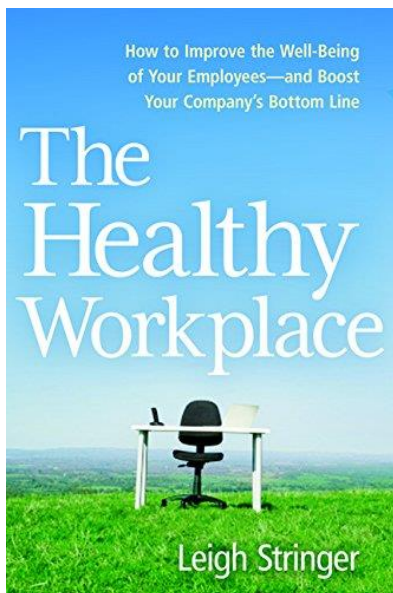


Workplace Wellness



The Center for Disease Control and Prevention states that; *“on average, Americans working full-time spend more than one-third of their day, five days per week at the workplace. The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers.”* (CDC website)

The topic of Workplace Wellness is an issue that has been widely addressed in terms of media coverage, business literature, and health advocacy organizations. Forbes recently wrote [an article](#) detailing Corporate Wellness trends to watch for in 2017.

Here are a few additional resources that can be of assistance on the topic.

The [Center for Disease Control and Prevention](#) offers an online suite of information, best-practices, strategies of implementation, tools, and resources.

Both the [Harvard Business Review](#) and the [Department of Labor](#) offer an in-depth analysis on the efficacy of workplace wellness programs.

The Transamerica Center for Health Studies and the Institute for Health and Productivity Studies at the Johns Hopkins Bloomberg School of Public Health prepared a report titled [“From Evidence to Practice: Workplace Wellness that Works.”](#)

The [NYS Department of Health](#) also offers tools, guidelines, and resources for establishing overall Workplace Wellness.

Finally, here is an interesting [article](#) detailing Fortune 100 Companies that offer various forms of wellness programs.

Please contact the Half Hollow Hills Community Library Adult Reference Department for assistance with your reference needs!



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