



JULY 2017

Health Works

In Escambia

The Florida Department of Health in Escambia presents the new *Health Works* monthly employee wellness newsletter. Each month will feature information about key components of employee wellness: *Nutrition, Physical Activity, Stress Management, Lactation Support, and Tobacco Cessation*. Get empowered to make positive changes at your workplace! Check out the back for more information and a preview of what you can expect each month.

ROADMAP TO WELLNESS AT WORK

START

On average, Americans working full-time spend more than *1/3 of their day, 5 days per week* at the workplace.

Source: *Centers for Disease Control and Prevention*

Think about your workplace



HEALTHY or UNHEALTHY

What types of behaviors does it support?



There are SMALL changes you can make at work

That have a BIG impact on your...



You can be the wellness champion at your workplace!

Contact FDOH-Escambia's employee wellness consultant to learn about resources and technical assistance for bringing wellness to work.

IS YOUR ORGANIZATION READY?

HEALTH, PRODUCTIVITY, and MORALE



Next Month: Nutrition

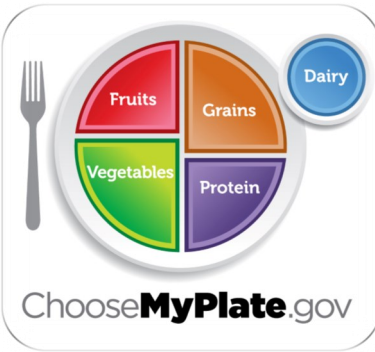
Contact Stephanie Sisko to learn more about FDOH-Escambia's employee wellness services.

850-595-6500 ext. 1823

Stephanie.Sisko@FLHealth.gov



Nutrition



“You are what you eat.” We’ve all heard this saying and there is some truth to it. Consuming unhealthy foods and sugary beverages can make you feel groggy and unproductive. On the other hand, fueling up on nutritious foods and drinking water can help you feel more energized and focused.

Every month this section will feature tips on creating a work environment that supports having healthy food and beverage options. But first, take a moment to review [MyPlate](#) and click [here](#) to find a flyer you can print out and post in common areas.



Physical Activity

How often do you move throughout the day? Most Americans don’t get the recommended amount of physical activity despite the many [benefits of being active](#).

In this section each month you will find resources to help promote a work environment where being active is the norm. To get started, read more about [worksite physical activity](#) and try out this [Workout at Work](#). Better yet, share it with coworkers and get some movement in together!



Stress Management



Job-related stress continues to be one of the [top causes](#) of stress for Americans. Some stress is beneficial and can help with motivation. But when stress becomes chronic, it can have a negative impact on mental and physical health.

Click [here](#) to learn more about stress in the workplace and [here](#) to learn ways of destressing right now. Why not share with your office mates? Check this section every month for information on promoting stress reduction at work.



Lactation Support

Is your workplace breastfeeding friendly? What does being a breastfeeding friendly workplace mean?

Learn more from the [Florida Breastfeeding Coalition, Inc.](#) and apply for the Breastfeeding Friendly Employer Award.



Tobacco Cessation

Learn about the benefits of going tobacco free and how to become a tobacco-free workplace with the [Florida Tobacco Cessation Alliance](#).

Answer only 5 questions and apply for the FTCA [Worksite Wellness Award!](#)