

The Case for a Comprehensive Workplace Wellness Initiative for NYC Municipal Employees



Our Health Snapshot



Overweight/Obesity

57%



Diabetes, Prediabetes

12%

29%



Hypertension

28%



Smoking

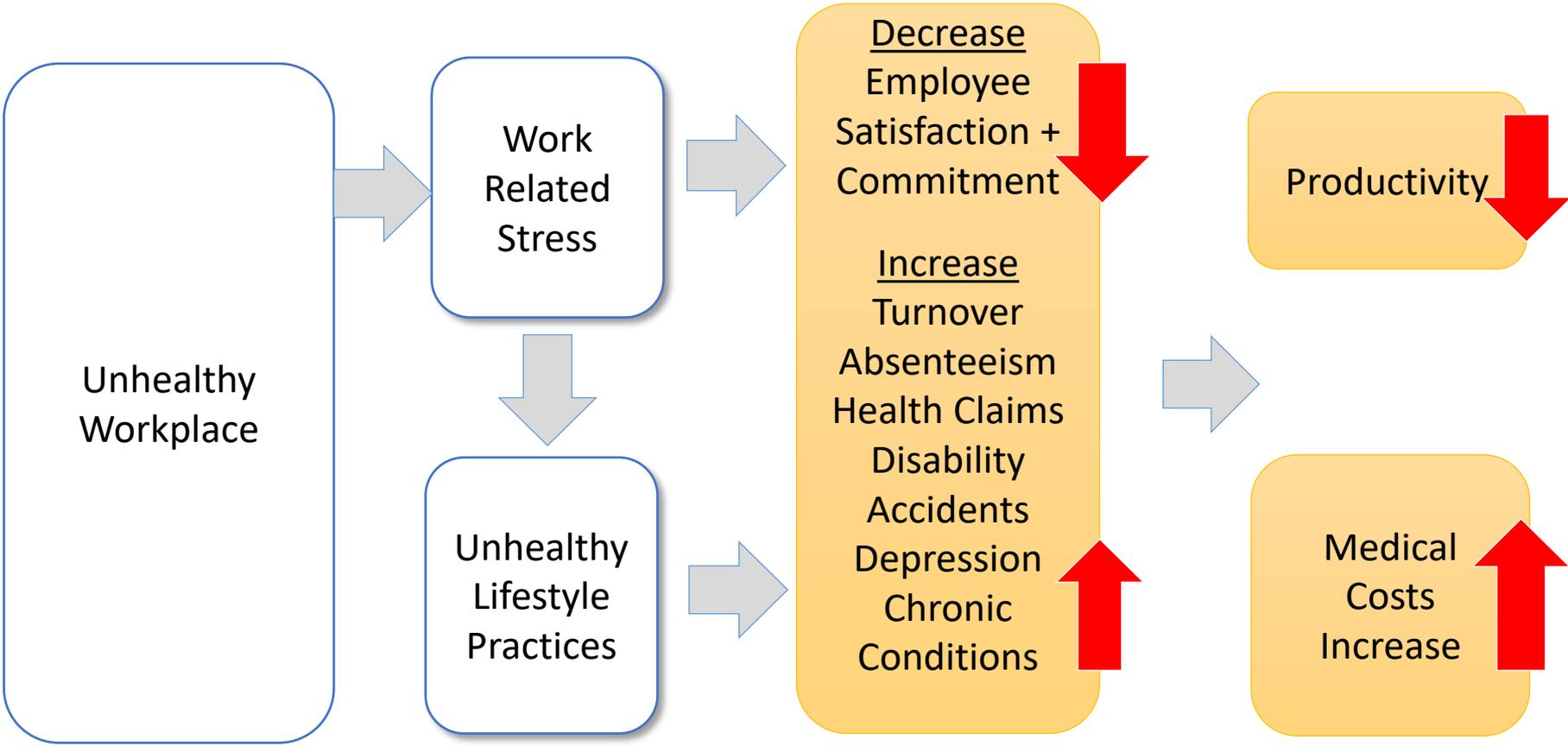
13%



Mental Health Conditions

20%

Business Case for a Healthy Workplace



Health and Workforce Impacts

Improve Health Outcomes

Obesity

Diabetes

Smoking

Hypertension

Physical Activity

Nutrition

Depression

Anxiety



Workforce Outcomes

Healthy Workplace

Reduce Absenteeism, Turnover

Supportive Policies and Practices

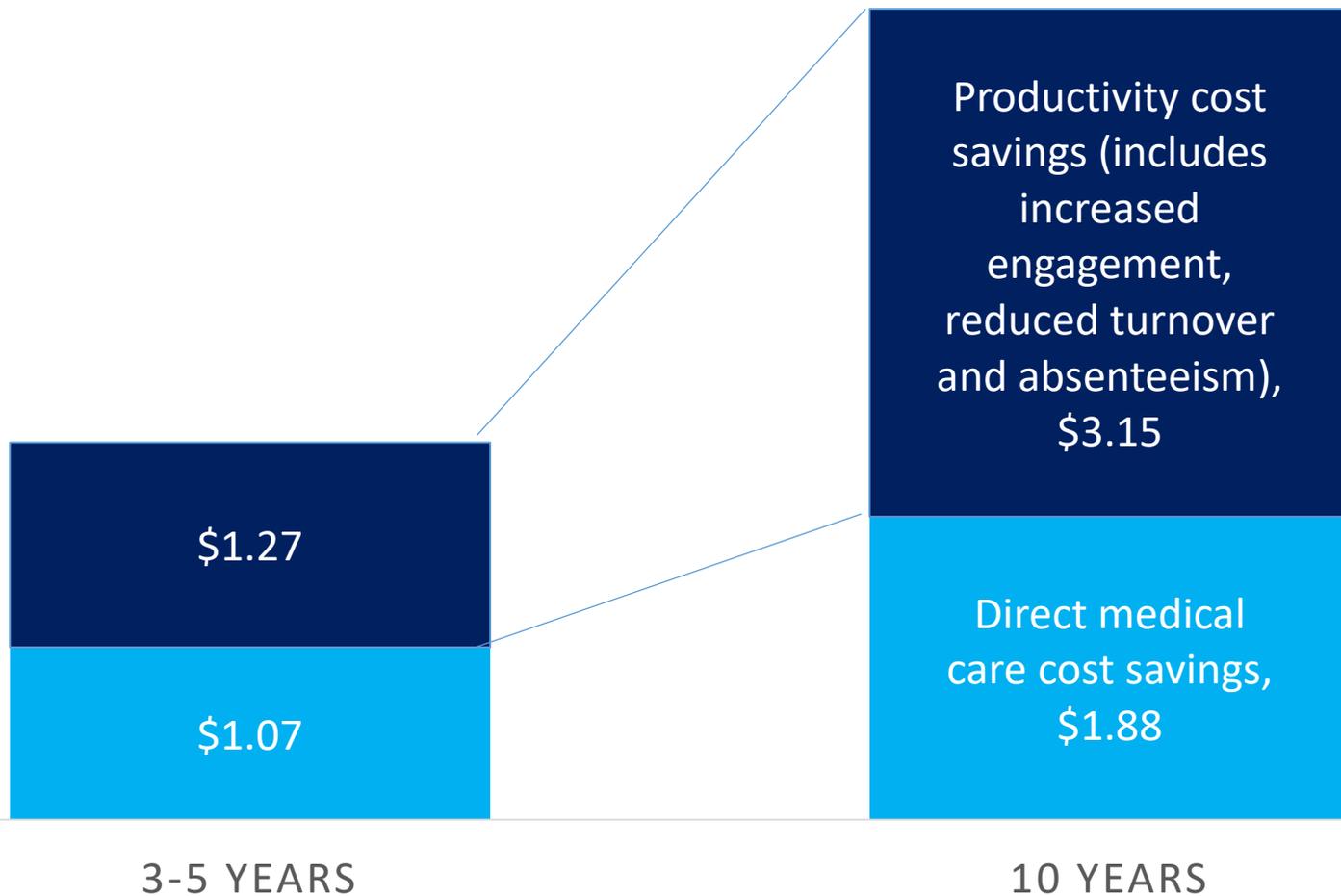
Increase Productivity, Engagement

Employee Satisfaction, Commitment

Decrease Health Spending

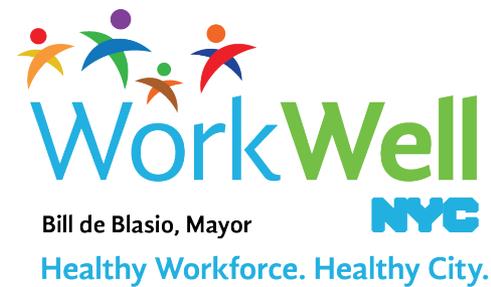
NYC Workplace Wellness Projected Return on Investment

SAVINGS PER DOLLAR INVESTED



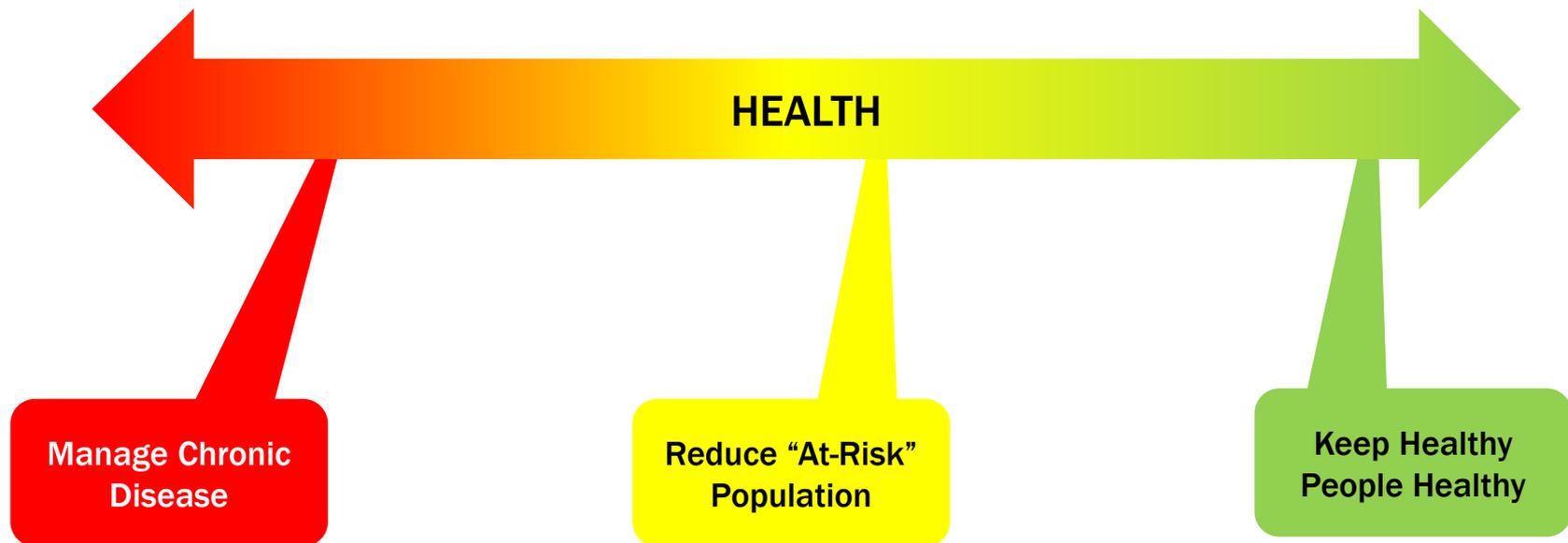


Healthy Workforce.
Healthy City.



WorkWell NYC Approach

Convenient worksite programs create healthy environments, provide education, and reach employees in their dynamic health journeys





**Physical
Activity**



**Healthy
Eating**



**Primary Care +
Prevention**



**Mental
Wellbeing +
Resilience**



Ingredients for Success



- **Leadership:** visible leadership commitment and support



- **Dedicated Team and Partnerships:** Agencies, unions
- **Data-Driven Strategy:** built on workplace health assessment



- **Operating Plan:** plan and infrastructure to support wellness
- **Interventions:** proven, evidence based interventions



- **Policies and Practices:** to support health and wellbeing

- **Communications:** strategic, effective, amplify messages



- **Evaluation:** determine impact and refine programs

WorkWell NYC Strategy



Call to Action



1. BUILD A NETWORK OF AMBASSADORS: Ambassadors plan and implement wellness programs at their worksites, and amplify existing efforts.



2. ENCOURAGE CHAMPIONS (influencers): Champions promote programs and share information with their peers and colleagues.



3. PARTNER WITH WORKWELL NYC: City of New York agencies and unions collaborate with WorkWell NYC to create sustainable workplace wellness models.



Thank You!

nyc.gov/workwellnyc | workwell@olr.nyc.gov