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Introduction



Introduction

The Good Work! Resource Kit was developed by the Maine Cardiovascular Health Program (MCVHP) and the Partnership For A Tobacco-Free Maine (PTM). These two programs are part of the Healthy Maine Partnerships, a collaborative initiative of the Bureau of Health, Maine Department of Human Services, and the Maine Department of Education. All around Maine, 31 local Healthy Maine Partnerships are at work.

Healthy Maine Partnerships work to help people detect diseases early and address risky behaviors that can lead to disease. The risk factors include tobacco addiction, physical inactivity, poor nutrition, obesity, high blood pressure, and high blood cholesterol. At both local and State levels, these goals are accomplished by working with employers, schools, healthcare systems, and communities to support healthy lifestyles.



Purpose



Purpose

The purpose of the Good Work! Resource Kit is to provide tools for Maine employers to improve employee health. The kit contains information on the following topics:

- The link between healthy work environments and the bottom line
- Key elements of successful worksite wellness programs
- Successful strategies used by Maine employers
- Creating a smoke-free workplace
- Resources to support worksite wellness initiatives

Many employers across Maine have already used the principles and strategies presented in the Good Work! Resource Kit to create work environments that support healthy lifestyles. Here are some of their successful results:

- ★ The percentage of employees reporting that their employer or work setting influenced them to start a regular exercise program increased by 136% over the course of 14 months.*
- ★ A 70% increase was seen in the percentage of employees who developed healthier eating habits as a result of their employer's efforts. **
- ★ The percentage of employees who agree or strongly agree that their employer supports tobacco use cessation increased by 53% over 14 months.***

* 10% (73 total) of baseline responders and 23.6% (117) of post responders indicated that their employer was influential in starting a regular exercise program. [730 employees surveyed at baseline, 496 at 12-14 months.]

** 21.9% (160 total) of baseline responders and 37.3% (185) of post responders indicated that their employer was influential in developing healthier eating habits. [730 employees surveyed at baseline, 496 at 12-14 months.]

*** 22.7% (166 total) of baseline responders and 34.8% (173) of post responders indicated that their employer supports tobacco use cessation. [730 employees surveyed at baseline, 496 at 12-14 months.]

All surveys were completed between Fall 2001 and Fall 2002 as part of the Maine Cardiovascular Health Program worksite pilot project.