



Colorado Department of Public Health and Environment Colorado Physical Activity and Nutrition Program Worksite Task Force

The Colorado Department of Public Health and Environment's Colorado Physical Activity and Nutrition (COPAN) Program is dedicated to reducing the incidence of overweight and obesity and promoting healthy lifestyles for Coloradans. The COPAN Coalition has developed and is implementing the Colorado Physical Activity and Nutrition State Plan 2010. The COPAN State Plan 2010 provides specific steps that can be taken to address the obesity epidemic in each stage of the lifespan.

Colorado Physical Activity and Nutrition State Plan 2010, Worksite Strategies

- Promote social support interventions and/or health education activities in the workplace.
- Explore opportunities for increased physical activity.
- Explore opportunities for healthful eating.
- Alter worksite environment and/or policy to encourage health and wellness.

Worksites

- Healthcare costs are rising at 4 times the rate of inflation and are now consuming 50% of corporate profits.
- In 2004, the per-capita cost of health care was \$6,040, which will increase to \$11,046 per person by the year 2014.
- Preventable illness makes up ~70% of the burden of illness and associated costs.
- Most Americans spend most of their waking hours at work.

2005-2006 COPAN Worksite Task Force Goals

- Develop and implement a Colorado Worksite Wellness system for networking and information sharing statewide.
- Implement at least one city, region, or community-wide worksite wellness initiative.
- Mentor and provide technical assistance in the area of worksite wellness to at least one large company.
- Host 3 regional workshops.
- Host one Well Workplace training.
- Plan and host at least four professional development opportunities.
- Create and disseminate camera-ready worksite wellness implementation materials.
- Implement a weight management program/initiative in at least 25 worksites.
- Update the Worksite Resource Kit to include chronic disease programs and comprehensive worksite wellness.
- Provide at least five to ten grants, not to exceed \$25,000 total, to implement worksite wellness programs.

2005-2006 Grant Recipients: The following organizations have received grants through the COPAN Worksite Task Force in the amount of \$5,000 each to implement worksite wellness programs utilizing a planning blueprint from the Wellness Councils of America (WELCOA). The WELCOA blueprint is a seven step process to create a comprehensive wellness program that begins with gaining management support, assembling a wellness team and collecting data; followed by creating a plan, choosing interventions based on data collection, and evaluating outcomes. Interventions range from weight management programs and nutrition seminars to yoga, tai chi classes, and field days. Each grant recipient is required to evaluate outcomes to demonstrate the effectiveness of their program.

1. **Aims Community College, Greeley**
2. **Choice Hotels International, Grand Junction**
3. **Denver Department of Human Services, Denver**
4. **Denver Health & Hospital Authority, Denver**
5. **Mountain States Employers Council, Denver**

COPAN Worksite Task Force Members

Organizations: American Heart Association; AON Warranty Group; City and County of Denver; Colorado Beef Council; Colorado Department of Public Health and Environment; Coors Brewing Company; Functional Solutions; HEALTHBREAK, Inc.; Health Promotion Management; Jefferson County Health Department; Mountain States Employer's Council; Regis University, Rocky Mountain Health Plans; Tri-County Health Department; Universal Health; and many more.

Visit www.cdphe.state.co.us/pp/copan/copan.html and www.welcoa.org for more information.