The Expanding Workforce... How We Can Shape Up on the Job

Satellite Conference and Live Webcast Friday, August 29, 2008 12:00 - 1:30 p.m. (Central Time)

Produced by the Alabama Department of Public Health Video Communications and Distance Learning Division

CDC Resources

Jenny Kohr, MPH
Division of Nutrition, Physical Activity,
and Obesity Centers for Disease Control
and Prevention

Community Guide to Preventive Services www.thecommunityguide.org

"Worksite programs combining nutrition and physical activity are recommended to control overweight or obesity."

Six Promising Practices

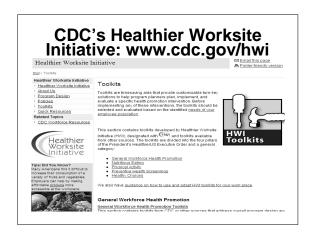
- Enhanced access to physical activity with health education
- · Weight loss competitions
- Behavioral strategies with incentives

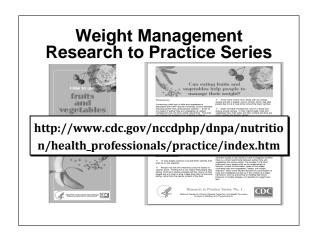


Six Promising Practices

- Behavioral strategies without incentives
- Exercise prescriptions alone
- · Multi-component educational strategies







Upcoming Programs

September 10, 2008
Infection Control Update 2008:
What Home Health
Aides & Attendants Need to Know
2:00 - 4:00 p.m. (Central Time)

September 11, 2008
Special Needs Populations
in Disaster Response
12:00 - 1:30 p.m. (Central Time)