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Healthier Tennessee Launches “Small Starts @ Work”
New workplace wellness toolkit available online at no cost

NASHVILLE – The Governor’s Foundation for Health and Wellness, through its Healthier Tennessee initiative, today announced the launch of an online workplace wellness toolkit, “Small Starts @ Work,” to help Tennessee employers implement wellness programs. The toolkit is available at no cost at www.healthiertn.com.

“A healthy workplace is good for employees, for business, and for Tennessee” Governor’s Foundation for Health and Wellness CEO Rick Johnson said. “Implementing an effective workplace wellness program doesn’t have to be costly, and it can significantly improve employee health, satisfaction, and productivity, and reduce absenteeism. Everyone benefits.”

Small Starts @ Work provides employers with tips, ideas and actions to help employees get healthier together. It is simple to use and can be adapted for businesses and organizations of all sizes. The toolkit is optimized for use on desktops, tablets and smartphones.

The broader implementation of wellness programs can both improve health outcomes and reduce the cost of doing business or operating an organization. Data from several rigorous studies show that employers save an average of \$6 for every \$1 spent on wellness.

Tennessee consistently ranks among the least healthy states in the nation. Type 2 diabetes and high blood pressure are at near epidemic levels, the rate of obesity has risen from 10 percent to 32 percent since 1988, and only two states have higher rates of tobacco use.

Healthier Tennessee launched Start Now, a statewide awareness campaign, last October and Small Starts @ Home, a series of more than 60 personal health challenges for individuals, in January. Small Starts @ Work is the latest part of the effort to encourage healthier living in Tennessee.

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In the coming months, the Governor's Foundation will offer a wellness toolkit geared toward faith-based communities, enabling congregations to implement and sustain health and wellness programs in the places where Tennesseans worship.

About the Governor's Foundation for Health and Wellness

The Governor's Foundation for Health and Wellness is a non-profit corporation dedicated to enabling and encouraging Tennesseans to lead healthier lives. Based in Nashville, the Foundation brings together a statewide coalition of employers, health insurers, hospital systems, local governments, school systems and healthcare-focused foundations and community organizations to effect positive, measurable change. The Foundation's Healthier Tennessee initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes five times a week, promote a healthy diet, and reduce the number of people who use tobacco.

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