational Elements

Leadership support - Wellness committee - Organizational assessment - Employee surveys and assessments - Vision/ Brand - Measurable goals and objectives - Communication plan - Making wellness a part of your strategic plan
Training and support in all context areas

Make the healthy choice, the easy choice!

We're looking for motivated employers...

... that want to strengthen their

workplace culture and offer more opportunities for employees to make healthier choices and improve overall well-being.

Winter of 2023, we will be working with a group of employers through the **Chisago County SHIP Wellness at Work: Learning Phase** which will teach best practices for workplace wellness and provide guidance to set goals for your organization. Should you be an employer ready to make changes in your workplace - we're ready for you!

In addition to coaching, you will receive tools and templates to support your strategic plan. After the Learning Phase, employers will join past participants to continue the networking experience in the **Chisago County SHIP Wellness at Work: Network!** Best of all – there's **no cost** for your organization!

We would love to talk with you more about the **Wellness at Work Collaborative**. Contact the SHIP team listed to the right to learn more!

Chisago County

Elizabeth Stenson, SHIP Coordinator
612-476-4785

Elizabeth.Stenson@chisagocountymn.gov

Madelyn Jensen, Community Health Specialist
651-302-5456

Madelyn.Jensen@chisagocountymn.gov



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