



Fact Sheet

Working toward better health

Do you ever feel like you live at work? On average, Americans who work full-time spend almost a third of their week at work. Your workplace directly influences your physical, mental, economic, and social well-being. It also influences the health of your family and your community. Workplaces have an opportunity to provide a healthy work environment that promotes individual health and has benefits for both employer and employee.

Employer benefits include improved staff morale, lower turnover, lower absenteeism, increased productivity, reduced health insurance claims and costs, and less litigation. Employee benefits include reduced stress, increased job satisfaction, and improved health and quality of life.

You can suggest a few tips to get your employer started creating a healthier workplace—

- Allow employees to move more. Provide flex time for employees to exercise. Encourage staff to use scheduled breaks or lunchtime to walk or be physically active, rest, or get sunshine or fresh air. Hold “walking meetings” instead of sitting in the conference room.
- Promote healthy, safety and fitness by providing information at “lunch and learn” presentations, in staff meetings, on bulletin boards, and in newsletters.
- Ensure healthy foods and beverages are available in vending machines and at meetings.
- Support employees who express breastmilk at work by providing a break and a private space.
- Offer fitness club membership subsidies, immunizations, smoking cessation programs, and stress management training.

Be proactive about your health. Talk to your employer about how you can work together on a program that will improve your health and the health of your co-workers, your families, and your communities.

Learn more by visiting www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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