

Staff Wellness

The following Web sites offer resources for staff wellness initiatives and resources on related topics such as stress management. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to www.eatwellandkeepmoving.org for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

Alliance for a Healthier Generation

Healthy Schools Program

The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation that aims to fight child obesity. The Alliance's Healthy Schools Program helps schools improve school food offerings and physical activity and also supports staff wellness so that staff members can be role models for students.

www.healthiergeneration.org/schools.aspx?id=512&ekmense1=1ef02451_10_84_btnlink (see Staff Wellness-related links under the School Resources heading)

American Cancer Society

Healthy Kids Network: Simple Steps for School Staff Wellness

The American Cancer Society's Healthy Kids Network Web site provides links to numerous resources for promoting coordinated school health, including this article on tips for developing school staff wellness programs.

www.schoolhealth.info/article.php?a_id=172&sub_dir=66

American Heart Association

How Can I Manage Stress?

The American Heart Association offers a brochure on managing stress, which includes information on stress symptoms and tips for coping with stress.

www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf

Benson-Henry Institute for Mind Body Medicine

Managing Stress

The Benson-Henry Institute for Mind Body Medicine, a nonprofit scientific organization focused on mind body medicine, offers tips for managing stress.

www.mbmi.org/basics/mstress.asp

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Centers for Disease Control and Prevention

Healthier Worksite Initiative

This Web site offers information, resources, and tool kits for worksite health promotion initiatives. While the materials are designed for work site health promotion in state and federal government settings, they may be useful for work site health promotion efforts in other settings, such as schools.

www.cdc.gov/nccdphp/dnpa/hwi/index.htm

Directors of Health Promotion and Education

School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools

The Directors of Health Promotion and Education offer a free guide with practical tools and resources for developing and enhancing school employee wellness programs. The guide includes tips for getting administrative support and for culturally competent planning, suggestions for funding, and success stories from school employee wellness programs.

www.schoolempwell.org

National Alliance for Nutrition and Activity (NANA)

Model School Wellness Policies

This Web site, created by NANA, has a model policy on staff wellness and links to wellness resources.

www.schoolwellnesspolicies.org/WellnessPolicies.html#staffwellness

National Education Association Health Information Network (NEA HIN)

Violence in Communities and Schools: A Stress Reduction Guide for Teachers and Other School Staff

NEA HIN, the nonprofit health affiliate of the National Education Association, has developed this guide to help school staff members identify sources of workplace stress and violence and to highlight evidence-based practices to prevent violence in schools.

www.neahin.org/programs/mentalhealth/Stress-Guide.pdf

National Institute for Occupational Safety and Health (NIOSH)

Stress at Work

This Web site has links to books, videos, and Web resources on stress and stress management at work.

www.cdc.gov/niosh/topics/stress/

New England Coalition for Health Promotion and Disease Prevention (NECON)

Strategic Plan for the Prevention and Control of Overweight and Obesity in New England

NECON is a nonprofit, nonpartisan coalition of the New England state health departments, the region's schools of public health, and federal health agencies. Its *Strategic Plan for the Prevention and Control of Overweight and Obesity in New England* addresses what work sites can do to prevent and control obesity.

www.neconinfo.org/02-11-2003_Strategic_Plan.pdf

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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North Carolina Division of Public Health

Worksites Eating Smart and Moving More

This Web site of Eat Smart, Move More . . . North Carolina includes tips and tools for promoting wellness at work, including the Move More StairWELL Initiative and sample workplace healthy food policies.

www.eatsmartmovemorenc.com/programs_tools/worksites/wesmm/index.html

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).