



Get Fit Itasca: Worksite Wellness



healthy
northland
STATEWIDE HEALTH IMPROVEMENT PARTNERSHIP

About Worksite Wellness in Itasca County

Since 2015, Healthy Northland and Get Fit Itasca have worked with 18 organizations on worksite wellness, reaching nearly 5,000 employees. Using a collaborative approach in Deer River and Grand Rapids, Get Fit Itasca has supported worksites in developing programs for healthy eating, physical activity, smoking cessation, and lactation support for breastfeeding mothers.

Worksite wellness programs are an opportunity to ensure Itasca County employees have access to supports to maintain a healthy lifestyle.

26%

of residents are current smokers

55%

of residents don't get enough physical activity

68%

of residents don't eat enough fruits and vegetables

Source: 2015 Bridge to Health Survey

Employees at organizations with worksite wellness programs tend to be happier, healthier, and more productive.

- ✓ Higher job satisfaction and improved camaraderie.
- ✓ More likely to engage in healthy behaviors
- ✓ More energy and more productive during the day

Sources: Parks and Steelman, 2008

Supporting worksite wellness programs can have significant financial benefits for organizations. Get Fit Itasca participants reported benefits including:

Decreased absenteeism



Lower health care costs



Increased retention rates



Sources: Parks and Steelman, 2008; Baicker et al, 2010; Rice, 2014

"Even the most conservative employers, once they see the financial benefits and lifestyle changes, are going to grab onto these concepts. SHIP dollars are well spent."

-Collaborative member

Get Fit Itasca worksite wellness outcomes

Get Fit Itasca worksite partners reported significant returns on their investments in wellness.



\$2.32

Return on investment for every dollar spent on worksite wellness in Itasca County due to reduced absenteeism



up to \$3

Additional return on investment for every dollar spent on breastfeeding supports



12%

Decrease in workers compensation insurance premiums due to fewer on-the-job injuries at one employer

Worksite wellness programs have created ripple effects of wellness throughout Itasca County.



Several organizations have installed bike racks for the use of everyone in the community



One organization partnered with a community garden, farmers markets, and are working to create a community wellness center



Worksite wellness teams organize and sponsor community events such as ice rink skating time for the community

Healthy Northland supports worksite wellness programs throughout the region. Through our work, 48 organizations of all shapes and sizes are now offering various types of wellness programs impacting over 12,100 employees since 2013!