



THE WORKWELL COLLABORATIVE:

LOCAL WORKSITE WELLNESS EXPERTS AVAILABLE FOR SUPPORT & ADVICE

The WorkWell Collaborative exists to make worksite wellness local and relevant to employers. Led by Eagle County Public Health with Health Links and the Northwest Colorado Council of Governments, the Collaborative spans the 5 Counties of Economic Development Region 12: Eagle, Grand, Jackson, Summit and Pitkin. Each County has an expert worksite wellness advisor available to support you in development of programming, the Health Links application process, and connections to local wellness vendors. See page two for the Health Links advisors dedicated specifically to Region 12 employers.



HEALTH LINKS:

Expert Advising for Employers

Employers can receive FREE advising to help develop a wellness program that is cost-effective, sustainable and meets the unique needs of their employees.

Healthy Business Certification

State-wide recognition for employers that meet evidence-based benchmarks of success for their workplace wellness program.

Kick-Start Funding

Employers are eligible for \$250 to \$1,000 in funding to get a wellness program off the ground (depending on employer size).

Vendor Portal

Easy referral and connection to wellness vendors offering services employers may be looking for.

Health Links Colorado is a non-profit initiative of the Center for Worker Health and Environment at the Colorado School of Public Health.
www.healthlinkscertified.org



Organizations that foster health and safety at work have healthier, happier employees- and healthier bottom lines, too. It's more than good business. It's good business strategy. Health Links Lead Advisors are ready to help your organization develop or improve a worksite wellness and/or safety programs for your employees. Health Links offers kick-start funding to help implement programs, and Healthy Business Certification to recognize employers for their great work to support employees through wellness and safety.

Contact the Lead Advisor in your area for more information and to set up a FREE advising session.

Amanda Wagner, Pitkin County

amanda.wagner@healthlinkscertified.org



Amanda Wagner was born and raised in Glenwood Springs, is a graduate from CU Boulder, and currently lives in Carbondale. A lifelong athlete and lover of all things outdoors, she felt a need to get back to her passion of health, wellness and fitness that so inspired her youth. In 2011, she helped create The Aspen Clinic, a one-stop health and wellness resource and education center in Basalt. Amanda is committed to helping individuals find their own motivation and reasons for changing by helping them to identify and remove the obstacles to their health and assist them in achieving successful outcomes.

Laura Emrich, Eagle County

[Laura.emrich@healthlinkscertified.org](mailto:laura.emrich@healthlinkscertified.org)



Laura grew up in the Chicagoland area and graduated from the University of Illinois with a degree in Speech Communications. She moved to Colorado in 1997 to take advantage of her favorite outdoor activities: camping, hiking, rafting and skiing and currently lives in Eagle with her husband and two sons. Laura has been supplying fitness equipment and designing fitness centers for organizations across Colorado's mountain communities for the past 15 years. Laura is passionate about advising and guiding small businesses in following the Health Links benchmarks for healthy business certification.

Diana Reznikoff, Summit County

diana.reznikoff@healthlinkscertified.org



For more than ten years, Diana has worked in the health and wellness industry promoting healthy lifestyles. Her passion is to educate with and empower people about healthy living. She established a Garden Food Donation program to increase access to healthy food choices for low-income community members in Summit County. Her favorite worksite wellness activities are flex schedules and healthy food options in the workplace.

John Riedel, Grand and Jackson Counties

john.riedel@healthlinkscertified.org



John's career has focused on disease prevention and health promotion. He has worked for over 30 years helping small and large businesses, health plans, and hospitals to develop programs and policies that support the good health of their employees. John and his wife fell in love with Grand County in the early 90s, and moved to Granby full time in October of last year.



This effort to encourage the creation of worksite wellness programs throughout the region is made possible by the WorkWell Collaborative, spearheaded by Eagle County Public Health and Environment, in partnership with NWCCOG and Health Links Colorado, through grant funds from the Colorado Department of Public Health and Environment.



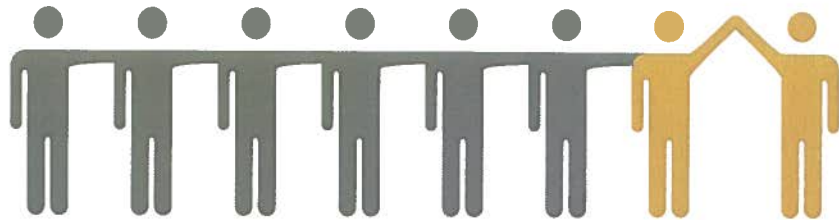
WorkWell Collaborative

YEAR ONE SUMMARY

ADVISORY COMMITTEE

• Met four times

• Provided brainstorming and guidance on promotion and outreach to employers.



• Participated in a facilitated discussion on bringing a health equity lens to worksite wellness and the WorkWell Collaborative project.

ADVISOR CORPS

Advisors were hired and trained in all five counties.

**AMANDA
WAGNER**
Pitkin County

**LAURA
EMRICH**
Eagle County

**DIANA
REZNIKOFF**
Summit County

**JOHN
RIEDEL**
Grand County

**JACKSON
COUNTY**
Government

1,026

hours of
outreach

Included small lunch and learns, individual meetings, coffee talks, and presentations at Board of County Commissioner meetings.

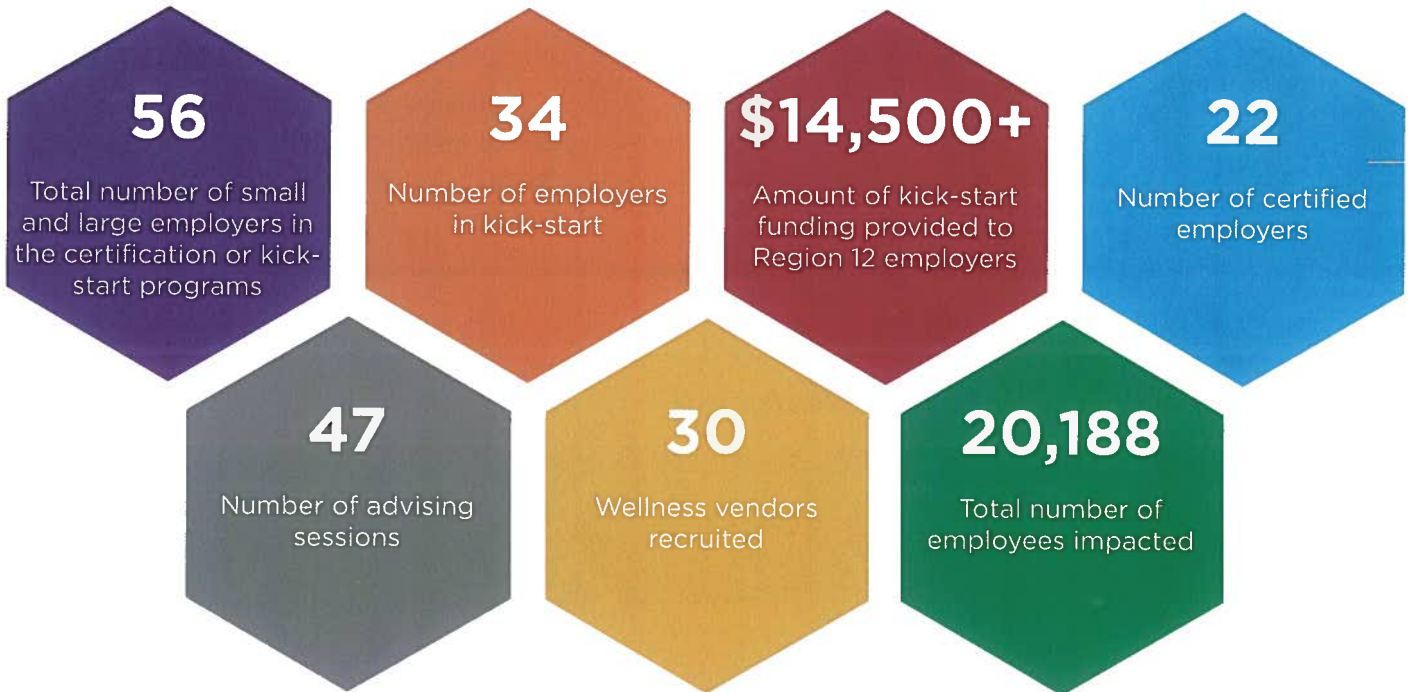
To recognize women business leaders in mountain communities, the NW Colorado Small Business Development launched the inaugural Mountain Town Business Awards. **Amanda Wagner** received the **Emerging Health & Wellness Champion Award** for her leadership and entrepreneurship as The Aspen Clinic's Executive Director, as well as for her role supporting employers with worksite wellness as the Pitkin County Healthy Links Advisor.

PROMOTION & OUTREACH

- Health Links advisors conducted seven, two-hour, employer-facing trainings—educating over 100 business leaders.
- Radio campaign: ran radio ads developed by local certified/kick-start employers and Health Links through Always Mountain Time & Krystal 93.
- Newspaper ads: ran weekly ads in five local newspapers.



EMPLOYERS



HEALTH EQUITY IN THE WORKWELL COLLABORATIVE:

The Collaborative wants to make sure workplace wellness programs meet the needs of all employees.

TO BETTER UNDERSTAND HOW TO DO SO, TWO EQUITY SUBCONTRACTORS:

- Led a facilitated discussion with the advisory committee to gain an employer's perspective on equity in wellness programming.
- Conducted 17 semi-structured interviews with employees of diverse racial, ethnic and socio-economic backgrounds in Eagle and Summit Counties.
- Developed a final report summarizing the interviews and discussions, and providing recommendations on how to increase equity within worksite wellness.



PREVENTION MEANS BUSINESS

A healthy, thriving workforce makes for a healthier business. Investing in health—in the workplace and in the community—reduces health care costs, improves productivity and makes businesses stronger.

POOR HEALTH IS BAD FOR BUSINESS

Chronic disease drives health care expenditures, which cuts into company profits and productivity.



67% of our workforce is overweight or obese



1 IN 4 Americans has heart disease



1 IN 3 Americans has high blood pressure



\$73 B annual cost of obesity among full-time employees



50% of company profits go towards health care costs



\$153 B loss to employers annually due to absenteeism from workers who are overweight or obese and have other chronic health conditions



450 M additional work days missed every year by full-time workers who are overweight or obese and have chronic health conditions

PREVENTION PAYS AT WORK

Even small investments in health within the workplace can create big returns:



WORKPLACE WELLNESS

For every **\$1** spent on workplace wellness programs, employers can save up to **\$6**

ADDRESS HEALTH RISKS

1% ↓ reduction in health risks would save as much as



\$83-103 annually in medical costs, per person.

SAVE MONEY



Workplace wellness programs can reduce sick leave, medical costs and worker's comp claims by as much as:

25% ↓

HEALTHY COMMUNITIES = HEALTHY BUSINESSES

Building a healthier community saves lives and money.



SMOKE-FREE SPACES SAVE LIVES

Are your shared community spaces and workplace smoke-free? Smoke-free strategies and education prevented 800 thousand deaths related to lung cancer between 1975-2000.



BIKING SAVES MILLIONS

Do you have bike racks? Are there bike lanes on your streets? Bicycle commuters saved Iowa \$13.2 million a year in health care costs and \$73.9 million for those who cycle recreationally.



WALKABLE SPACES + ECONOMIC GROWTH

Do your workplace and community make physical activity easier? In one California city, \$10 million spent on more walkable public outdoor spaces spurred a \$125 million economic investment in the local downtown area, which led to the creation of 40 new businesses and 800 new jobs.



HEALTHY OPTIONS. HEALTHY CHOICES.

Are healthy foods affordable and accessible at work meetings, in vending machines and in your community? Research shows that making the healthier option the default can lead to healthier choices.