

# Alaska Workplace Solutions

working together for a healthier workplace

The Alaska Workplace Solutions project is a collaborative effort of the Alaska Native Tribal Health Consortium and the University of Washington School of Medicine, Center for Clinical and Epidemiological Research (CCER).

This research project aims to improve the health of Alaska Native people through employer-based wellness programs.

If you would like more information or if your business may be interested in participating in this project please contact the Alaska Workplace Solutions project staff.

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## Why workplace wellness?

One half of cancer incidence and 65% of cancer mortality could be eliminated with primary and secondary prevention. Alaskan employees spend an average of more than 38 hours a week at work. It makes sense to implement disease prevention in the workplace.

## Is my business eligible?

Your workplace may be eligible to participate in this research project if your workplace:

- Is Alaska-based
- Is small to mid-sized
- Agrees to be randomized into an immediate program delivery or delayed program delivery group

## What does your business receive at no cost?

- Healthy workplace assessment
- Tailored, evidence-based recommendations to help improve the health and well being of your employees.
- Technical assistance from our project staff while your business implements the strategies you choose

## What is Alaska Workplace Solutions?

Alaska Workplace Solutions are **evidence-based recommendations and research** collected from the U.S. Preventive Services Task Force. We provide **free assistance** to help your business implement best practices in chronic disease prevention.

This program is flexible and designed to integrate into your existing workplace environment and enhance your current wellness efforts.

## What will the Alaska Workplace Solutions project focus on?

This project will focus on modifiable behaviors that influence employees' disease risk including healthy eating, physical activity, tobacco use, and utilization of clinical preventive services.