

# The CDC Worksite Health ScoreCard

An Assessment Tool to Promote Employee Health and Well-Being

## Resources for Action



The CDC Worksite Health ScoreCard is designed to be used with other CDC guidance documents, such as the CDC's *Successful Business Strategies to Prevent Heart Disease and Stroke Toolkit*. This toolkit provides information, materials, tools, and resources that employers can use in developing comprehensive heart disease and stroke worksite programs and preventive services.

For additional resources available to employers, review the NCCDPHP Workplace Health Promotion Web site ([www.cdc.gov/whp](http://www.cdc.gov/whp)), which contains information, tools, guidelines, and resources to guide employers on ways to establish or improve their workplace programs for most of the health topics covered in the CDC Worksite Health ScoreCard.

Topic-specific resources are offered below.

Module-specific resources are recommended below. Click on the title to link to the resource itself.

### Organizational Supports

#### [Workplace Health Promotion: Planning/Workplace Governance](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage describes organizational strategies that provide the infrastructure to ensure program objectives are achieved, employee health risks are appropriately managed, and the company's resources are used responsibly. It includes information on leadership support, wellness councils and committees that can offer assistance, health improvement action plans, dedicated resources, communications, and data on existing programs.

### [Making Health Communication Programs Work](#)

*Developed by:* National Cancer Institute

*Resource description:* This planning guide provides information on every phase of creating health communications programs, from initial planning steps to program evaluation and assessment.

### [From Evidence to Practice: Workplace Wellness that Works](#)

*Developed by:* Johns Hopkins Bloomberg School of Public Health

*Resource description:* This report is a comprehensive, evidence-based guide to help employers design and implement a new workplace wellness program or evaluate an existing program. The guide includes real-world recommendations on the design, implementation, and evaluation of workplace health promotion programs with specific examples for common health conditions.

### [Building Evidence for Health: The 9 Foundations of a Healthy Building](#)

*Developed by:* Harvard T.H. Chan School of Public Health

*Resource description:* This report describes the 9 elements of healthy building design, which includes ventilation, lighting, noise, and other critical design features that promote increased performance among the building's occupants.

## Tobacco Use

### [Tips from Former Smokers](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This Web site is focused on providing tools and educational resources to help promote tobacco cessation. Links to videos, posters, and buttons are included, as well as information about the effect of smoking on other health conditions and impacts of the *Tips* program.

### [Guidance on Establishing Programs Designed to Help Employees Stop Using Tobacco](#)

*Developed by:* Office of Personnel Management

*Resource description:* This webpage provides a comprehensive, three-part guide for employers who are interested in creating and maintaining a tobacco cessation program. The guide includes information on program funding and development, as well as a checklist for program assessment.

## [Tobacco Cessation](#)

*Developed by:* Kaiser Permanente

*Resource description:* This webpage provides tips on conducting a needs assessment for tobacco cessation programming, in addition to a program implementation toolkit and links to external resources.

## [CEO Roundtable Playbook: Tobacco Cessation](#)

*Developed by:* American Heart Association

*Resource description:* This informational brief provides case studies and lessons learned from organizations that have implemented various types of tobacco cessation programs.

## High Blood Pressure

## [Blood Pressure Interventions](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage provides information on high blood pressure, including trends and statistics, economic consequences, summaries of state-based programs, recommended treatment and management strategies, and links to external resources for general audiences and health professionals.

## [Cardiovascular Health: Action Steps for Employers](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This guide provides examples of action steps employers can take to implement programs to promote improved employee cardiovascular health.

## [How Addressing Hypertension Creates a Healthier, More Productive Workplace](#)

*Developed by:* Benefits Magazine

*Resource description:* This magazine article provides information on hypertension, the impacts of hypertension on employee wellbeing and productivity, and potential interventions to be implemented in the workplace.

## High Cholesterol

## [Workplace Health Resources: Cholesterol](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage provides links to external resources related to employee programs that address high cholesterol such as an implementation guide, toolkits, fact sheets, and trends and statistics.

### [High Cholesterol](#)

*Developed by:* American Heart Association

*Resource description:* This webpage provides information about cholesterol, including why cholesterol matters, high cholesterol risk factors, prevention and treatment of high cholesterol, and cholesterol management tools and resources.

### [How to Educate Your Employees About Their Cholesterol Levels](#)

*Developed by:* Smart Business

*Resource description:* This article provides information to employers on the impact of high cholesterol on employee wellness, potential impacts of high cholesterol on productivity, and steps employers can take to encourage healthy habits among employees.

## Physical Activity

### [Worksite Physical Activity](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage provides information about integrating physical activity programming into a workplace health program, including physical activity guidelines and recommendations, data and statistics, recommended strategies, and links to other resources.

### [Guidelines on Improving the Physical Fitness of Employees](#)

*Developed by:* World Health Organization

*Resource description:* This article provides information on implementing, planning, and designing a physical fitness program for employees, including examples of activities to increase employee engagement and participation in the program.

### [Workplace Walking Program Kit](#)

*Developed by:* American Heart Association

*Resource description:* This webpage for the Workplace Walking Program Kit provides all of the tools and materials needed to implement a walking program at the worksite, including promotional materials and brief one-page flyers to encourage participation.

## Weight Management

### [Maintain, Don't Gain Toolkit](#)

*Developed by:* Kaiser Permanente

*Resource description:* This toolkit provides tips on creating and sustaining a worksite health program focused on helping employees to maintain a healthy weight through diet and exercise. The toolkit walks an employer through program development in four steps: needs assessment, planning, engaging, and measuring impact.

### [Weight Control and Employees: One Size Doesn't Fit All](#)

*Developed by:* Northeast Business Group

*Resource description:* This article discusses the need for workplace weight management programs and provides examples of interventions to implement. Program evaluation and ROI are also discussed.

### [Tipping the Scales on Weight Control: New Strategies for Employers](#)

*Developed by:* Northeast Business Group on Health

*Resource description:* This toolkit provides information on the importance of employee weight management, case studies on weight management program interventions, expert recommendations, and a framework for integrating weight management programs in the workplace.

## Nutrition

### [Nutrition: Strategies and Resources](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage provides tips on how to encourage healthy eating habits at work, including best practices from employer nutrition programs, information on guidelines and nutritional standards, and external resources that provide information on program implementation.

### [Healthy Workplace: Food and Beverage Toolkit](#)

*Developed by:* American Heart Association

*Resource description:* This webpage provides free access to the Healthy Workplace Food and Beverage Toolkit, which includes guidance for organizational decisions related to procuring, providing, or planning food and beverages in the workplace. It addresses topics such as healthy eating, creating a culture of health, and how to incorporate healthier options in vending machines and corporate-sponsored events.

## Heart Attack and Stroke

### [Moving into Action: Promoting Heart-Healthy and Stroke-Free Communities](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This report describes the Moving into Action campaign, which offers suggestions and ideas for employers on promoting employer heart health by implementing work policies that promote healthy behaviors.

### [Successful Business Strategies to Prevent Heart Disease and Stroke](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This toolkit provides information on the importance of heart health and stroke awareness. The page includes links to a downloadable toolkit, a toolkit guide, a six-step employer guide, and a presentation.

### [Massachusetts Heart Disease and Stroke Prevention and Control Program](#)

*Developed by:* Massachusetts Department of Public Health

*Resource description:* This webpage facilitates free downloads of educational materials, such as posters, handouts, and DVD tutorials, which address heart disease and stroke prevention.

## Prediabetes and Diabetes

### [Diabetes at Work: Living and Coping with Diabetes](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage describes the Diabetes at Work program and offers background information on diabetes, guidelines to implementing a diabetes prevention worksite program, and a webinar on creating a diabetes prevention programs, among other resources.

### [Transforming Diabetes Management: New Directions for Employers](#)

*Developed by:* Northeast Business Group on Health

*Resource description:* This report provides information on diabetes management program options, as well as the strengths and weaknesses of each approach. Information on fostering a company culture that promotes employee engagement is also discussed.

### [Stop Diabetes at Work: Resources](#)

*Developed by:* American Diabetes Association

*Resource description:* This webpage provides links to examples of activities, lists of healthy foods to battle diabetes, and external resources to promote diabetes control and management. Resources include information on increasing employee engagement and best practices for CEOs.

## Depression

### [Right Direction for Me](#)

*Developed by:* Partnership for Workplace Mental Health

*Resource description:* This webpage is dedicated to spreading awareness about depression in the workplace. This webpage provides access to a depression screening tool, FAQ on workplace depression, and materials to help build a workplace depression awareness and prevention program, such as a manager's toolkit, posters, logos, presentation slides, and an implementation field guide.

### [ICU](#)

*Developed by:* Partnership for Workplace Mental Health

*Resource description:* This webpage provides information on ICU, a program created to reduce the stigma of mental health and depression in the workplace. Links to resources are provided, which include implementation guides, flyers, presentations, email templates, video tutorials, logos, and sample program evaluations.

### [Working Well: Leading a Mentally Healthy Business](#)

*Developed by:* The Center for Workplace Mental Health

*Resource Description:* This toolkit provides human resource professionals and business leaders with practical information and strategies, assessment tools, mental health programs, and case studies to educate employers about current best practices to create supportive workplace environments.

### [Developing an Employee Assistance Program](#)

*Developed by:* University of Michigan Depression Center

*Resource description:* This webpage describes why and how an employer could develop an Employee Assistance Program to improve employee well-being generally, and specifically to reduce and mitigate depression.

## Stress Management

### [Stress At Work](#)

*Developed by:* National Institute for Occupational Safety and Health

*Resource description:* This webpage provides information to employers on reducing stress at the worksite. Resources included on this webpage include articles on preventing stress, measurement tools, and video tutorials.

### [Setting up a Stress Management Program: A Checklist for Success](#)

*Developed by:* Health Advocate

*Resource description:* This brief report provides information on creating an employee stress management program, including a checklist and tips to help an employer during each step of program implementation.

## Alcohol and Other Substance Use

### [Making Your Workplace Drug-Free: A Kit for Employers](#)

*Developed by:* Substance Abuse and Mental Health Services Administration

*Resource description:* This webpage provides a link to a free employer toolkit for promoting a drug-free workplace. The toolkit includes examples of written worksite policies, employee education materials, manager training tools, and brochures and fact sheets to help employers establish a substance use prevention program in the workplace.

### [Drug-Free Workplace Programs](#)

*Developed by:* Substance Abuse and Mental Health Services Administration

*Resource description:* This webpage provides a Drug-Free Workplace Toolkit that provides step-by-step guidance for starting and maintaining drug-free workplace policies and programs. This includes links to sample policy documents, guidelines, and fact sheets; in addition to information about state and federal laws and regulations on drugs in the workplace. Topical areas addressed include prescription drugs, alcohol, and other substances.

### [SBIRT: Screening, Brief Intervention, and Referral to Treatment](#)

*Developed by:* Substance Abuse and Mental Health Services Administration

*Resource description:* This webpage provides an overview of Screening, Brief Intervention, and Referral to Treatment (SBIRT), and evidence-based approach to identify and prevent alcohol and substance use. This includes links to other resources, such as examples of SBIRT programs and training modules.

## [An Employer's Guide to Workplace Substance Abuse: Strategies and Treatment Recommendations](#)

*Developed by:* National Business Group on Health

*Resource description:* This article discusses the impact of employee substance abuse on work performance, substance abuse treatment options for employees, lists of commonly abused substances, and tips on how to spot employee substance abuse.

## Sleep and Fatigue

### [Work Schedules: Shift Work and Long Hours](#)

*Developed by:* National Institute for Occupational Safety and Health

*Resource description:* This webpage provides links to educational resources for promoting healthy sleep habits and educating employers about fatigue at work across many industries, including aviation, health care, and transportation, among others.

### [Thrive at Work: Sleep Management](#)

*Developed by:* Kaiser Permanente

*Resource description:* This webpage provides an overview of the impact of worker fatigue and poor sleep habits on employee health and productivity. An interactive toolkit that takes an employer from program assessment to evaluation is featured on the webpage, complete with tips for implementing a sleep management program.

## Musculoskeletal Disorders

### [Ergonomics](#)

*Developed by:* Occupational Safety and Health Administration

*Resource description:* This webpage discusses techniques to assess ergonomics in the workplace and offers tips on implementing ergonomics programs. Employer responsibilities and workers' rights are also discussed.

### [Ergonomics and Musculoskeletal Disorders](#)

*Developed by:* National Institute for Occupational Safety and Health

*Resource description:* This webpage is a centralized informational hub of resources supporting the need for interventions to address workplace-related musculoskeletal disorders. Informational resources are organized by industry and risk factor and include direct links to programs and guidelines.

### [The Success of an Employer On Site Physical Therapy Program](#)

*Developed by:* Broadway Ergonomics, LLC

*Resource description:* This presentation relays the importance of on site physical therapy and other ergonomics-related interventions, as well as guidance to promote worker safety and design tips to facilitate improved employee posture.

## Occupational Health and Safety

### [Total Worker Health®](#)

*Developed by:* National Institute for Occupational Safety and Health

*Resource description:* This webpage is dedicated to circulating tools, publications, and research programs focused on integrating protection from work-related safety and health hazards with the promotion of injury and illness prevention efforts to advance worker well-being.

### [Workplace Safety and Health Topics](#)

*Developed by:* National Institute for Occupational Safety and Health

*Resource description:* This webpage provides job safety and health programming, including training resources, data and statistics, research programs, publications and products, and grants and funding.

### [Recommended Practices for Safety and Health Programs](#)

*Developed by:* Occupational Safety and Health Administration

*Resource description:* This webpage provides recommendations for promoting a safe work environment. The recommended practices encompass all areas of creating a workplace health and safety program. Resources featured on the webpage include case studies describing best practices, tools, and educational information.

### [Nonprofit Risk Management Resource Library](#)

*Developed by:* Nonprofit Risk Management Center

*Resource description:* This webpage provides information about workplace safety climates and cultures. It includes a checklist to guide leadership and supervisors to strengthen safety culture and climate, and access to industry-specific toolkits for creating and improving workplace safety programs.

## Vaccine-Preventable Diseases

### [Influenza \(Flu\) Information for Businesses and Employers](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage provides a ready-to-use toolkit for employers to promote annual flu vaccinations, which includes promotional resources in the form of web tools, fact sheets, and e-cards, in addition to information about organizing on and off site vaccination clinics.

### [Immunization Schedules](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This webpage offers access to electronic resources to spread awareness about vaccination schedules; including code for webpage banners, links to quizzes, and information on the importance of adult vaccines.

### [Immunization Resources for the Workplace](#)

*Developed by:* National Foundation for Infectious Diseases

*Resource descriptions:* This webpage provides links to immunization resources for the workplace, including checklists, posters, policy statements, and a toolkit.

## Maternal Health and Lactation Support

### [The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This guide provides information to employers to support breastfeeding in the workplace. This includes strategies to follow to implement a breastfeeding program in the worksite, including program examples, resources, key considerations, and action steps.

### [Supporting Nursing Moms at Work](#)

*Developed by:* Office of Women's Health

*Resource description:* This webpage provides a broad range of information to assist employers in implementing strategies that enable and encourage mothers to breastfeed through the Breastfeeding at Work Project. This includes a tool to help employers locate industry-specific case studies and solutions, in addition to videos and reports describing how solutions can be tailored to meet organizational needs.

### [Investing in Workplace Breastfeeding Programs and Policies](#)

*Developed by:* National Business Group on Health

*Resource description:* This toolkit covers the essential information employers need to understand the components of breastfeeding programs, including how to get started and measure success. Valuable resources include breastfeeding program options, employer case studies, and program implementation materials.

## Cancer

### [Cancer Prevention and Worksite Health Promotion: Time to Join Forces](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This article outlines cancer risk factors, recommendations for employee and community engagement, and proposed activities to promote cancer awareness and healthy living.

### [Occupational Cancer](#)

*Developed by:* National Institute for Occupational Safety and Health

*Resource description:* This webpage provides information on cancer clusters, lists of carcinogens, workplace policies, and data and statistics by industry sector.

### [US Preventive Services Task Force Recommendations](#)

*Developed by:* United States Preventive Services Task Force

*Resource description:* This webpage offers information on screening tools for various types of cancers and recommended preventive services. This information could be used by health benefits administrators to make decisions about program offerings.

### [Workplace Solutions](#)

*Developed by:* American Cancer Society

*Resource description:* This webpage presents information for employers to address cancer awareness, preventive measures, recommended activities to increase engagement, and promotion tools.

## Community Resources

### [Community Health in Action](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* The webpage is hosted by the Division of Community Health and contains resources such as an assessment tools manual, evidence-based guides, and a sustainability guide.

### [The Value of Community Partnerships](#)

*Developed by:* Centers for Disease Control and Prevention

*Resource description:* This issue brief details the importance of community partnerships and provides tips and considerations for starting an employer-community partnership.

### [Building the Business Case for Community Partnership](#)

*Developed by:* Population Health Advisory Board

*Resource description:* This report provides information on the importance of business-community partnerships and discusses steps to establish partnerships to improve employee health within their communities.

## General Resources

### [Employer Health Incentives](#)

*Developed by:* Harvard T.H. Chan School of Public Health

*Resource description:* This article discusses trends in employee wellness programs, the impact of federal regulations on wellness programs, and different approaches to implementing interventions in the workplace.

### [Guide to Clinical Preventative Services, 2014](#)

*Developed by:* The Agency for Healthcare Quality Research

*Resource description:* This webpage provides links to chapters within the *Guide to Clinical Preventative Services*. The guide discusses screening, counseling, and preventative measures to address a range of conditions.

### [Resources: Know What You Need to Know](#)

*Developed by:* Wellness Council of America

*Resource description:* This webpage provides links to resources to help employers implement wellness interventions in the workplace. The resources provided on the webpage are arranged by topic; such as nutrition, ergonomics, and cholesterol; and type, such as posters, handouts, and health bulletins. This page also includes a link to benchmarks.

### [Thrive at Work](#)

*Developed by:* Kaiser Permanente

*Resource description:* This webpage provides information on the importance of implementing successful employee wellness programs, costs of poor employee health, and discusses a four-step process to program implementation. This webpage also provides links to specific topic areas for wellness programs, including tobacco cessation, sleep management, healthy eating, exercise, and stress management.

### [Work-Life: Health and Wellness](#)

*Developed by:* Office of Personnel Management

*Resource description:* This webpage provides resources to help develop an employee wellness program. This webpage includes links to information on federal laws and regulations, program administration, program evaluation, and reference materials.

### [Workplace Health Playbook](#)

*Developed by:* American Heart Association

*Resource description:* This webpage provides information to aid in the creation of an employee wellness program. Information is provided on every phase of implementation, and includes background information, tips on completing each step, and best practices from case studies.

### [Workplace Health: Continuous Quality Improvement for Employee Health](#)

*Developed by:* American Heart Association

*Resource description:* This webpage provides comprehensive information to assist employers address employee health concerns in the workplace, including tools such as the Life's Simple 7 self-assessment tool that can be used to raise awareness. The webpage also features the Workplace Health Achievement Index, an evidence-based assessment tool that measures workplace program performance across several topic areas. Other resources provided on this webpage include instructional video tutorials, and links to employer resources.

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**Worksite Wellness – Building a Healthy Missouri Workforce Toolkit**

*Developed by:* Missouri Department of Health and Senior Services

*Resource description:* This comprehensive, evidence-based toolkit describes the steps an employer would take to implement and improve their worksite health program by updating and altering already existing policies and practices, environmental supports, and cultural norms.

National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health

