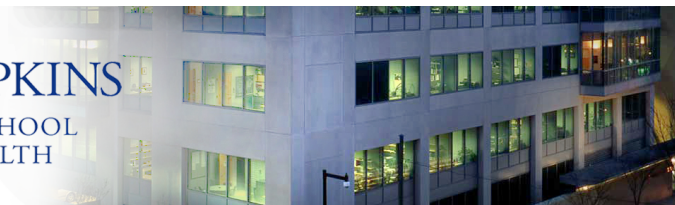




JOHNS HOPKINS

BLOOMBERG SCHOOL
of PUBLIC HEALTH



Form Approved
OMB No. 0920-XXXX
Exp. Date: XX/XX/XXXX

CDC Worksite Health Scorecard

Public reporting of this collection of information is estimated to average 75 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-XXXX).

The CDC Worksite Health ScoreCard is a tool designed to help employers assess whether they have implemented evidence-based health promotion interventions or strategies in their worksites to promote the health and well-being of employees.

On average, it will take you 75 minutes to complete the survey. You may need to consult with another person to provide the most accurate and complete information on your workplace health programs, policies, and practices. Examples of people to consult with include human resource managers, health benefit managers, health education staff, occupational nurses, medical

directors, wellness directors, or others responsible for worksite health promotion in an organization.

Completing the survey is voluntary. No names will ever be reported.

If you have any questions, you can contact Jason Lang at the Centers for Disease Control and Prevention. His phone number is 770-488-5597 and his email is jlang@cdc.gov.

Instructions

- Answer “yes” or “no” for each question on the tool.
- All questions should be answered consistently with your worksite practices and programs that are current or that have been in place within the last 12 months.
- There are 18 sections to the tool; you may complete each section in separate sittings and in any order. Individual scores can be tallied for each section and combined for an overall score once all sections are completed.
- We recommend that you form a small team, representing different organizational units to complete this survey together. A team-based approach will allow for more accurate responses, increase ownership and involvement amongst the team, and decrease effort for any single team member. Since a strong knowledge of your organization and its health promotion program(s) is recommended to accurately complete the tool, strive to pick team members who occupy the following positions:
 - o Members of a worksite health promotion committee
 - o Human resource managers
 - o Health benefits managers
 - o Health education staff
 - o Occupational nurses
 - o Medical directors
 - o Wellness directors
 - o Health promotion coordinators
 - o Building facilities managers

- Scan each section before attempting to respond. Answers to most questions are readily available following a review of organizational health policies (e.g., a policy handbook), benefit plan designs, interviews with key stakeholders, and direct observation. In some cases, answers may not be immediately obvious to the person assigned to complete the section. If you do not know the answer to the question, leave the box empty, and then engage others at the worksite to help you answer it.
 - Some questions ask you to describe your health insurance plan. If your organization offers more than one health insurance option, refer to the health insurance plan with the highest enrollment. Throughout the survey, questions refer to “health promotion” at your worksite.
-

Background and Community Engagement Information

Background and Community Engagement Information

Respondent name:

Respondent title:

Worksite address:

Telephone:

E-mail Address:

Employee Characteristics

If exact figures are not available, please provide your best estimates

Number of employees at your organization (entire enterprise)

- 1 - 49
 - 50 - 99
 - 100 - 249
 - 250 - 749
 - ≥ 750
-

Do you have multiple worksites/locations?

Yes

No

How many employees are at the location for which you are completing this survey?

- 1 - 49
 - 50 - 99
 - 100 - 249
 - 250 - 749
 - ≥ 750
-

Sex

% Male

% Female

Age groups

% < 18 years of age

% 18 - 34 years of age

% 35 - 44 years of age

% 45 - 64 years of age

% ≥ 65 years of age

Total

Average age

Racial/ethnic group

% Non-Hispanic White %

% Non-Hispanic Black/African American %

% Hispanic/Latino %

% Asian/Asian American %

% American Indian/Alaska Native %

% Native Hawaiian/Pacific Islander %

% Other %

Total %

Work status

% Full-time

% Part-time

% Temporary

Job type

% Salaried

% Hourly

Education level

% Less than high school diploma %

% High school graduate/GED %

% Some college/technical school %

% College graduate %

% Post-graduate/advanced degree %

Total %

Organization and Program Background

Your organization's business type

- For-profit
 - Non-profit/government
 - Non-profit/other
-

Your organization's industry type

- Agriculture, Forestry, Fishing & Hunting
- Mining, Quarrying, & Oil/Gas Extraction
- Retail/Wholesale Trade
- Accommodation & Food Services

- Professional, Scientific & Technical Services
 - Transportation, Warehousing & Utilities
 - Health Care & Social Assistance
 - Real Estate & Rental & Leasing
 - Finance and Insurance
 - Management of Companies
 - Information
 - Construction
 - Educational Services
 - Manufacturing
 - Administrative & Support & Waste Management & Remediation Services
 - Arts, Entertainment & Recreation
 - Other Services (except Public Administration):
 - Public Administration
-

Health insurance coverage provided to employees?

Yes

No

Elements of worksite health promotion programs offered at your organization
(Check all that apply)

- Health education (e.g., skills development and behavior change classes; awareness building brochures, posters)
 - Links to related employee services (e.g., referral to employee assistance programs [EAPs])
 - Supportive physical and social environment for health improvement (e.g., tobacco-free policies, subsidized gym memberships)
 - Integration of health promotion into your organization's culture (e.g., health promotion being part of business' mission statement)
 - Employee screenings with adequate treatment and follow up (e.g., Health Risk Assessments (HRAs) and biometric screenings)
-

Community Engagement

Does your worksite provide employees with health related information, programs, or resources from any of the following organizations (*Check all that apply*)

- Federal, state, or local public health agencies (e.g., Centers for Disease Control and Prevention)
- Health insurance plan, broker, or workers' compensation provider
- Health management program and/or wellness program provider/vendor
- Health-related organizations (e.g., American Heart Association, American Cancer Society)
- Healthcare professionals (e.g., hospitals, providers, pharmacists, nutritionists)
- Faith-based and/or religious-affiliated organizations (e.g., YMCA)
- Business groups or councils (e.g., Wellness Council, Chamber of Commerce)
- Other

Check this box if, for example, you work with an organization not listed above such as an employee assistance program, food services vendor, foundation, etc. to provide health information, programs, or resources to employees.

Does your worksite receive consultation, guidance, advice, training, and/or direction from any of the following organizations related to the design and delivery of a worksite wellness program? (*Check all that apply*)

- Federal, state, or local public health agencies (e.g., Centers for Disease Control and Prevention)
- Health insurance plan, broker, or workers compensation provider
- Health management program and/or wellness program provider/vendor
- Health-related organizations (e.g., American Heart Association, American Cancer Society)
- Healthcare professionals (e.g., hospitals, providers, pharmacists, nutritionists)
- Faith-based and/or religious-affiliated organizations (e.g., YMCA)
- Business groups or councils (e.g., Wellness Council, Chamber of Commerce)
- Other

Check this box if, for example, you work with an organization not listed above such as an

employee assistance program, food services vendor, foundation, etc. to provide health information, programs, or resources to employees.

Does your worksite participate in any Community Coalitions focused on or targeting health, including through business and community partnerships?

Yes

No

Organizational Supports

Organizational Supports

During the past 12 months, did your worksite:

	Yes	No
Leadership Commitment and Support		
1. Demonstrate organizational commitment and support of worksite health promotion at all levels of management? <i>Answer "yes" if, for example, all levels of management participate in activities, send communications to employees, or have performance objectives related to a healthy workforce.</i>	<input type="radio"/>	<input type="radio"/>
2. Include references to improving or maintaining employee health and safety in the business objectives, core values, or organizational mission statement?	<input type="radio"/>	<input type="radio"/>
3. Have a strategic plan that includes goals and measureable organizational objectives for the health promotion program? <i>Answer "yes" if, for example, your organization identifies SMART (i.e., specific, measurable, achievable, realistic, time bound) goals and objectives.</i>	<input type="radio"/>	<input type="radio"/>
4. Have an annual budget or receive dedicated funding for health promotion programs?	<input type="radio"/>	<input type="radio"/>
5. Have an active and diverse health promotion committee? <i>Answer "yes" if, for example, your health promotion committee is routinely engaged in planning and implementing programs, and includes workers from all levels of the organization, various departments, as well as representatives from special groups (e.g., remote workers, organized labor).</i>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>6. Have a paid health promotion coordinator whose job (either part-time or full-time) is to manage the worksite health promotion program? <i>Answer "yes" if the staff member is located on or off site and has responsibility for health promotion as part of his or her job description or performance expectations.</i></p>	<input type="radio"/>	<input type="radio"/>
Measurement and Evaluation		
<p>7. Conduct an employee needs and interest survey for planning health promotion activities? <i>Answer "yes" if, for example, your organization administers surveys or conducts focus groups to assess your employees' readiness, motivation, or preferences for health promotion programs.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>8. Conduct employee health risk appraisals (HRAs) or health assessments (HAs) and provide individual feedback plus health education resources for follow-up action? <i>Answer "yes" if, for example, your organization conducts HRAs through vendors, on-site staff, or health plans and provides individual feedback through written reports, letters, or one-on-one counseling.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>9. Conduct ongoing evaluations of health promotion programming that use multiple data sources to inform decision-making? <i>Answer "yes" if, for example, your organization routinely measures the quality and impact of health promotion programs. This may be measured using data on employee health risks, medical claims, employee satisfaction, or organizational climate surveys.</i></p>	<input type="radio"/>	<input type="radio"/>
Strategic Communications		
<p>10. Promote and market health promotion programs to employees? <i>Answer "yes" if, for example, your worksite's health promotion program has a brand name or logo or uses multiple channels of communication to inspire and connect employees to health promotion resources. These may include sharing employees' health-related "success stories."</i></p>	<input type="radio"/>	<input type="radio"/>
<p>11. Use tailored health promotion communications to ensure that they are accessible and appealing to employees of different ages, genders, education levels, job categories, cultures, languages, or literacy levels?</p>	<input type="radio"/>	<input type="radio"/>
Participation and Engagement		
<p>12. Have a champion or network of champions who actively promote health promotion programs?</p>	<input type="radio"/>	<input type="radio"/>
<p>13. Use and combine incentives with other strategies to increase participation in health promotion programs? <i>Answer "yes" if, for example, your organization offers incentives such as gift certificates, cash, paid time off, product or service discounts, reduced health insurance premiums, employee recognition, or prizes.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>14. Use individual or team competitions or challenges in combination with additional interventions to support employees making behavior changes? <i>Answer "yes" if, for example, your organization offers physical activity competitions.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>15. Support employee volunteerism? <i>Answer “yes” if, for example, your organization supports participation in community events, such as corporate walks or school-based efforts.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>16. Implement or maintain healthy building design principles? <i>Answer “yes” if, for example, your worksite provides access to windows and natural light, communal spaces, and plants.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>17. Extend access to key components of the program to all workers, including hard to reach workers (e.g., telecommuters, contract workers, night shift workers, part-time workers)? <i>Answer “yes” if, for example, your organization offers alternative options for participating in programs or services, such as 24-hour gym access or virtual access to lectures.</i></p>	<input type="radio"/>	<input type="radio"/>
Programs, Policies, and Environmental Supports		
<p>18. Provide an employee assistance program (EAP)? <i>Answer “yes” if, for example, employees have access to an EAP that offers services addressing financial health, depression, stress management, grief counseling, substance use, and other mental and emotional health issues.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>19. Implement educational programming to improve health care consumerism? <i>Answer “yes” if, for example, your organization provides employees with written or interactive guidance on improving doctor-patient relationships, promoting patient-centered care, and appropriate use of medical resources.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>20. Educate employees about preventive services and benefits covered by their health insurance plan on an ongoing basis, above and beyond what occurs during annual health insurance enrollment. <i>Answer “yes” if, for example, your worksite communicates information about benefits such as smoking cessation medication and counseling, weight management tools, and flu vaccinations through emails or newsletters that are distributed across the calendar year.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>21. Provide and support flexible work scheduling policies? <i>Answer “yes” if, for example, policies allow for flextime schedules, the option to work at home, or allowing time during the day for employees to engage in health promotion activities.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>22. Provide work-life balance programming and resources? <i>Answer “yes” if, for example, your worksite provides resources related to elder care, child care, tuition reimbursement or financial counseling.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>23. Make health promotion programs available to family members? <i>Answer “yes” if, for example, your organization allows employees’ family members access to health assessments, fitness facilities, on-site medical clinics, or wellness competitions.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>24. Offer all benefits-eligible employees paid time off for days or hours absent due to illness, vacation, or other personal reasons (including family illness or bereavement)? <i>Answer “yes” if, for example, paid time off, not including paid parental leave, is provided to all benefits-eligible employees.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>25. Coordinate programs for occupational health and safety with programs for health promotion and wellness? <i>Answer "yes" if, for example, these departments have common strategy, routine data sharing, regular meetings across functions, and warm handoff referrals.</i></p>	<input type="radio"/>	<input type="radio"/>

Tobacco Use

Tobacco Use

During the past 12 months, did your worksite:

	Yes	No
<p>1. Have and promote a written policy banning tobacco use at your worksite? <i>Answer "yes" if, for example, your policy covers cigarettes and/or other tobacco products and is communicated to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide educational materials that address tobacco cessation? <i>Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters on tobacco cessation, including referral to 1-800-QUIT-NOW or smokefree.gov, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote <u>interactive educational programming</u> on tobacco cessation? <i>Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes on tobacco cessation. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to quit using tobacco? <i>Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners. This may include referral to 1-800-QUIT-NOW or smokefree.gov.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Prohibit the sale of tobacco products on company property?</p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>6. Provide financial incentives for being a current non-smoker and for current smokers who are actively trying to quit tobacco by participating in a free or subsidized, evidence-based cessation program?</p> <p><i>Answer “yes” if, for example, your organization provides discounts on health insurance, additional life insurance for non-smokers, or other benefits for non-smokers and smokers who are actively trying to quit.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>7. Provide health insurance coverage with free or subsidized out-of-pocket costs for FDA-approved prescription tobacco cessation medications?</p> <p><i>Answer “yes” if, for example, your organization provides coverage for inhalers, nasal sprays, bupropion (e.g., Zyban) and varenicline (e.g., Chantix).</i></p>	<input type="radio"/>	<input type="radio"/>
<p>8. Provide health insurance coverage with free or subsidized out-of-pocket costs for FDA-approved over-the-counter nicotine replacement products?</p> <p><i>Answer “yes” if, for example, your organization provides coverage for nicotine replacement gum, patches, or lozenges.</i></p>	<input type="radio"/>	<input type="radio"/>

High Blood Pressure

High Blood Pressure

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide free or subsidized blood pressure screening (beyond self-report) followed by directed feedback and clinical referral when appropriate?</p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide educational materials on preventing and controlling high blood pressure?</p> <p><i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address high blood pressure/pre-hypertension, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote <u>interactive educational programming</u> on preventing and controlling high blood pressure?</p> <p><i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that address high blood pressure/pre-hypertension. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>4. Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal blood pressure management goals? <i>Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Make blood pressure monitoring devices available with instructions for employees to conduct their own self assessments?</p>	<input type="radio"/>	<input type="radio"/>
<p>6. Provide health insurance coverage with free or subsidized out-of-pocket costs for blood pressure control medications?</p>	<input type="radio"/>	<input type="radio"/>

High Cholesterol

High Cholesterol

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide free or subsidized cholesterol screening (beyond self-report) followed by directed feedback and clinical referral when appropriate?</p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide educational materials on preventing and controlling high cholesterol? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address high cholesterol, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote interactive educational programming on preventing and controlling high cholesterol? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that address high cholesterol. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>4. Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal cholesterol management goals? <i>Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide health insurance coverage with free or subsidized out-of-pocket costs for cholesterol or lipid control medications?</p>	<input type="radio"/>	<input type="radio"/>

Physical Activity

Physical Activity

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide educational materials that address the benefits of physical activity? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address the benefits of physical activity, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide and promote interactive educational programming on physical activity? <i>Answer “yes” if, for example, your worksite offers timely reminders/prompts to move, or “lunch and learns,” seminars, workshops, or classes that teach and promote physical activity. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal physical activity goals? <i>Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide an exercise facility on site?</p>	<input type="radio"/>	<input type="radio"/>
<p>5. Subsidize or discount the cost of on or off site exercise facilities?</p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>6. Provide or promote other environmental supports for recreation or physical activity? <i>Answer “yes” if, for example, your worksite provides trails or a track for walking/jogging, maps of suitable walking routes, a basketball court, treadmill workstations, sit-stand workstations, lockers, a shower, or changing facility.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>7. Post signs at elevators, stairwell entrances and other key locations and use design enhancements to encourage employees to use the stairs? <i>Design enhancements may include artwork, music, and good lighting in stairwells.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>8. Provide and promote organized physical activity programs for employees (other than the use of an exercise facility)? <i>Answer “yes” if, for example, your worksite organizes walking groups, stretching programs, group exercise classes, recreational leagues, or buddy systems to create supportive social networks for physical activity.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>9. Provide or promote the use of activity trackers to support physical activity? <i>Answer “yes” if, for example, your worksite provides or subsidizes the cost of pedometers, wearable trackers, online tools, or mobile apps.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>10. Encourage active transportation to and from work? <i>Answer “yes” if, for example, your worksite subsidizes public transportation; subsidizes a bike share program; provides secure bicycle storage, lockers and shower facilities for employees; allows for a flexible dress code; and/or organizes workplace challenges, employee recognition programs, or community events to increase active transportation.</i></p>	<input type="radio"/>	<input type="radio"/>

Weight Management

Weight Management

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide free or subsidized body composition measurement (beyond self-report) followed by directed feedback and clinical referral when appropriate? <i>Answer “yes” if, for example, your worksite offers periodic height and weight measurement, body mass index (BMI) scores, or other body fat assessments (beyond HRAs), plus follow-up recommendations. This may be offered as part of an occasional health fair or routine care at an on-site clinic.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>2. Provide educational materials that address the health risks of overweight or obesity? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address the risks of overweight or obesity, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote <u>interactive educational programming</u> on weight management? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that teach and promote weight management. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to set and meet their personal weight management goals? <i>Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>

Nutrition

Nutrition

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide places to purchase food and beverages? <i>Answer “yes” if, for example, your worksite provides vending machines, cafeterias, snack bars, or other purchase points.</i> IF NO, PLEASE SKIP TO QUESTION 8</p>	<input type="radio"/>	<input type="radio"/>
<p>2. Have and promote a written policy that makes healthier food and beverage choices available in cafeterias or snack bars? <i>Answer “yes” if, for example, your worksite has a policy or contract that makes vegetables, fruit, fish, whole grain items, nuts and legumes available in cafeterias and limits sugary beverages, unhealthy fats (saturated or trans fats), and highly-processed or high-sodium foods. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>3. Have and promote a written policy that makes healthier food and beverage choices available in vending machines or other vending outlets? <i>Answer “yes” if, for example, your worksite has a policy or contract that makes nuts, whole grain items, trans fat-free/low-sodium snacks, vegetables, fruit, or unsweetened beverages available in vending machines. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Make most (more than 50%) of the food and beverage choices available in vending machines, cafeterias, snack bars, or other purchase points healthy food items? <i>Answer “yes” if the healthy foods and beverages are items such as vegetables, fruit, unsweetened beverages, or low-sodium snacks.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide visible nutritional information (beyond standard food labels) on sodium, calories, trans fats, or saturated fats for foods and beverages sold in worksite cafeterias, snack bars, or other purchase points?</p>	<input type="radio"/>	<input type="radio"/>
<p>6. Identify healthier (or less healthy) food and beverage choices with signs or symbols? <i>Answer “yes” if, for example, your worksite puts a heart (♥) next to a healthy item or uses red-yellow-green color-coding to indicate the healthfulness of items in vending machines, cafeterias, snack bars, or other purchase points.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>7. Subsidize or provide discounts on healthy foods and beverages offered in vending machines, cafeterias, snack bars, or other purchase points?</p>	<input type="radio"/>	<input type="radio"/>
<p>8. Have and promote a written policy making healthy food and beverage choices available in break rooms, during meetings, conferences or company sponsored events when food is served? <i>Answer “yes” if, for example, the policy makes vegetables, fruits, unsweetened beverages, whole grain items, or trans fat-free/low-sodium snacks available during meetings. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>9. Offer or promote an on-site or nearby farmers market or other arrangement where fresh fruits and vegetables are sold? <i>This may include coordinating Community Supported Agriculture (CSA) or vendors/venues that are or are not operated by farmers.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>10. Provide educational materials that address healthy eating? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that teach and promote healthy eating, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>11. Provide and promote <u>interactive educational programming</u> on nutrition? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that teach and promote healthy eating. These sessions can be provided in-person or virtually (online, telephonically, mobile app); on or off site; in group or individual settings; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>12. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to set and meet their personal nutrition goals?</p> <p><i>Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; in group or individual settings; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>13. Provide employees with food preparation/storage facilities and a place to eat?</p> <p><i>Answer “yes” if, for example, your worksite provides a microwave oven, sink, refrigerator, and a place for employees to eat other than at their workstations.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>14. Promote and provide access for increased water consumption?</p> <p><i>Answer “yes” if, for example, your worksite used promotional materials and improved access by increasing water in vending machines or installing water bottle filling stations or water fountains.</i></p>	<input type="radio"/>	<input type="radio"/>

Heart Attack and Stroke

Heart Attack and Stroke

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide educational materials that address signs, symptoms, and emergency response to <u>heart attack</u>?</p> <p><i>Answer “yes” if, for example, your worksite offers employees brochures, videos, or newsletters, or posts flyers in the common areas of your worksite that teach the signs and symptoms and appropriate response to heart attack.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide educational materials that address signs, symptoms, and emergency response to <u>stroke</u>?</p> <p><i>Answer “yes” if, for example, your worksite offers employees brochures, videos, or newsletters, or posts flyers in the common areas of your worksite that teach the signs and symptoms and appropriate response to stroke.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>3. Provide and promote interactive educational programming that addresses signs, symptoms, and emergency response to heart attack? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that teach the signs and symptoms and appropriate response to heart attack. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide and promote interactive educational programming that addresses signs, symptoms, and emergency response to stroke? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that teach the signs and symptoms and appropriate response to stroke. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Have an emergency response plan that addresses acute heart attack and stroke events?</p>	<input type="radio"/>	<input type="radio"/>
<p>6. Have an emergency response team for medical emergencies?</p>	<input type="radio"/>	<input type="radio"/>
<p>7. Offer access to a nationally-recognized training course on Cardiopulmonary Resuscitation (CPR) that includes training on Automated External Defibrillator (AED) usage?</p>	<input type="radio"/>	<input type="radio"/>
<p>8. Have and promote a written policy that requires an adequate number of employees per floor, work unit, or shift, in accordance with pertinent state and federal laws, to be certified in CPR/AED? <i>This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>9. Have one or more functioning AEDs in place? IF NO, PLEASE SKIP TO THE NEXT MODULE</p>	<input type="radio"/>	<input type="radio"/>
<p>10. Have an adequate number of AED units so that a person can be reached within 3-5 minutes of collapse?</p>	<input type="radio"/>	<input type="radio"/>
<p>11. Identify the location of AEDs with posters, signs, markers, or other forms of communication other than on the AED itself?</p>	<input type="radio"/>	<input type="radio"/>
<p>12. Perform maintenance or testing on all AEDs in alignment with manufacturer recommendations?</p>	<input type="radio"/>	<input type="radio"/>

Prediabetes and Diabetes

Prediabetes and Diabetes

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide free or subsidized prediabetes and diabetes health risk assessment (beyond self-report) and feedback, followed by blood screening (fasting glucose or A1c) and clinical referral when appropriate?</p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide educational materials on prediabetes and diabetes? <i>Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address prediabetes and diabetes, including topics such as diet modification, physical activity, foot exams, and eye exams, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote <u>interactive educational programming</u> on preventing and controlling diabetes? <i>Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that address prediabetes and diabetes control and prevention. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide and promote free or subsidized <u>intensive lifestyle coaching/counseling</u> and follow-up monitoring for employees with prediabetes or diabetes? <i>Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide and promote self-management programs for diabetes control? <i>Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Provide health coverage with free or subsidized out-of-pocket costs for diabetes medications as well as supplies for diabetes management (e.g., glucose test strips, needles, monitoring kits)?</p>	<input type="radio"/>	<input type="radio"/>

Depression

Depression

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide free or subsidized clinical assessment for depression by a provider followed by directed feedback and clinical referral when appropriate? <i>Answer "yes" if these services are provided directly through your organization or indirectly through a health insurance plan.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide access to self-administered depression screening tools followed by directed feedback and clinical referral when appropriate? <i>Answer "yes" if, for example, these services are provided through a health risk assessment (HRA), health insurance plan, and/or employee assistance program (EAP).</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide educational materials on preventing, detecting, and treating depression? <i>Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address depression, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide and promote <u>interactive educational programming</u> on preventing, detecting, and treating depression? <i>Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes focused on reducing the risk factors for depression and reducing the stigma surrounding depression. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to set and meet their personal goals for managing depression? <i>Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Provide training for managers that improves their ability to recognize depression and refer employees to company/community resources for managing depression?</p>	<input type="radio"/>	<input type="radio"/>
<p>7. Provide health insurance coverage with free or subsidized out-of-pocket costs for depression medications?</p>	<input type="radio"/>	<input type="radio"/>

Stress Management

Stress Management

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide educational materials on stress management? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address aspects of stress management, including coping skills and relaxation techniques, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide and promote <u>interactive educational programming</u> on stress management? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes on topics such as assertiveness, coping, and relaxation techniques. Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to set and meet their personal stress management goals? <i>Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide dedicated space that is quiet where employees can engage in relaxation activities, such as deep breathing exercises?</p>	<input type="radio"/>	<input type="radio"/>
<p>5. Sponsor or organize social activities designed to improve engagement with others, and provide opportunities for interaction and social support? <i>Answer “yes” if, for example, your worksite sponsors or organizes team building events, company picnics, holiday parties, or employee sports teams.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Provide training for managers that improves their ability to recognize and reduce workplace stress-related issues? <i>Answer “yes” if, for example, your worksite provides training on performance reviews, communication, personnel management, assertiveness, time management, or conflict resolution.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>7. Provide opportunities for employee participation in organizational decisions regarding workplace issues that affect job stress? <i>Answer “yes” if, for example, your worksite provides opportunities for employees to participate in decisions about work processes and environment, work schedules, participative problem-solving, and management of work demands.</i></p>	<input type="radio"/>	<input type="radio"/>

Alcohol and Other Substance Use

Alcohol and Other Substance Use

During the past 12 months, did your worksite:

	Yes	No
<p>1. Have and promote a written policy banning alcohol and other substance use at the worksite? <i>Answer “yes” if, for example, your worksite has a written policy that bans alcohol and other substance use at the worksite or while operating a motor vehicle, requires universal drug testing (in appropriate safety-sensitive industries), or indicates options offered for assistance and referral to behavioral health services. This policy can be communicated to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide access to alcohol and other substance use screening followed by brief intervention and referral for treatment when appropriate? <i>Answer “yes” if, for example, these services are provided through a health risk assessment (HRA), health insurance plan, and/or employee assistance program (EAP).</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide educational materials that help workers understand the risks of alcohol and other substance use and guide them to receive help? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address alcohol and other substance use, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide and promote <u>interactive educational programming</u> that integrates health promotion with substance use prevention? <i>Answer “yes” if, for example, your worksite offers health promotion “lunch and learns”, seminars, workshops, or classes. These may address alcohol and other substance use either directly or indirectly through topics such as stress management, conflict resolution, managing multiple priorities, personal finance planning, and team-building.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Discourage or limit access to alcohol or use of company funds for alcohol at work-related events?</p>	<input type="radio"/>	<input type="radio"/>
<p>6. Provide a health plan with insurance benefits that include substance use disorder prevention and treatment? <i>Answer “yes” if, for example, your worksite health plan offers coverage for medication-assisted treatment without prior authorization and lifetime limits, while preventing overuse of addictive substances such as opioid pain relievers (e.g., reimbursement for nonpharmacological treatments for pain, use of drug utilization review and pharmacy lock-in).</i></p>	<input type="radio"/>	<input type="radio"/>

Sleep and Fatigue

Sleep and Fatigue

During the past 12 months, did your worksite:

	Yes	No
<p>1. Have a policy related to the design of work schedules that aims to reduce employee fatigue? <i>Answer “yes” if, for example, your worksite has a policy related to self-scheduling, limiting the number of consecutive days or hours allowed to be worked, or specifying a minimum time interval between shifts.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide access to a self-assessment of sleep health followed by directed feedback and clinical referral, when appropriate?</p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide educational materials that address sleep habits and treatment of common sleep disorders? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that address topics such as recommended sleep schedules, recognizing the signs and symptoms of fatigue or daytime sleepiness, and appropriate use of caffeine.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide and promote <u>interactive educational programming</u> that addresses sleep habits and treatment of common sleep disorders? <i>Answer “yes” if, for example, your worksite offers seminars, workshops, or classes that teach and promote appropriate sleep habits. These sessions can be provided in-person or online; on or off site; in group or individual settings; through vendors, on-site staff, health insurance plans or programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide training for managers to improve their understanding of the safety and health risks associated with poor sleep and their skills for organizing work to reduce the risk of employee fatigue?</p>	<input type="radio"/>	<input type="radio"/>
<p>6. Offer light-design solutions during shifts that are intended to reduce fatigue during working hours?</p>	<input type="radio"/>	<input type="radio"/>
<p>7. Allow employees to take short naps during the workday/shift in order to reduce fatigue and improve performance? <i>Answer “yes” if, for example, the workplace has dedicated napping spaces (such as “sleep pods”) and offers break times that may be used for sleep.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>8. Offer solutions to discourage and prevent drowsy driving? <i>Answer “yes” if, for example, employees have access to a place to nap before driving home or reimbursement for the use of taxi services to avoid driving after a shift.</i></p>	<input type="radio"/>	<input type="radio"/>

Musculoskeletal Disorders

Musculoskeletal Disorders

During the past 12 months, did your worksite:

	Yes	No
<p>1. Have and promote a written policy that requires regular evaluation of the design of work spaces and job requirements? <i>Answer “yes” if, for example, the policy includes ergonomic assessments of workstations, workloads, or repetitive tasks. This may be promoted to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Conduct an ergonomic assessment of workstations, when appropriate, to reduce the risk of musculoskeletal disorders?</p>	<input type="radio"/>	<input type="radio"/>
<p>3. Make adjustments to job design, when appropriate, to reduce the risk of musculoskeletal disorders? <i>Answer “yes” if, for example, your worksite has adjusted work routines and workloads, implemented job rotation, or mechanized tasks that pose increased risk.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide educational materials on musculoskeletal disorders? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that teach and promote strategies that minimize the incidence of musculoskeletal disorders such as ergonomic design, stretching, regular breaks, and weight management, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide and promote interactive educational programming on musculoskeletal disorders? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that teach strategies that minimize the risk of musculoskeletal disorders such as ergonomic design, stretching, regular breaks, and weight management. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Provide training for managers that improves their ability to recognize potential risks for musculoskeletal disorders and refer employees to company/community resources?</p>	<input type="radio"/>	<input type="radio"/>
<p>7. Provide health insurance that includes appropriate access to therapies and treatment for musculoskeletal disorders? <i>Answer “yes” if, for example, coverage options are aligned with best practices recommended by the Occupational Safety & Health Administration (OSHA), American College of Occupational & Environmental Medicine (ACOEM), or American College of Rheumatology.</i></p>	<input type="radio"/>	<input type="radio"/>

Occupational Health and Safety

During the past 12 months, did your worksite:

	Yes	No
<p>1. Have and promote a written policy on injury prevention and occupational health and safety? <i>This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide opportunities for employee input on hazards and solutions, and implement these solutions when appropriate? <i>Answer "yes" if, for example, there were all-hands meetings, surveys, or focus groups for discovering and solving job health and/or safety issues.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Encourage employees to report uncomfortable, unsafe, or hazardous working conditions to a supervisor, occupational health and safety professional or through another reporting channel? <i>Answer "yes" if, for example, employees are directed to report workplace injuries, bullying, or sexual harassment using a designated hotline.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Carefully investigate the primary cause of any reported work-related illnesses or injuries and take specific actions to prevent similar events in the future?</p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide educational materials about health and safety at work? <i>Answer "yes" if, for example, your worksite provides brochures, videos, posters, newsletters, or timely reminders for issues such as hand washing, taking breaks to reduce eye strain, or wearing personal protective equipment.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Provide and promote interactive educational programming on how to avoid accidents or injury on the job? <i>Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that address injury prevention. These sessions can be provided in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>7. Have a process in place for measuring and, if necessary, improving worksite air quality? <i>Answer "yes" if, for example, your worksite routinely tests heating, ventilation, and air conditioning (HVAC) systems, vacuums carpets, and controls moisture levels to prevent mold growth.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>8. Make adjustments or provide resources where necessary to reduce the risk of eye injury or vision impairment? <i>Answer "yes" if, for example, your worksite provides proper lighting to work areas, protective eyewear in hazardous environments (e.g., factories, construction sites) or ergonomic setup at work stations.</i></p>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<p>9. Proactively support employees returning to work after illness or injury? <i>Answer “yes” if, for example, your organization provided temporary job modifications or phased return-to-work options.</i></p>	<input type="radio"/>	<input type="radio"/>

Vaccine-Preventable Diseases

Vaccine-Preventable Diseases

During the past 12 months, did your worksite:

	Yes	No
<p>1. Provide health insurance coverage with free or subsidized <u>influenza</u> (flu) vaccinations?</p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide free or subsidized <u>influenza</u> vaccinations at your worksite? <i>Answer “yes” if this is offered to employees on-site, through a temporary vaccine clinic run by an outside organization, internal occupational health staff, or other arrangement.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Conduct a seasonal <u>influenza</u> vaccination campaign that includes educational materials or programming? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, newsletters, timely reminders, or sessions that address the benefits of flu vaccinations, either as a single health topic or along with other health topics</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide health insurance coverage with free or subsidized vaccinations for <u>illnesses other than influenza</u>? <i>Answer “yes” if, for example, your worksite provides coverage for pneumococcal; tetanus, diphtheria, and pertussis (Tdap); or Zoster (shingles) vaccines.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide free or subsidized vaccinations at your worksite for <u>illnesses other than influenza</u>? <i>Answer “yes” if, for example, your worksite offers employees pneumococcal; tetanus, diphtheria, and pertussis (Tdap); or Zoster (shingles) vaccines through a temporary vaccine clinic run by an outside organization, internal occupational health staff, or other arrangement.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Promote <u>vaccinations other than influenza</u> with educational materials or educational programming? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, newsletters, timely reminders, or sessions that provide information on adult vaccine requirements and benefits, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>

Maternal Health and Lactation Support

Maternal Health and Lactation Support

During the past 12 months, did your worksite:

	Yes	No
<p>1. Have a well-communicated written policy on breastfeeding for employees? <i>Answer "yes" if, for example, this policy is communicated at the time of hiring and/or at the time of maternity leave planning.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide a private space (other than a restroom) that may be used by employees to express breast milk? <i>Answer "yes" if, for example, your worksite has a private space with an electrical outlet, comfortable chair, and sink.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide flexible break times to allow employees to pump breast milk?</p>	<input type="radio"/>	<input type="radio"/>
<p>4. Provide access to a breast pump at the worksite? <i>Answer "yes" if, for example, your worksite provides on-site access to a breast pump or offers insurance coverage that subsidizes the purchase of a pump for personal use.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide and promote maternal health and breastfeeding support groups, educational classes, or consultations? <i>Answer "yes" if these programs are provided in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, peer and/or professional consultants, on-site staff, or health insurance plans/programs.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Offer paid parental leave, separate from any accrued sick leave, annual leave, or vacation time?</p>	<input type="radio"/>	<input type="radio"/>
<p>7. Offer health insurance coverage with no or low out of pocket costs for pre- and postnatal care?</p>	<input type="radio"/>	<input type="radio"/>

Cancer

Cancer

During the past 12 months, did your worksite:

	Yes	No
<p>1. Offer free or subsidized cancer screenings on-site? <i>Answer “yes” if, for example, your worksite offered cancer screenings (e.g., stool test kits, mobile mammography vans, or skin cancer screenings) as part of a health campaign or as part of routine care at an on-site clinic.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>2. Provide educational materials that address skin, breast, cervical, or colorectal cancer prevention? <i>Answer “yes” if, for example, your worksite offers brochures, videos, posters, reminders, or newsletters that promote sun protection, evidence-based vaccinations, or evidence-based cancer screenings, either as a single health topic or along with other health topics.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>3. Provide and promote <u>interactive educational programming</u> on cancer prevention? <i>Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that address prevention, early identification, and survivorship. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>4. Monitor and take action to reduce employee exposure to known carcinogens within the workplace? <i>Answer “yes” if, for example, your worksite takes action to limit exposures to radon, asbestos, and other carcinogens that may exist at the worksite, and uses alternative materials (i.e., “green chemistry”) where ever possible.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>5. Provide health insurance coverage with free or subsidized evidence-based cancer screenings and vaccinations? <i>Answer “yes” if, for example, your insurance covers the cost of breast, cervical, and colorectal cancer screening, and HPV and Hepatitis B vaccines.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>6. Have and promote a written policy that includes measures to reduce sun exposure for outdoor workers? <i>Answer “yes” if, for example, the policy encourages rotation of workers in ultra violet (UV) intense positions, scheduling of tasks to avoid high-exposure periods, and the use of sun protective clothing, hats, and sunscreen. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</i></p>	<input type="radio"/>	<input type="radio"/>
<p>7. Provide employees working outdoors with supports for sun protection, such as shade, hats, or sunscreen?</p>	<input type="radio"/>	<input type="radio"/>

End of Survey/Scores

End of Survey

Thank you for completing the CDC Worksite Health ScoreCard. Your score is reflected in the table below.

Topic	Your Score	Maximum Score
Organizational Supports	$\{\text{gr://SC_3IDTtnvv2osnwNv/Score}\}$	44
Tobacco Use	$\{\text{gr://SC_dnFNzx1J0lctHcV/Score}\}$	18
High Blood Pressure	$\{\text{gr://SC_0PrJR1T4O5ASYtv/Score}\}$	16
High Cholesterol	$\{\text{gr://SC_8eQccAy1mvmT0bj/Score}\}$	13
Physical Activity	$\{\text{gr://SC_bHhk0nPx49XNXcF/Score}\}$	22
Weight Management	$\{\text{gr://SC_0d0wG53Fd1EaVbD/Score}\}$	8
Nutrition	$\{\text{gr://SC_2n2hMVrsR3UGM73/Score}\}$	24
Heart Attack & Stroke	$\{\text{gr://SC_9WEExkCdiNpUk9KZ/Score}\}$	19
Prediabetes & Diabetes	$\{\text{gr://SC_3ObXh6qPXFQFSzr/Score}\}$	15
Depression	$\{\text{gr://SC_eWFokBeTlJqqvOZ/Score}\}$	16
Stress Management	$\{\text{gr://SC_cFIHYeyvk76GaQl/Score}\}$	14
Alcohol & Other Substance Use	$\{\text{gr://SC_2mCeDfxbYgeBBUF/Score}\}$	9
Sleep & Fatigue	$\{\text{gr://SC_6nWm9ceyza1UnXf/Score}\}$	11
Musculoskeletal Disorders	$\{\text{gr://SC_erITug17pnkiS0t/Score}\}$	8
Occupational Health & Safety	$\{\text{gr://SC_80OEOwsotXqWgPX/Score}\}$	18
Vaccine-Preventable Diseases	$\{\text{gr://SC_8zVddSkKyAOZ5Gd/Score}\}$	13

Topic	Your Score	Maximum Score
Maternal Health & Lactation Support	$\{\text{gr://SC_805IxORC5neOJBH/Score}\}$	15
Cancer	$\{\text{gr://SC_5pvFwTEuCgaom7r/Score}\}$	11
Total	$\{\text{gr://SC_cM7KT4PBICp7dVH/Score}\}$	294

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