



Media Kit





The Healthy Arizona Worksites Program (HAWP) is a public health initiative that has been developed through a partnership between the Arizona Department of Health Services and the Maricopa County Department of Public Health. This statewide program provides Arizona employers with training, technical assistance, tools, and resources to design, implement, and evaluate worksite wellness initiatives. HAWP also works to create linkages between Arizona businesses engaging in healthy worksite efforts so they can learn from each other and share experiences. More information is available at www.healthyAZworksites.org.

Why is Workplace Health Important?

- **67%** of our workforce is overweight or obese
- **1 in 4** Americans has heart disease
- **1 in 3** Americans has high blood pressure
- **50%** of company profits go towards healthcare costs¹

While these statistics may sound troubling, there is good news. Many of these conditions are preventable. And since employees spend so many waking hours at work, employers are in an ideal position to influence healthful decisions through worksite wellness initiatives. Studies show doing so can:

- Decrease absenteeism, employee turnover and health care costs
- Improve productivity
- Help employees better manage their time and stress
- Assist in employee recruitment and retention
- Bolster employees' morale and commitment to the company by showing management cares about their well-being
- Help enhance your company's image and make you an employer of choice²



It seems like a simple concept, but if we can appeal to one person through Financial Wellness, another through Physical Wellness and a third through Emotional Wellness, then overall we will have a healthier and happier workforce, and see the ROI. In 2013, we positively impacted 88% of our workforce through participation in one or more of our wellness offerings.

— Shawn Ellis, VP, Human Resources
Lovitt & Touché



For more information about HAWP or the Healthy Arizona Worksite Award, please go to www.healthyAZworksites.org or contact Sherry Haskins at (480) 372-7034 or via email at SherryHaskins@mail.maricopa.gov.

healthyAZworksites.org

What Kinds of Programs are Employers Currently Offering?

Popular wellness offerings include those that address nutrition, tobacco cessation, stress management, and physical activity. Some employers have built walking and biking trails or created a space where employees can meditate while others have added healthier foods to their cafeteria menus. Initiatives to support employee health and wellness can take many forms.

HAWP Training Seminars

HAWP offers a 101 training seminar that focuses on helping employers plan, implement and evaluate worksite wellness programs that are evidence-based. HAWP also offers a 202 series of trainings and webinars that include topics such as Mobilizing Peer Support for Wellness and Making Wellness Real in Schools.

Efficient, effective and sustainable worksite wellness initiatives can improve employee health and wellness. The Healthy Arizona Worksites Program helps employers understand how to design, implement and evaluate a worksite health program that meets their needs.

— Tracy Cruickshank, Maricopa County
Department of Public Health



The Healthy Arizona Worksite Award

The Healthy Arizona Worksite Award recognizes Arizona employers for their efforts to support the health and wellness of their employees, families and communities. Employers that receive the Healthy Arizona Worksite Award will be recognized for their wellness efforts in statewide communications, at recognition events, and on the HAWP website.



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