

# Addressing Employee Wellness through Healthiest Maryland Businesses

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# Objectives

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- Understand the importance of chronic disease burden in Maryland
- Understand how to improve health systems for a healthier workplace
- Understand the process to become a Healthiest Maryland Business

# Agenda

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- Overview of the Chronic Disease in Maryland
- Overview of Healthiest Maryland Businesses
- Discuss resources and tools for worksites
- Discuss how to become a Healthiest Maryland Business

# Chronic Disease Burden in Maryland

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Hypertension:

700,000 of Marylanders

Diabetes

9.4% of Marylanders

Prediabetes:

408,157 of Marylanders

Elevated Cholesterol

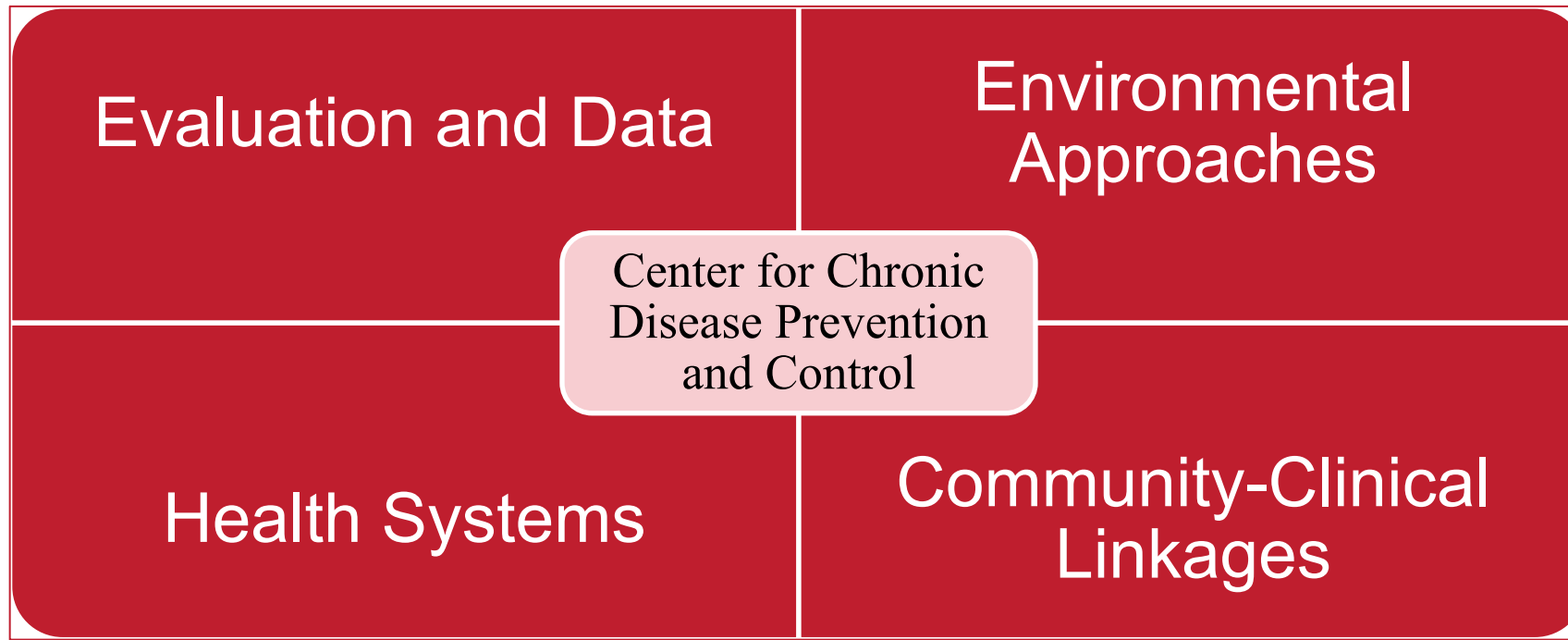
34% of Marylanders



# Center for Chronic Disease Prevention and Control

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Mission: to improve the health of Maryland residents by promoting healthy lifestyles that will reduce chronic disease.



# Mission

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To provide Maryland businesses with guidance and resources to promote health in the workplace.

# WORKPLACE HEALTH MODEL

## 1 ASSESSMENT

### INDIVIDUAL

(e.g. demographics, health risks, use of services)

### ORGANIZATIONAL

(e.g. current practices, work environment, infrastructure)

### COMMUNITY

(e.g. transportation, food and retail, parks and recreation)

## 4 EVALUATION

### WORKER PRODUCTIVITY

(e.g. absenteeism, presenteeism)

### HEALTHCARE COSTS

(e.g. quality of care, performance standards)

### IMPROVED HEALTH OUTCOMES

(e.g. reduced disease and disability)

### ORGANIZATIONAL CHANGE, "CULTURE OF HEALTH"

(e.g. morale, recruitment/retention, alignment of health and business objectives)

## 2 PLANNING & MANAGEMENT

### LEADERSHIP SUPPORT

(e.g. role models and champions)

### MANAGEMENT

(e.g. workplace health coordinator, committee)

### WORKPLACE HEALTH IMPROVEMENT PLAN

(e.g. goals and strategies)

### DEDICATED RESOURCES

(e.g. costs, partners/vendors, staffing)

### COMMUNICATIONS

(e.g. marketing, messages, systems)

## 3 IMPLEMENTATION

### PROGRAMS

(e.g. education and counseling)

### POLICIES

(e.g. organizational rules)

### BENEFITS

(e.g. insurance, incentives)

### ENVIRONMENTAL SUPPORT

(e.g. access points, opportunities, physical/social)



CONTEXTUAL FACTORS  
(e.g. company size, company sector, capacity, geography)





Consultation



Training and Resources



Networking



Funding



Recognition



# Member Benefits



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# Meet the Six Regional Coordinators

**Hannah Person**

**Liz Simpler**

**Angie Blair**

**Nicole Morris**

**Angela Deal**

**Jen Johnson**

**HMB Regions**

Regional networks improve the delivery of streamlined resources to employers, enhance partnerships, and increase the number of opportunities to effectively and efficiently leverage resources. To learn more about your Healthiest Maryland Businesses region, contact your HMB Regional Lead.

- Western
- Central
- Capital
- Upper Shore
- Southern
- Lower Shore

# Funding Opportunities

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Lactation  
Support



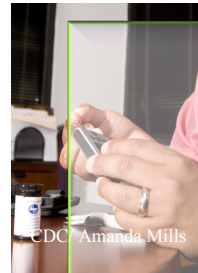
Nutrition



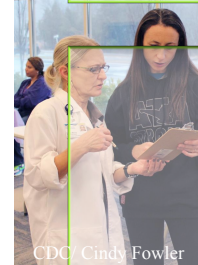
Tobacco  
Control



Physical  
Activity



Diabetes



Cancer  
Screenings



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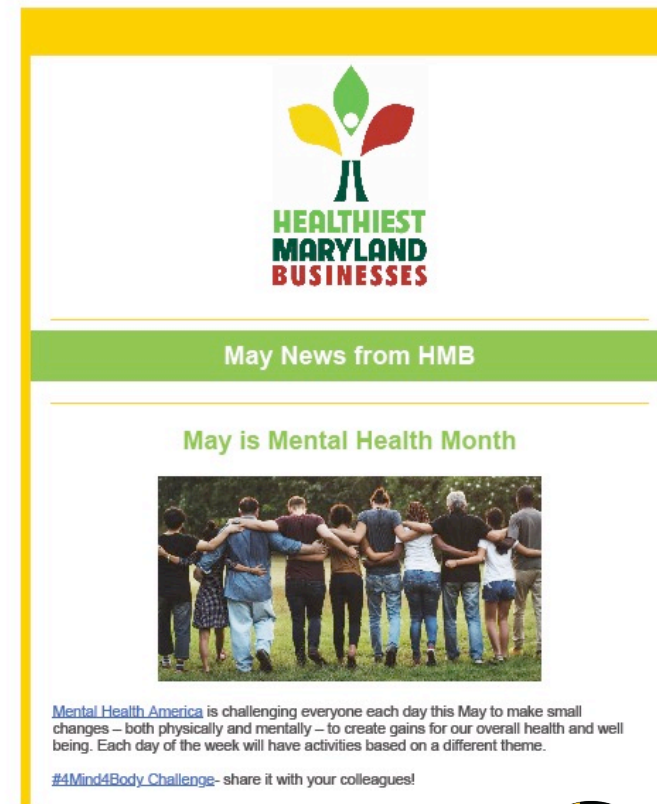
# Resources

Website



The screenshot shows the website's navigation menu with 'RESOURCES' highlighted. Below the menu is a green header with the word 'Resources'. A paragraph states: 'As a Healthiest Maryland Business you have access to Certified Worksite Wellness Specialists whom are skilled at providing you with resources and support tailored specifically for your business. Contact your representative today or view the self-serve tools below that can help fill in the gaps identified by your Worksite Health ScoreCard.' Below this is a grid of 14 green buttons: Blood Pressure/Cholesterol, Heart Attack/Stroke, Stress Management, Cancer, Lactation Support, Tobacco, Community Resources, Nutrition, Vaccine Preventable Diseases, Depression, Occupational Health/Safety, Weight Management, Diabetes, Organizational Supports, Zika, and Physical Activity. At the bottom is a contact form with fields for Name, Email, Subject, and Message, and a 'Send' button.

Newsletters



The screenshot shows a newsletter header with the 'HEALTHIEST MARYLAND BUSINESSES' logo. Below the header is a green bar with the text 'May News from HMB'. The main content is titled 'May is Mental Health Month' and features a photograph of a diverse group of people standing in a circle with their arms around each other. Below the photo is the text: 'Mental Health America is challenging everyone each day this May to make small changes – both physically and mentally – to create gains for our overall health and well being. Each day of the week will have activities based on a different theme. #4Mind4Body\_Challenge- share it with your colleagues!'.



[www.healthiestmdbusinesses.org](http://www.healthiestmdbusinesses.org)



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# Wellness at Work Awards



## WELLNESS AT WORK AWARDS 2019

Applications due April 1st!



<https://www.healthiestmdbusinesses.org/awards19>

Award recipients will be highlighted at the Maryland Workplace Health & Wellness Symposium on June 7th. Register here: <http://www.marylandwellnesssymposium.com/>



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# Join us!

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1.

- Visit [www.healthiestmdbusinesses.org](http://www.healthiestmdbusinesses.org)

2.

- Complete the Worksite Health ScoreCard

3.

- Review ScoreCard results with your Healthiest Maryland Businesses Regional Coordinator.

4.

- Develop a plan to improve workplace wellness activities and employee health



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**HEALTHIEST  
MARYLAND  
BUSINESSES**

*Where the healthiest choice is easy*

**Thank you!  
Visit us at:**

**[www.healthiestmdbusinesses.org](http://www.healthiestmdbusinesses.org)**

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