



## Promoting a Culture of Health in Workplaces

# WHAT WORKS PROJECT 24 IN MONTANA

### GOALS AND ACTIVITIES

The goal is to improve the health of Montana employees through worksite wellness programs, ensuring that they have access to healthy food, beverages, breastfeeding support, physical activity, tobacco-free environments, tobacco cessation opportunities, and insurance coverage for clinical preventative services.

Local health educators across Montana are contracted out of health departments to work with at least three worksites to implement worksite wellness programs. Health educators use seven benchmarks developed by the Wellness Council of America (WELCOA) to assess worksite wellness programs and advise on how to strengthen programs. Worksites receive intensive online training and resources available 24/7 through WELCOA Institute, about creating or enhancing worksite wellness initiatives.

### POPULATIONS SERVED

Employees at worksites throughout Montana and their communities.

### MAJOR PARTNERS AND FUNDERS

Montana Department of Public Health and Human Services Chronic Disease Prevention and Health Promotion Bureau, Centers for Disease Control and Prevention

### MAJOR OUTCOMES

In 2017, 13 local health educators were working with 35 worksites ranging in size from 12 to 1,200 employees.

### INGREDIENTS FOR SUCCESS

Committed, strong, supportive and aligned leadership at worksites is essential to developing strong wellness programs. Companies with senior-level support have healthier employees and better working environments. WELCOA provides valuable resources for training and worksite campaigns. Contractor work is tracked through quarterly deliverables. Based on these data, contractors may receive additional training, mentoring, or other resources as needed.

### ADVICE FOR OTHERS

“Work to ensure that company leadership is on board and involved in the process.”

— Sara Murgel, Montana Cancer Control Program Manager, CDPHP Montana Cancer Control Program