

# Virginia Workplace Wellness Collaborative

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*A workgroup of the Virginia Business Coalition on Health*

**Mission:** To foster workplace cultures which promote wellness and healthy lifestyles.

**Vision:** To be the leading advocate of workplace wellness in the state by working with the Virginia Business Coalition on Health (VBCH), an existing employer-based coalition.

**Goals:**

1. To establish a working group of member stakeholders, VBCH Workplace Wellness Collaborative, who are actively engaged in promoting employee wellness in their organizations.
2. To establish membership and recruit at least 15 different employer members with at least five non-members of VBCH to participate in the workgroup.
  - a. Participation and membership in this workgroup will be free in 2011. Thereafter an annual fee of \$50 will be charged for non-members of VBCH to cover administrative costs, materials and speaker expenses.
  - b. Members of the wellness collaborative workgroup will be required to sign a membership memorandum.
3. To offer members at least bimonthly meetings beginning January 2011 designed around member's workplace wellness interests that optimize the sharing of best practices and key issues related to health and wellness. Programs to include such topics as increasing supportive workplace environments to promote the adoption of healthy behaviors; addressing the outcomes of the obesity epidemic; implementing healthy workplace food choices and strategies; implementing tobacco cessation programs and policy; breastfeeding policies in the work setting; achieving a quality wellness program with successful outcomes; regular updates on state and federal government wellness initiatives; and access to trusted resources on health and wellness.
  - a. Meeting structure will be no more than 90 minutes either face to face or via multimedia/teleconference formats with staff facilitating.
    - i. Workgroup kick off meeting to be held January 2011 (location/date TBD).
    - ii. March and April 2011 will be teleconference meetings.
    - iii. May's meeting will be in conjunction with the Annual VBCH Business & Health Summit
4. To promote employer submissions (small, medium and large businesses) for the annual "Wellness in the Workplace Awards" to be held in conjunction with the annual VBCH Business & Health Summit on May 4, 2011.
5. To identify through the Wellness Collaborative results and outcomes 'what works best' in health promotion programming. (i.e., what effective methods, types, combination of programs reduce

medical costs and increase productivity? What funding opportunities are available to employers?)

6. To establish a foundation for a sustainable statewide network of stakeholders interested in the sharing, educating and learning of promoting wellness and the adoption of healthy behaviors in workplace environments.