

HealthLinks: Evidence-Based Health Promotion for Small Worksites

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Overview

Small workplaces

Evidence-based wellness strategies

HealthLinks

Next steps



How small is “small”?

Definitions of small employer vary widely

Less than 5000

Less than 750

Less than 500

Less than 100



Why small workplaces?



Of US private firms:
99.7% <500 employees

These employ 48% of
the workforce

90% <20 employees



Key challenges for small employers



Lack of capacity
Staff time/wellness
Budget

Many vendors prefer larger employers

Insurance options and pricing

Logistics – locations and languages



HealthLinks Best Practices and Approach

Make healthy choices easier



Connect employees with free resources

Washington State Department of Health

Tobacco Quit Line

1-800-QUIT-NOW

toll-free

1-800-784-8669

QUITLINE.COM



Breast, Cervical and Colon Health Program

Saving Lives Through Early Detection

HealthLinks approach

Assessment

- Begin dialogue about wellness
- Assess current wellness practices

Recommendations

- Gap analysis
- Evidence-based solutions

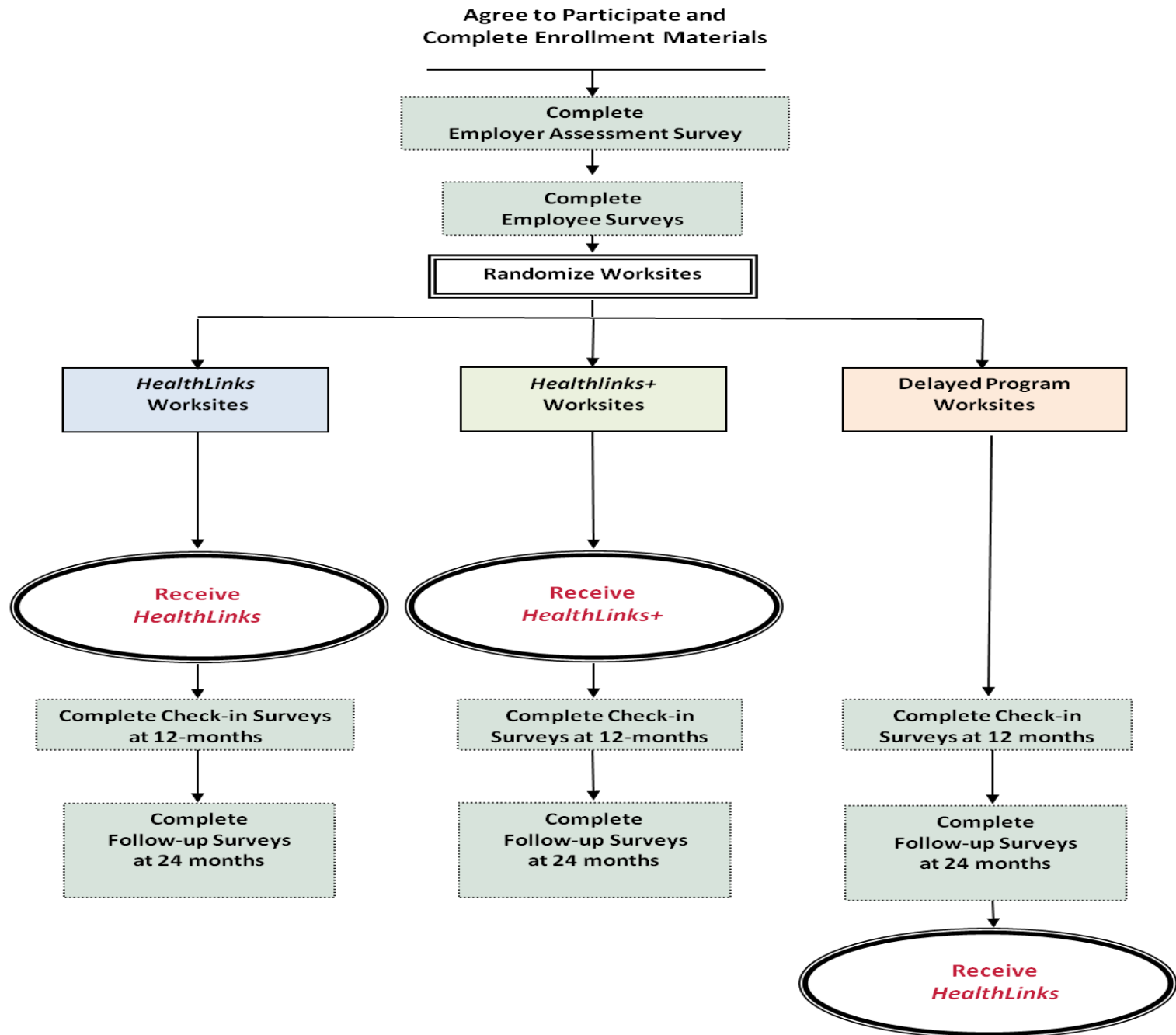
Implementation

- Toolkits to support recommendations
- Form wellness committees
- On-site wellness programs/education
- Adopt new policies

HealthLinks Trial

King County, WA: 72 worksites

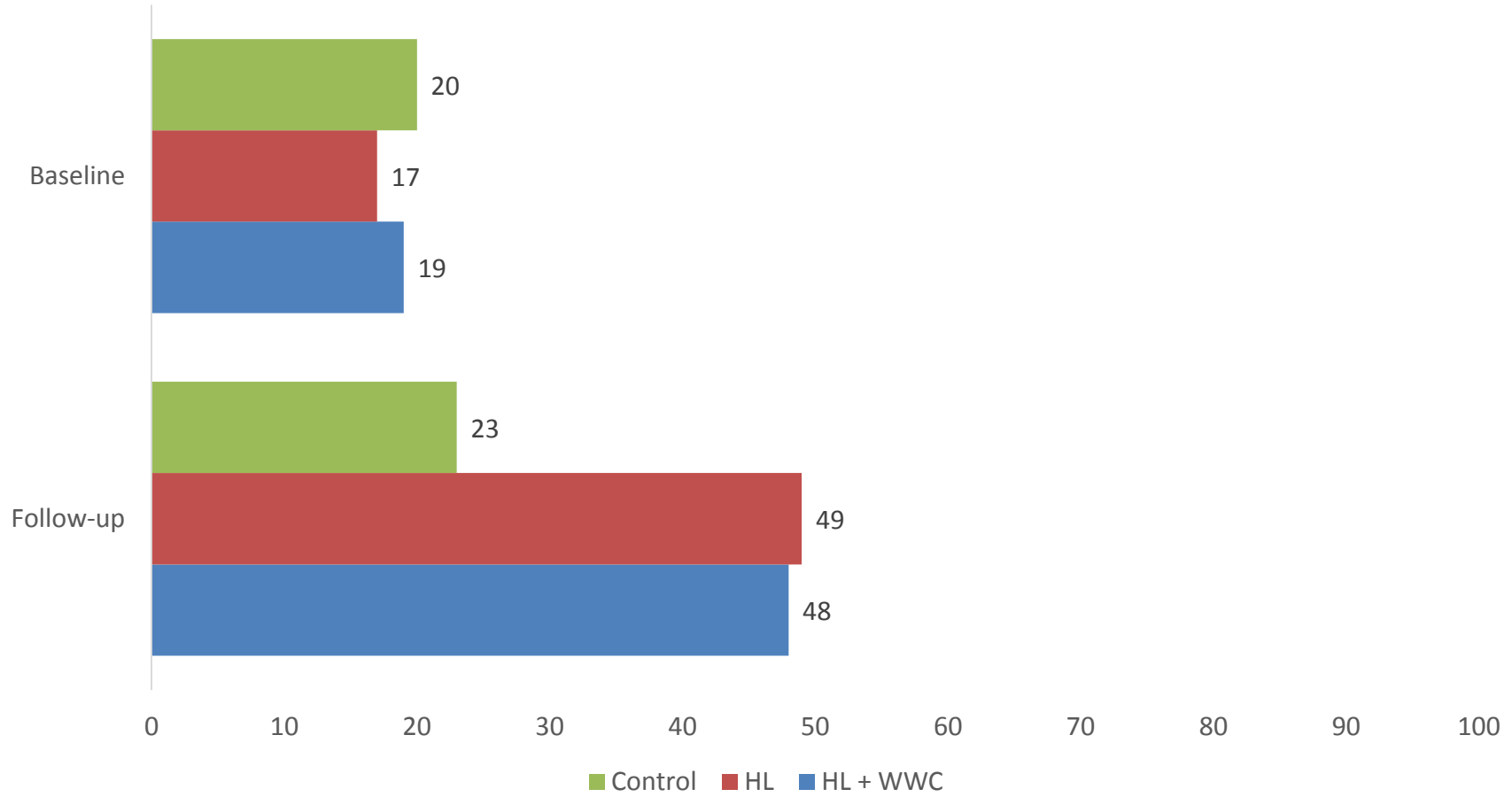
Project Overview



Worksite adoption of Best Practices

Baseline and 15 months follow-up

Total best practice score



How to scale up HealthLinks?

Train staff in local health departments

Tied to chronic dz \$\$

Ongoing TA from us

We work with 5 LHDs

Recruited 32 worksites

Early results look positive



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Questions and Discussion

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