

## 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

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

## Community Guide to Preventive Services [www.thecommunityguide.org](http://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

## Lean for Life Website: [www.cdc.gov/leanforlife](http://www.cdc.gov/leanforlife)

**LEAN for life**  
LEADING EMPLOYERS TO ACTIVITY AND NUTRITION

Businesses, government agencies and organizations spend \$117 billion each year in health costs directly related to obesity and inactivity. And that amount increases every year. How much does it cost your company?

Lean for Life is CDC's interactive website designed to help companies design and implement effective employee obesity prevention and control programs.

Be the first to benefit! Get started with LEAN for Life today by choosing one of the stages below.

<b>WHY?</b> <small>Why should I program?</small>	<b>PLAN</b> <small>Where should I begin?</small>	<b>BUILD</b> <small>What program components and activities should I include?</small>	<b>PROMOTE</b> <small>How do I maintain interest and motivation?</small>	<b>ASSESS</b> <small>Is my program working? Is it doing any good?</small>
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**Welcome Message**  
Dr. William Dietz, Director of CDC's Division of Nutrition, Physical Activity and Obesity, talks about CDC's commitment to preventing and controlling obesity in the workplace.

**Paul S. Speranza, Jr.** Vice Chairman, General Counsel and Secretary for Wegmans Food Markets, Inc., talks about the successful obesity prevention programming that he implemented.

**Cost Calculator**  
Use this tool to figure out how much obesity costs your company today and how much you could save by implementing an obesity prevention program in your workplace today.

**FEATURE**

# CDC's Healthier Worksite Initiative: [www.cdc.gov/hwi](http://www.cdc.gov/hwi)

Healthier Worksite Initiative [Email this page](#)  
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**Healthier Worksite Initiative**


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**Related Topics**

- [CDC Workforce Resources](#)

**Toolkits**

Toolkits are time-saving aids that provide customizable turn-key solutions to help program planners plan, implement, and evaluate a specific health promotion intervention. Before implementing any of these interventions, the toolkits should be selected and evaluated based on the identified needs of your employee population.



This section contains toolkits developed by Healthier Worksite Initiative (HWI), designated with **CHWI**, and toolkits available from other sources. The toolkits are divided into the four pillars of the President's HealthierUS Executive Order and a general category:

- [General Workforce Health Promotion](#)
- [Nutritious Eating](#)
- [Physical Activity](#)
- [Tobacco Use and Screenings](#)
- [Healthy Choices](#)


We also have [guidance on how to use and adapt HWI toolkits for your work place](#).

**General Workforce Health Promotion**


**General Workforce Health Promotion Toolkits**  
This section contains toolkits from CDC or other sources that address overall program design and...

**Healthier Worksite Initiative**


**Tips! Did You Know?**  
Many Americans find it difficult to increase their consumption of a variety of fruits and vegetables. Employers can help by making affordable produce more accessible at the workplace.



# Weight Management Research to Practice Series




How to use fruits and vegetables




Can eating fruits and vegetables help people to manage their weight?

[http://www.cdc.gov/nccdphp/dnpa/nutrition/health\\_professionals/practice/index.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/health_professionals/practice/index.htm)



Research to Practice Series, No. 1



Research to Practice Series, No. 1

## 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)**