Workplace Wellness:  
A Discussion of New Findings and Efforts  
To Advance Healthier Communities  

Thursday, December 6, 2012  
11:30 AM to 1:00 PM Pacific  
2:30 PM to 4:00 PM Eastern  

Welcome and thank you for joining our Web Forum!  

Technical difficulties? Call 1-866-229-3239  
Questions? Comments? Use the Q&A function  
Please participate in the polls  
Please take the Post-Web Forum online evaluation. We need your feedback!  

Recording and Slides will be available at www.Dialogue4Health.org
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists
POLL #1

Are you attending this Web Forum:

a. Individually
b. In a group of 2-5 people
c. In a group of 6-10 people
d. In a group of more than 10 people
Polling Feature

Please

1. Choose your **answer**, then
2. Click **Submit**
Matthew Marsom
Vice President
Public Health Institute

As Vice President for Public Health Policy and Advocacy for the Public Health Institute (PHI), Matthew is responsible for designing and implementing PHI strategy for monitoring and influencing public policy, legislation and regulations affecting PHI projects and public health policy relevant to PHI interests.

Website: www.phi.org
Jeff Levi, PhD
Executive Director
Trust for America’s Health

Jeff Levi leads Trust for America’s Health’s (TFAH) advocacy efforts on behalf of a modernized public health system. He oversees TFAH’s work on a range of public health policy issues, including implementation of the public health provisions of the Affordable Care Act (ACA) and annual reports assessing the nation’s public health preparedness, investment in public health infrastructure, and response to chronic diseases. TFAH led the public health community’s efforts to enact, and now defend, the prevention provisions of the ACA, including the Prevention and Public Health Fund and the new Community Transformation Grants. In January 2011, President Obama appointed Dr. Levi to serve as a member of the Advisory Group on Prevention, Health Promotion, and Integrative and Public Health.

Website: [www.tfah.org](http://www.tfah.org)
Tom Mason combines 35 years’ professional experience at the intersection of media, public policy and marketing. He worked 13 years in and around the United States Senate, beginning as communications director for Senator Rudy Boschwitz, and subsequently serving as chief of staff in the Washington, D.C. offices of multiple U.S. senators. For five years Tom was president of Gannon McCarthy Mason, a public affairs consulting firm with offices in Washington, D.C. and New York City.

Website: www.healthiermn.com
Rob Autry, Partner of Public Opinion Strategies, has emerged as one of the Republican Party's top political tacticians. Called by The New York Times, "the leading Republican polling company," Public Opinion Strategies has 19 U.S. Senators, six governors, and 71 Members of Congress as clients.

In 2010, Rob was a pollster and political strategist for six new Members of Congress, five of whom defeated Democratic incumbents. Rob also polled for successful legislative efforts in seven states, including three Republican legislative takeovers in Iowa, North Carolina, and Alabama.

Website: [www.pos.org](http://www.pos.org)
Nancy M. Bennett, MD MS
Director, Center for Community Health
Professor, Medicine & Public Health Sciences
Associate Vice President,
University of Rochester Medical Center

Nancy M. Bennett, MD, MS, is Director of the Center for Community Health, Professor of Medicine and Public Health Sciences, and Associate Vice President of the University of Rochester Medical Center. She has directed numerous studies and community interventions related to the prevention of communicable and chronic disease. She is the principal investigator for the Rochester Emerging Infections Program, the Community Transformation Grant, Health Engagement and Action for Rochester’s Transformation (HEART), and the Healthy Living Research Center, and Director of the Community Engagement Key Function in the Rochester Clinical and Translational Science Institute. Dr. Bennett served for 17 years as the Deputy Director of the Monroe County Department of Public Health and for the last six years as the Director of the Center for Community Health.

Website: www.urmc.rochester.edu/community-health
Shawn McIntosh is the American Public Health Association’s Project Manager, Community Transformation Grant (CTG) in the Center for Public Health Policy Unit. In this position, she is working to increase awareness and use of system and environmental change prevention strategies across various sectors that influence chronic disease risk behaviors. Ms. McIntosh has over eighteen years of experience in the non-profit community, with a focus on poverty issues and health disparities.

Website: www.apha.org
Jason is the Team Lead for Workplace Health Programs where he has managed projects and provided leadership for the CDC National Center for Chronic Disease Prevention’s (NCCDPHP) Workplace Health Initiative since 2007. He is also the CDC project lead for the National Healthy Worksite Program, a two year national demonstration of comprehensive workplace health programs in principally small to mid-size employers.

Website:  www.cdc.gov
Jeremy Cantor, MPH
Program Manager
Prevention Institute

Jeremy Cantor is a Program Manager at Prevention Institute. His work focuses on advancing an environmental approach to prevention through projects on community health, land-use and health, and health care reform. Jeremy’s recent projects include the statewide Healthy Places, lead consultant on the Eden Area Livability Initiative, lead author on PI’s Community-Centered Health Homes report, and collaborating with California government agencies to design a worksite wellness pilot project. He has provided training and consultation to a variety of groups including developing a primary prevention training series for The California Endowment and training modules on the use of social determinant indicator data in communities for the Centers for Disease Control and Prevention.

Website:  www.preventioninstitute.org
Carla Saporta, MPH  
Health Policy Director,  
Bridges to Health  
Greenlining Institute  

Carla Saporta is the health policy director for the Bridges to Health team at Greenlining, focusing on developing a racially equitable framework for increased health care access and the implementation of the Patient Protection and the Affordable Care Act. Carla also leads efforts to develop public/private partnerships in the health care sector as a means to mitigate health disparities. Prior to Greenlining, Carla worked as a legislative analyst for Oregon State Senator Laurie Monnes-Anderson, Chair of the Senate Health Committee and was an organizer for the California Nurses Association. Her work at Greenlining is informed by the understanding that every policy is health policy.  

Website:  
www.greenlining.org
Thank you to our cosponsors:

Prevention Institute
Public Health Institute
Trust for America’s Health
• **Prevention Institute** was founded in 1997 to serve as a focal point for primary prevention practice—promoting policies, organizational practices, and collaborative efforts that improve health, equity and quality of life.

• **The Public Health Institute** (PHI) is an independent, nonprofit organization dedicated to promoting health, well-being and quality of life for people throughout California, across the nation and around the world.

• **Trust for America's Health** (TFAH) is a non-profit, non-partisan organization dedicated to saving lives by protecting the health of every community and working to make disease prevention a national priority.
Take part in this conversation on the Dialogue4Health social network:

http://dialogue4health.ning.com/
Web Forum Agenda

- Presentation of study findings related to workplace wellness
- Discussion of workplace wellness efforts associated with Community Transformation Grants (CTG)
- Overview of APHA work as a national CTG grantee on dissemination relative to workplace wellness
- Explanation of current efforts underway as part of the CDC’s Healthy Worksite Program
- Recommendations for implementing workplace wellness programs in small businesses
- Open discussion and Q&A session
POLL #2

My workplace engages in the following workplace wellness practices (select all that apply):

a. Fresh fruit/vegetables offered as snacks
b. Walking meetings or walking groups
c. Subsidized gym membership
d. Health education classes
e. Health risk assessments
f. None of the above
g. Other (please submit your answer in Q&A)
Polling Feature

Please

1. Choose your **answer**, then
2. Click **Submit**
Q&A Feature

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POLL #3

What actions are you likely to take after the Web Forum? (select all that apply):

a. Learn more about your worksite’s wellness policies and practices
b. Read the PI/GLI policy brief
c. Contact policy makers who are implementing ACA/workplace wellness policies in your state
d. Communicate with colleagues about potential actions to take
e. None of the above
f. Other (please submit answer in Q&A)
Polling Feature

Please

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POLL #4

What ideas do you have about ways in which employers can be advocates for policies that improve the environment for their employees AND the community around the worksite?
Polling Feature

Please

1. Choose your answer, then
2. Click Submit
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The Network for a Healthy California -- Worksite Program is a public health initiative led by the California Department of Public Health and administered by the Public Health Institute.

http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteProgram.aspx
Worksite Program Overview

Examples of target industries

– Agriculture (13)
  • [DelMonte Foods; Driscoll’s, Christopher Ranch, Paramount]

– Retail (93)
  • [Northgate Markets, Cardenas Markets, Walgreen’s, Burlington Coat Factory]

– Accommodation/Food Service (12)
  • [Hilton, Pinnacle, Doubletree]

– Manufacturing (9)
  • [Poolmasters, Ruskin Sound and Air Control]
The Worksite Program’s California Fit Business Kit offers ten self-guided worksite wellness tools to assist the employer through making environmental and policy changes to create healthier workplaces, improve employee health, productivity, and morale while reducing absenteeism.

http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx
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Jason Lang
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