

FORGING THE FUTURE:



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Friday FACTS

14 May 2004

"Leadership, Partnership, and Championship"



PROMOTING WELLNESS IN THE WORKPLACE

According to California public researchers, two recent reports demonstrate the vital need for business leaders and employees to work together to change poor nutrition and physical activity habits in the workplace. In

January, the Public Health Institute and the California Department of Health Services released the report, "Fruits and Vegetables and Physical Activity at the Worksite: Business Leaders and Working Women Speak Out on Access and Environment." The report is the first statewide study demonstrating that both employers and employees (including those in small businesses and lower wage jobs) support measures to promote wellness through improved nutrition and opportunities for physical activity in the workplace. *Voices for a Healthy Future*, Spring, 2004 (Page 3 of newsletter): http://www.phi.org/pdf-library/healthy_voices7.pdf
For the full publication, "Fruits and Vegetables and Physical Activity at the Worksite: Business Leaders and Working Women Speak Out on Access and Environment" link to: <http://www.phi.org/pdf-library/dhs-worksite.pdf>



National Women's Health Week

National Women's Health Week, sponsored by the Department of

Health and Human Services' Office on Women's Health (OWH), is being held throughout the country from May 9-15, 2004. The week is being kicked off by the second National Women's Check-up Day on May 10 (the largest preventive checkup event in the country). We encourage you to go to <http://www.4woman.gov/whw/2004/Make-it-happen/> if you would like to sign up to provide clinical preventive screenings for women or encourage those in your organization to do so.

You may also wish to go to <http://www.4woman.gov/whw/2004/Join-the-fun/check-up-day.html> and scroll to the bottom to "How Can Women Participate in This Important Event" to find AHRQ's "Women Stay Healthy at Any Age: Checklist for Your Next Checkup." The OWH recommends this publication to women as they prepare for their checkup. AHRQ's "Pocket Guide to Staying Healthy for Adults" and "Pocket Guide to Staying Healthy for 50+" are also listed among the resources for the event. AHRQ encourages you to share this information with your colleagues. Please consider including this announcement in your organization's newsletters, publications, or LISTSERVs® and let us know how this information was useful to you and your organization.

*The U.S. Preventive Services Task Force, sponsored by the Agency for Healthcare Research and Quality, is the leading independent panel of private-sector experts in prevention and primary care and conducts rigorous, impartial assessments of all the scientific evidence for a broad range of preventive services. Its recommendations are considered the gold standard for clinical preventive services. Previous Task Force recommendations, summaries of the evidence, easy-to-read fact sheets explaining the recommendations, and related materials are available at <http://www.ahrq.gov/clinic/prevenix.htm> or from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or sending an e-mail to ahrqpubs@ahrq.gov. Clinical information is also available from the National Guideline Clearinghouse at <http://www.guideline.gov>.