Addressing Employee Wellness through Healthiest Maryland Businesses

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Objectives

• 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

• 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

Hypertension: 
700,000 of Marylanders

Diabetes
9.4% of Marylanders

Prediabetes:
408,157 of Marylanders

Elevated Cholesterol
34% of Marylanders

Maryland BRFSS, 2011-2016

www.healthiestmdbusinesses.org
Center for Chronic Disease Prevention and Control

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

www.healthiestmdbusinesses.org
Mission

To provide Maryland businesses with guidance and resources to promote health in the workplace.
Consultation
Training and Resources
Networking
Funding
Recognition

Member Benefits
Meet the Six Regional Coordinators

Hannah Person
Liz Simpler
Angie Blair
Nicole Morris
Angela Deal
Jen Johnson
Funding Opportunities

- Lactation Support
- Nutrition
- Tobacco Control
- Physical Activity
- Diabetes
- Cancer Screenings
Wellness at Work Awards

WELLNESS AT WORK AWARDS 2019

Applications due April 1st!

2019 GOLD
2019 SILVER
2019 BRONZE

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/

MARYLAND Department of Health
Join us!

1. Visit 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
Thank you! Visit us at:
www.healthiestmdbusinesses.org

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