

# Supporting Healthy Workplaces

In Waterloo Region

## Why promote health

## ...in the workplace?

### Increasing evidence shows that:

- the work people do and their work environments affect health
- employers can play a significant role in improving the health of their employees

*Most people spend over half of their waking hours on the job; the workplace can have a significant impact on employee health.*



### What are the benefits?

- Increased productivity
- Increased employee morale
- Reduced absenteeism
- Reduced injuries and/or illness
- Reduced health benefits costs
- Reduced employee turnover
- Improved job satisfaction
- Improved company image

Lifestyle Resources Program  
Region of Waterloo Public Health  
99 Regina St. South, 3rd floor  
Waterloo ON N2J 4V3

For more information contact us by:

Phone: 519-883-2287

Fax: 519-883-2226

E-mail: [publichealth@region.waterloo.on.ca](mailto:publichealth@region.waterloo.on.ca)

**Visit [www.projecthealth.ca](http://www.projecthealth.ca)\***

\*available as of April 12, 2007



**Project Health**

Supporting Healthy Workplaces

## What is Project Health?

The Region of Waterloo Public Health Workplace Program "Project Health" provides a variety of health promotion services to local workplaces interested in improving and/or sustaining a healthy workplace.

Our services are for those people in the workplace who influence employee health and wellness, such as employers, health professionals, unions etc. There is no charge to workplaces for this service.



Promoting health in the workplace can be simple and inexpensive. We are here to help you whether you are just getting started or are looking for more ideas and support for your current plans and activities.

## Highlights of Our Services

- **Project Health Quarterly e-bulletins**

Each issue provides information on a topic relevant to workplace health, promotes reliable resources, and upcoming health-related events to assist with planning.

- **Networking Sessions**

Several sessions are planned each year to provide education on relevant topics, and opportunities to meet to share ideas, success stories and strategies for creating healthy workplaces.

- **Displays and Resources**

We provide free, evidence-based print resources to assist with workplace health and wellness programming. Displays are available on loan for a wide variety of health topics.

- **Consultation and Support**

Project Health staff are available to meet with you to discuss your unique workplace health needs, assist in policy development and help you customize a wellness plan that's right for your workplace.

- **Project Health Website**

You will have access to a website that provides information, resources, tools and helpful internet links to assist you in your program planning.

- **Referral to Community Organizations**

We can provide information on community agencies and contacts that may be of assistance in your programming.

## Our Areas of Focus

Our team includes Public Health Nurses, Public Health Nutritionists and Public Health Planners who provide information and assistance on a variety of current health topics.

### Healthy Living

- Healthy Eating
- Osteoporosis Prevention
- Physical Activity
- Tobacco-Free Living

### Cancer Prevention

- Breast Screening
- Cervical Screening
- Sun Protection

### Injury Prevention

- Motorized Vehicle Safety
- Substance Use/Abuse Prevention

### Family Health

- Breastfeeding Friendly Workplaces
- Healthy Pregnancy

### Health Protection

- Immunization

*Other topics, by request, may be available.*

