

# Healthy Employees, Healthy Business



D'Arrigo Bros. Co.  
of California showed

**75%** reduction in  
the number of sick days

in the participation group after  
implementing a wellness program  
focused on healthy eating and  
physical activity.

## The Value of a Healthy Workplace

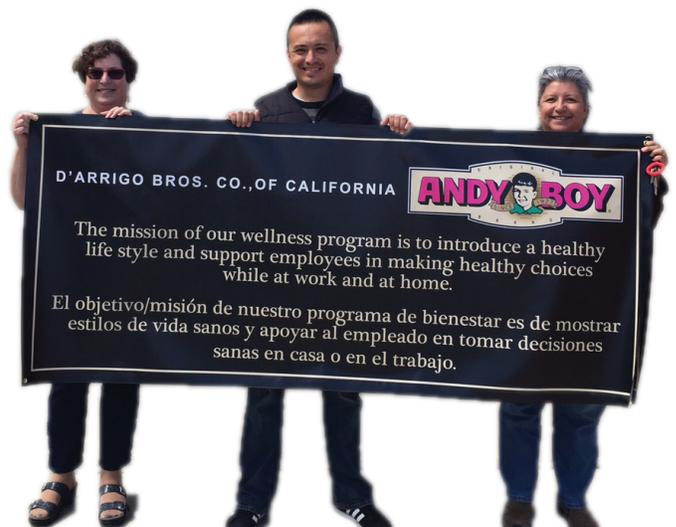
A company's most important asset is its people. Making your workplace healthier benefits both the business and the people who work there. A healthier workforce that requires fewer sick days and works at peak productivity can sustain your organization's competitive edge. Worksite wellness programs have demonstrated \$3.50-to-\$1 savings-to-cost ration in reduced absenteeism<sup>1</sup> and healthcare costs.

### Businesses Win

An employee wellness program designed by the Center for Wellness and Nutrition can:

- Reduce absenteeism
- Increase productivity
- Reduce healthcare costs
- Improve employee health, energy and morale
- Improve a business's work culture and environment

<sup>1</sup>Partnership for Prevention, 2013. *Worksite health*.  
<http://www.prevent.org/Topics/Worksite--Health.aspx>





"Employees are more engaged about their own health, and they speak up more in meetings. Increased productivity is important, but so is employee well-being."

– Plant Manager at Camfil Clean Air Solutions

## Our Expertise

The Center for Wellness and Nutrition has extensive experience designing plans to help businesses develop a healthy work environment and promote a healthy lifestyle among employees. Our team of experts works with employers across the nation to empower employees to eat more fruits and vegetables, choose healthy beverages and be physically active.

### Our strategies for success include:

- Customizing programs to fit specific industries
- Conducting environmental site assessments
- Establishing employee-employer partnerships to support ongoing wellness activities
- Creating workplace wellness committees
- Identifying insurance plan options that support wellness
- Evaluating wellness programs and monitoring their impact
- Establishing mutually beneficial community partnerships

## Success Stories

Ruskin Manufacturing Company from Ontario CA reports fewer injuries as a result of the morning stretches and other wellness activities that they are implementing.

## Who We Are

The Public Health Institute's Center for Wellness and Nutrition is a national leader in developing campaigns, programs and partnerships to reduce obesity and promote equity in the most vulnerable communities across the country. Through education, engagement, environmental changes and policies, we work to make health accessible for all.

## Let's Work Together

We can help you develop and deliver an effective, innovative employee wellness program that improves people's lives while improving your business.

Call or e-mail us to learn more about how the Center for Wellness and Nutrition can help you make health accessible to all.

Center for  
Wellness and  
Nutrition

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