Establishing a Worksite Wellness Committee

The Worksite Wellness Committee is the primary infrastructure that sustains long-term health promotion in the worksite. The members of the Worksite Wellness Committee work to promote better health to all employees. With surveys from employees and of the worksite, the Wellness Committee is empowered to design, plan, and implement worksite policies and employee health promotions that will lead to reduced risk of chronic diseases, increased productivity, and reduced health care costs.

The goal of the Network for a Healthy California—Worksite Program is to provide California businesses with low cost, effective, and easy-to-implement worksite wellness tools packaged under the California Fit Business Kit. Our research located a publication from North Carolina’s Eat Smart, Move More Worksite Wellness Program. Their Committee Guide, Saving Dollars and Making Sense, is a detailed workbook on how to establish an effective Wellness Committee. This resource lays out a simple step-by-step process and also provides examples for employee surveys, meeting agendas, program design, strategies/planning, communication, and evaluating health promotion programs from start to finish.

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Establishing the Wellness Committee provides a strong foundation for implementing additional worksite wellness tools. As an example, the California Fit Business Kit’s 10-week Take Action! worksite employee wellness program creates teams and promotes individual goal setting to increase fruit and vegetable consumption and physical activity in the worksite and home.

The North Carolina Saving Dollars and Making Sense Committee Guide is located with the other ten California Fit Business Kit tools at: www.takeactionca.com/resources/wellnesscommittee or www.networkforahealthycaifornia.com/worksite.


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