



XYZ Inc. Worksite Wellness Action Plan (WWAP) – Planning

WORKSITE WELLNESS ACTION PLAN					
Name of Organization		XYZ Inc			
PLANNING					
Top 3 Overall Program Priorities					
1	Increase the amount of physical activity being done by employees	2	Increase access to healthy food choices at work	3	Tobacco-free workplace
Policy/Environmental Support Considerations					
1	Opportunities for more physical activity during the work day such as upgrading stairwells	2	Dress code that supports increased activity during the day	3	Healthy meeting policy
Staffing & Responsibilities		The program will be staffed by the Wellness Sponsor, Wellness Champion and Wellness Committee Members. Other volunteer positions will be recruited as needed.			
Program Rationale (relationship between organizational wellness goals and proposed interventions)					
The interventions reflect a balance of employee interests and health needs because we wanted to generate participation. Participation in the interventions over time should impact long term costs and productivity. A combination of environmental supports, policies and team competitions will enable employees to make healthy choices.					
GOAL		Support employees in increasing their amount of daily physical activity.			
Objective 1		By June 1, 2018, 50% of employees will engage in at least 30 minutes of physical activity 5 days per week.			
Target Population	Intervention (Awareness/education, Behavior change, Policy/environmental support)	Community Partnerships	Resources	Evaluation Plan	
All XYZ Employees	Behavior change program - softball league provides employees skills to incorporate activity into their lives through a fun team sport. Supporting educational programming such as "Eat to Win, Stretch to Win etc."	YMCA, Local Community Business League		Number of employees participating in the softball league during the spring, summer, early fall season	

All XYZ Employees	Awareness and education program - promote walking routes around Worcester with measured routes from parking lot.	WOO Moves, Mass in Motion	City of Worcester Walking Maps	Number of people participating in self directed walking using the walking routes and maps. Number of maps distributed
All XYZ Employees	Awareness and education program - work with local community health center to provide onsite blood pressure screenings and to build awareness of the positive impact exercise has on blood pressure.	UMASS Medical Center		Biometric screening participation

Objective 2(if applicable)

By September 2018, make at least one change to the work environment to create a supportive environment that encourages and supports physical activity while at work.

Target Population	Intervention (Awareness/education, Behavior change, Policy/environmental support)	Community Partnerships	Resources	Evaluation Plan
All XYZ Employees	Policy/Environmental support program - StairWELL intervention combined with team step competition		CDC StairWELL Program and Resources	Direct observation of employees using stairs and those participating in the team competition scheduled for the winter months
All XYZ Employees	Policy/Environmental Support - Purchase blood pressure cuff and monitor for the organization. Work with local community health center to provide onsite blood pressure screenings with new cuff and education to employees on how to take their own blood pressure. Reinforce positive impact of physical activity on blood pressure.	UMASS Medical Center	Medical supply companies and or pharmacies for blood pressure machine.	Number of employees participating in screening, education and number of employees using blood pressure machine.

Objective 3 (if applicable)	By September 2018, implement at least one policy that foster physical activity.			
Target Population	Intervention (Awareness/education, Behavior change, Policy/environmental support)	Community Partnerships	Resources	Evaluation Plan
All XYZ Employees	Implement a dress code policy that supports increased activity during the work day.		CDC National Healthy Workplace Resources	Number of people taking advantage of the new dress code