

2024 Workforce Health Newsletter Topics

<i>Month</i>	<i>Topic*</i>
<i>January</i>	<i>Healthy Habits</i>
<i>February</i>	<i>Heart Health</i>
<i>March</i>	<i>Food is Medicine</i>
<i>April</i>	<i>Musculoskeletal Health</i>
<i>May</i>	<i>Mental Health</i>
<i>June</i>	<i>Sun Safety</i>
<i>July</i>	<i>Cancer in the Workplace</i>
<i>August</i>	<i>Immunizations</i>
<i>September</i>	<i>Adolescent Mental Health</i>
<i>October</i>	<i>Women's Health</i>
<i>November</i>	<i>Social Health</i>
<i>December</i>	<i>Annual Wellness Planning</i>

** TOPICS ARE SUBJECT TO CHANGE*



Cultivating healthy habits helps workers enhance their well-being.

Small steps can result in big changes over time.

Habit formation relies on **motivation**, **ability**, and **prompts**. Consistent repetition of behaviors leads to automatic routines woven into daily life. Emotions play a crucial role in creating automatic behaviors that become habits.

As organizations enter the new year, cultivating healthy habits among workers becomes a renewed focus.

Below are some ideas to support employee well-being:

- **Define Clear Routines:** Explicitly define positive habits for employees. Encourage exercise breaks, mindful eating, and mental health check-ins.
- **Physical Fitness:** Remind employees of fitness resources within health plans. Discounts on gym memberships, classes, or on-site workouts can motivate movement.
- **Healthy Eating:** Provide nutritious workplace snacks and host workshops on balanced diets.
- **Psychological Safety:** Cultivate an environment where thoughts and emotions can be freely expressed. Regularly assess stress levels and mental well-being.
- **Human Connection:** Foster community through team-building activities, social events, and volunteering.
- **Growth Mindset:** Support continuous learning, skill development, and celebrate milestones.



What Others Are Doing:

Feel Like a Million, a board game-themed wellness challenge program by Health Enhancement Systems, empowers employees to boost vitality. Through simple habits and rituals, participants enhance well-being, earn virtual dollars, and gain insights for reinvigorating body and mind. Kaiser Permanente partners with [Health Enhancement Systems](#) as a vendor of choice for corporate health challenges.



Resources for your Employees

[How to Build Habits that Stick](#)

[3 Steps to Building a Healthy Habit](#)

[How to Sit Less](#)

[BJ Fogg Busts the Myth that Repetition is the Key to Habit Formation](#)



KP Member Specific Resources

[No Cost Wellness Coaching for Members](#)

[How to Build Resilience](#)

[Deals on Gyms, Classes, & Workout Gear](#)

***Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.*



Strategic Planning Resources

[How to Be More Active During the Workday | American Heart Association](#)

[Promoting Physical Activity in the Workplace](#)

[Born to Move Challenge](#)

[Physical Activity Breaks for the Workplace](#)

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Other Resources

[Understand Your Alcohol Usage](#)

[Change Negative Thoughts to Reach Your Goals](#)

[Getting Around Barriers to Exercise](#)





Nurturing Cardiovascular Wellness Through Social Connection and Caregiving Support

Employers can take an active role in cultivating connection among the workforce.

Evidence shows that loneliness is associated with an increased risk of heart disease. Social connection can help prevent serious illness and outcomes.

Like seeking help for mental health, asking for help to meet social needs is often accompanied by stigma.

Cardiovascular disease is one of the costliest medical conditions for employers. From 2015 to 2035, the cost of treating this disease is expected to increase by more than double. Importantly, employers take a standard approach of encouraging regular screenings for blood pressure, cholesterol, and diabetes. This is crucial. Yet research has proven that fulfilling social relationships are equally important to preventing heart disease.

Lower anxiety levels, depression or severe mental illness mean a lowered risk of heart disease. Some strategies employers can implement to create connectedness include creating peer mentorship programs, making community resources easily accessible, hosting regular and inclusive social events for employees, encouraging peer recognition, connecting departments, and utilizing wellness challenges. Remember, social connections contribute to healthier employees, which translates into improved work performance.



What Others Are Doing:

Challenges and group activities help foster social connection and promote a culture of health among employees – whether virtual, remote, or hybrid. Activities to support heart health can focus on food/beverage choices, exercise, sleep, and relaxation. “Nourish,” a program from Health Enhancement Systems, offers connection through teams, buddies, leaderboards, message boards, and recipe/tip sharing. Ask your KP Representative for more info.



Resources for your Employees

[Preventing Heart Disease | Kaiser Permanente](#)

[Heart-Healthy Lifestyle | Kaiser Permanente](#)

[Heart Healthy Recipes | Kaiser Permanente](#)



KP Member Specific Resources

[The Community Support Hub | Kaiser Permanente](#)

[Heart Health and Cardiac Care](#)

[No-Cost Wellness Coaching for Members | Kaiser Permanente](#)

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Strategic Planning Resources

[How to Promote Heart Disease and Stroke Prevention in the Workplace \(cdc.gov\)](#)

[Heart Healthy Employees Keep Your Business on Track \(cdc.gov\)](#)

[Activate your healthy lifestyle program - Business Health Care | Choose Better | Kaiser Permanente](#)

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Other Resources

[Quitting Smoking](#)

[CDC Heart Month Toolkits](#)

[25 Ways to Take Part in Heart Health Month](#)





Wholesome Nutrition Contributes to Better Overall Health

Healthy eating can have a major impact on the workforce.

Eating healthier prevents many chronic diseases, increases productivity, creates community, and supports mental health. Some communities have more challenges accessing wholesome food, but employers can play a role in helping to address these disparities for a healthier workforce.

Increase productivity and overall well-being by providing resources and education for ALL employees.

Approximately 33.8 million people live in food-insecure households. About half of all American adults — or 117 million individuals — have 1 or more preventable chronic disease (1 in 7 have diabetes and 1 in 3 have pre-diabetes), many of which are related to poor-quality eating patterns and physical inactivity.

To address nutrition at a national level, the Department of Health and Human Services launched the Food is Medicine initiative. This is a call to action to end hunger and reduce the prevalence of chronic disease in the United States by 2030. As the employer, you can do your part in supporting your workforce by conducting educational campaigns, offering nutrition webinars and cooking demos, sharing community resources for food security, including healthier options in the workplace, ensuring access to lunch breaks, and exploring team challenges and incentives.



What Others Are Doing:

Workplaces can promote healthy eating among employees by providing nutritious foods in the company cafeteria, in the vending machines, and at worksite functions. For example, some organizations have implemented policies that require healthier food options such as salad, turkey sandwiches, and fruit, be served at meetings or other employee events.



Resources for your Employees

[The Essential Guide to Healthy Eating | MyFitnessPal](#)

[Healthy Recipes - YouTube](#)

[MyPlate | U.S. Department of Agriculture](#)



KP Member Specific Resources

[No-cost healthy eating classes for members](#)

[No-cost wellness coaching](#)

[At-Home Blood Glucose Monitoring \(for members enrolled in a Glucose Monitoring Program\)](#)

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Strategic Planning Resources

[Healthy Lifestyle Toolkit](#)

[Healthier Options and Physical Activity at Workplace Meetings and Events](#)

[Nutrition in the Workplace: Encouraging Healthy Eating Habits](#)

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Other Resources

[Colon Cancer Screening: Care Instructions](#)

[Getting Started with Healthy Eating](#)

[Making Change a Habit](#)





Musculoskeletal disorders are a major concern for employers

Prevention is key to reducing the incidence and severity of musculoskeletal (MSK) disorders.

By investing in MSK injury prevention and treatment, employers can benefit from improved employee health, well-being, engagement, and retention, as well as reduced healthcare spending and workers' compensation claims.

Implementing measures in the workplace can be very effective.

Employee health and performance can be compromised by musculoskeletal disorders, which involve damage or pain in the musculoskeletal system, such as muscles, nerves, tendons, joints, cartilage, and spinal discs. [Business Group on Health](#) reported that musculoskeletal injuries were the second most costly health condition after cancer. To help workers prevent or manage these disorders, employers can adopt these strategies.

- **Ergonomics:** Design workstations, chairs, and tools ergonomically to prevent physical strain.
- **Education and Training:** Train employees on proper lifting techniques, posture, and body mechanics to raise awareness and prevent injuries.
- **Scheduled Breaks:** Encourage regular breaks for stretching and relieving muscle tension, reducing risk of MSK disorders.
- **Early Reporting:** Promptly report discomfort to prevent minor issues from worsening.
- **Organizational Changes:** Redesign tasks and provide assistive devices to reduce strain.



What Others Are Doing:

San Mateo County Schools Insurance Group has developed an award-winning Worker’s Compensation Return to Work program using Sentinel software. The program, in conjunction with Kaiser Permanente On-the-Job workplace injury care, has shown it can save individual school districts up to 90% in annual savings in paid time off. With this success, Sentinel is negotiating with multiple other risk pools to bring savings to hundreds more California school districts, cities, and counties.



Resources for your Employees

[Learning About Ergonomics](#)

[Learning About Your Musculoskeletal System](#)

[Low Back Pain](#)



KP Member Specific Resources

[MSK Care at Kaiser Permanente](#)

[Check Your Symptoms](#)

[Fitness Deals](#)

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Strategic Planning Resources

[Transforming MSK Care with a Digital PT-First Approach: Lessons Learned \(medbridge.com\)](#)

[Ergonomics and Musculoskeletal Disorders | NIOSH | CDC](#)

[Implement your Ergonomic Program | NIOSH | CDC](#)

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Other Resources

[Work Safety: Musculoskeletal Injuries and Illnesses - Data Details](#)

[Fitness: Getting and Staying Active | Kaiser Permanente](#)

[Getting Physically Active | American Heart Association](#)





Every Month is Mental Health Awareness Month

Supporting the mental health of workers remains a priority.

Ensuring well-being, reducing stigma, and fostering a psychologically healthy workplace contribute to overall productivity and employee satisfaction.

Prioritize mental health in your workplace with the Surgeon General's holistic framework and Kaiser Permanente's actionable four-step guide to meet the social and psychological needs of your employees.

The [Surgeon General's framework](#) for workplace mental health emphasizes personalized care, proactive measures, and holistic approaches. It encourages early intervention, cultural competence, and comprehensive care for chronic conditions, as well as fostering a healthier work environment.

Kaiser Permanente's guide, [Prioritizing Mental Well-Being in the Workplace](#), highlights 4 steps to improving employee mental health that can assist in following the Surgeon General's directive:

- Creating a Psychologically Healthy Workplace
- Reducing Mental Health Stigma
- Encouraging Employees to Seek Help
- Supporting Social Health Needs



These resources are timely given that most employers (70%) surveyed by Business Group on Health said they will be making mental health a key focus in 2024.

What Others Are Doing:

The HERO Health and Well-Being Scorecard helps employers assess and enhance workplace health initiatives related to strategic planning, organizational culture change, program design and delivery, employee engagement, and measurement and evaluation. The Scorecard gives organizations a [Mental Health Best Practice Score](#) based on research and industry best practices. This score helps employers identify strengths as well as top opportunity areas. Kaiser Permanente can help support you in completing this scorecard to benchmark and improve mental well-being efforts. Contact your Account Manager if you are interested.

 Resources for your Employees	 KP Member Specific Resources	 Strategic Planning Resources
Mental Health Videos A Good Support System Is Important Youth Mental Health Resource Center Your Thoughts Affect What You Feel and Do Find Your Words	Mental health content center Addiction care content center Health classes and support groups Self-care apps <i>**Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.</i>	Employee Mental Health and Wellness Resources for Workplace Mental Health & Well-Being Five Trends That Will Shape Workforce Mental Health Programs In 2024

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Other Resources

[2024 Mental Health Trends in the Workplace](#)

[Fundamentals of Total Worker Health Approaches](#)

[Improve Social Relationships in the Workplace](#)





Sun-Savvy Strategies: A Guide to Sun Safety and Hydration

Everyday sun safety for all, beyond the beach.

Skin cancer is the most common cancer in the US. Prioritizing sun safety reduces the risk of this preventable cancer and other sun-related illnesses in the workforce.

Help employees stay safe both on and off the job.

Americans lose more than \$100 million in productivity because of restricted activity or absence from work due to skin cancer. While it's the most common cancer, in most cases it's preventable. If you have employees who work outside, implement safety protocols year-round, not just in Summer months. Provide shade whenever possible, make sunscreen readily available, encourage proper attire, and educate about the importance of skin checks. Dehydration can also be a significant and common problem, especially in warmer months. The more dehydrated a worker becomes, the more impaired they become. A 3-4% dehydration can bring about a 25% decline in worker productivity. Provide resources to educate employees on the importance of hydration and ensure availability of water bottles or filling stations. Ensuring that these measures are part of your company culture can contribute to higher morale and productivity within your teams.





What Others Are Doing:

Many employers are taking sun safety to the next level with practical applications. Workplaces that have employees working outside are implementing free sunscreen dispensers, cool water filling stations and reusable water bottles, providing electrolyte products, and shaded break areas. Kaiser Permanente has educational resources like the What's in Your Drink flyer, which can be posted in breakrooms.

[Tips for Employers](#)



Resources for your Employees

[Sun Safety Tips](#)

[Sun Health Effects](#)

[Protecting Your Skin from the Sun](#)



KP Member Specific Resources

[Surprising Ways You May be Getting Sun-damaged Skin](#)

[How to Check Your Skin](#)

[Preventative Services](#)

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Strategic Planning Resources

[Sun Safety Tips for different Environments](#)

[Sun Safety Tips for your State](#)

[Sun Safety in the Workplace: 5 Activities to Try](#)

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Other Resources

[How to Prepare for Emergencies: Summer Safety Tips](#)

[Water and Healthier Drinks](#)

[Skin Cancer Prevention Success Stories](#)





Managing Cancer in the Workplace

Are you prepared to support your employees?

By 2032, the National Cancer Institute has projected that there will be 22.5 million cancer survivors, an increase of 24.4% over 10 years.

The American Cancer Society also found that at least 42% of newly diagnosed cancers in the U.S. are potentially avoidable as prevention and early detection services are proven to decrease cancer risk — and improve outcomes.



Employers have a unique opportunity to provide crucial support in difficult times. With over 18 million cancer survivors, half of whom are of working age, addressing cancer care in the workplace is essential. The checklist below can help your organization take proactive steps and improve outcomes.

- ✓ Review company policies, procedures, and health care benefits to ensure your workplace can support a cancer diagnosis or other serious illness.
- ✓ Be prepared to answer employee questions about access to comprehensive cancer benefits – routine screenings, personalized care, clinical trials, and cancer specialists.
- ✓ Provide wellness programs to support total well-being.
- ✓ Connect employees to programs for survivors, as well as those in treatment, and share community-based resources, including the local American Cancer Society chapter.
- ✓ Communicate medical leave benefits.
- ✓ Modify working hours or responsibilities.
- ✓ Provide navigator services and access to mental health support.



What Others Are Doing:

The Working with Cancer [campaign](#), aims to raise awareness and provide support for people dealing with cancer in the workplace – whether they have a cancer diagnosis or are a manager of or caregiver to someone with cancer. The campaign is a way for organizations who take the pledge to show support for workers with a cancer diagnosis. [Watch this video to learn more.](#)



Resources for your Employees

[Cancer in the Workplace: Co-worker Tip Sheet](#)

[Cancer Prevention](#)

[The Top Resource for Working People With Career](#)



KP Member Specific Resources

[Cancer Research and Clinical Trials](#)

[Interactive Tool: Which Health Screenings Do You Need?](#)

[Health Screening: Finding Health Problems Early](#)

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Strategic Planning Resources

[Supporting Employees with Cancer](#)

[Care Prevention to Survivorship Guide](#)

[Cancer Care Checklist for Employers](#)

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Other Resources

[Lowering Heart Disease and Breast Cancer Risk](#)

[Workplace Protections for Individuals Impacted by Cancer](#)





Immunization Best Practices for Your Workforce

Help employees and their families stay healthy.

Studies have found that lower immunization rates in the workforce have a correlation with higher absenteeism rates, including parents who had to miss work to care for an ill child*.

Reduce sick days and support employee well-being by providing immunization resources.

Vaccines are a global health and development success story, saving millions of lives every year. Not only do immunizations contribute to fewer sick days and higher productivity, but they also can impact morale due to less absorbing of duties while others are out sick.

Employers can encourage immunizations by providing informational sessions to address concerns and misinformation, distributing educational materials, and promoting vaccination clinics. Immunization topics can be integrated into the organizational calendar or wellness program themes and HR teams can track or monitor immunization rates over time.

Immunization rates tend to be lower among people of color. Employers can utilize culturally appropriate educational materials and help overcome potential language barriers in partnership with healthcare providers.



*https://www.who.int/health-topics/vaccines-and-immunization#tab=tab_1;

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8482029/>



What Others Are Doing:

Providing resources, education, and access to flu vaccines are great ways to support your organization’s well-being initiatives and the health of your employees.

Read [here](#) for tips on fighting the flu in the workplace.



Resources for your Employees

[Vaccines for Travel](#)

[Facts on Flu Vaccines](#)

[Interactive Tool: Which Health Screenings Do You Need?](#)



KP Member Specific Resources

[Get Immunized and Stay Protected](#)

[Receiving a Flu Shot Outside of KP](#)

[Childhood Immunization Schedule](#)

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Strategic Planning Resources

[Boosting Overall Workforce Health Strategy](#)

[4 Ways to Address Disparities in Vaccination Rates](#)

[Seasonal Flu Vaccine Toolkit for Employers](#)

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Other Resources

[National Breastfeeding Month](#)

[Children’s Eye Health and Safety Month](#)

[Should I Get a Flu Vaccine?](#)





Youth Mental Health – A Call to Action

Creating a supportive workplace environment benefits everyone.

There is a new urgency and focus on youth mental health. In June, the US Surgeon General issued an advisory advocating for warning labels on social media platforms, akin to those on cigarettes and alcohol. The advisory highlights the mental health risks associated with children and adolescents' exposure to certain content, including heightened rates of depression, anxiety, and negative impacts on body image. Simultaneously, *Inside Out 2*, the sequel to Pixar's iconic film, introduces a new character—Anxiety—shedding light on the youth mental health crisis.

Organizations can play an important role in supporting employees and their dependents. The following policies and practices align mental health and wellness with the overall well-being strategy:

- **Comprehensive Benefits:** Provide robust mental health and substance use disorder treatment benefits including youth, ensuring access to necessary care.
- **Effective Communication:** Regularly communicate available mental health resources, including Employee Assistance Programs (EAPs), and mental health apps like Calm. Use multiple channels to reach workers and their families.
- **Flexible Work Arrangements:** Improve working parents' mental health while reducing the impact of worker mental health issues on business with flexible hours.
- **Stigma Reduction:** Offer mental health awareness training to workers, fostering understanding and reducing stigma.
- **Leadership Role Modeling:** Encourage leaders to openly discuss mental health, setting an example for the entire workforce.
- **Parental Support:** Establish worker resource groups specifically for parents and caregivers.

What Others Are Doing:

Kaiser Permanente Thriving Schools developed Resilience in School Environments, or RISE, to empower schools to create safe and supportive learning environments by cultivating practices that strengthen the social and emotional health of all school employees and students.

RISE works with schools and districts to prepare staff to better understand and integrate social and emotional well-being into all aspects of school life, both theirs and their students.

[Resilience in School Environments](#)



Resources for your Employees

[Self Care Ideas](#)

[Regulation Checklist for Students](#)

[Helping Your Child Avoid Tobacco, Drugs, and Alcohol](#)



KP Member Specific Resources

[Youth Mental Health Resource Center](#)

[Digital Self-Care Tools for Mental Health](#)

[Adverse Childhood Experiences \(ACEs\)](#)

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Strategic Planning Resources

[National Alliance on Mental Illness: Kids, Teens, and Young Adults](#)

[Social Media Use and Mental Health Tip Sheet](#)

[Digital Shareables on Child and Adolescent Mental Health \(NIMH\)](#)

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Other Resources

[Find Your Words](#)

[Stress in Children and Teens](#)

[Should I Get a Flu Vaccine?](#)





Supporting the Health of Female Employees in the Workforce

Addressing Health at Every Stage and Season of Life

Whether it's fertility and family formation, maternity and postpartum, menopause, or anything in between, we're here to empower you with resources to be your healthiest.

Women account for more than half of the national workforce. Companies that offer comprehensive women's health support have higher productivity, better retention, and improved health outcomes [1].

Leader, mentor, friend, daughter, partner, caregiver, parent...women have many roles, increasing demands on their overall well-being. Compared to other high-income countries, U.S. women of reproductive age have a higher prevalence of pregnancy-related death, particularly Black women and Latinas, chronic health conditions, and mental health care needs [2]. Additionally, heart disease is the leading cause of death for U.S. women (44% living with some form of heart disease) and 1 in 5 have a mental health challenge [3].

While most already provide rich health plan benefits and parental leave, employers can intentionally integrate support into the workplace. A recent study showed that only 40% of new mothers had designated breastfeeding breaks. A best practice is to provide access to comfortable spaces for pumping and breastfeeding. Employers can also offer flexible workhours and other accommodations to help provide support for preventive health appointments, childcare, caregiving and mental health needs [4].

1. Esch, C. (2022, June 14). *How U.S. employers can support women's health*. Harvard Business Review. <https://hbr.org/2022/06/how-u-s-employers-can-support-womens-health> 2. Centers for Disease Control and Prevention. (2023, March 16). *Maternal mortality rates in the United States, 2021*. National Center for Health Statistics. <https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2021/maternal-mortality-rates-2021.htm#:~:text=In%202021%2C%20the%20maternal%20mortality,for%20White%20and%20Hispanic%20women> 3. Centers for Disease Control and Prevention. (2023, May 15). *Women and heart disease*. <https://www.cdc.gov/heart-disease/about/women-and-heart-disease.html> 4. Centers for Disease Control and Prevention. (2019, February 11). *Supporting breastfeeding mothers at work*. NIOSH Science Blog. <https://blogs.cdc.gov/niosh-science-blog/2019/02/11/breastfeeding-work/>



What Others Are Doing:

Many of our employer customers are proactively re-evaluating their family formation coverage and support, which include fertility treatments, adoption, and surrogacy. There's also increased focus on extended parental leave, support for menopausal symptoms, EAP resources, alternate working spaces, gym memberships and more.



Resources for your Employees

[Women's Health](#)

[Mental Health During and After Pregnancy](#)

[Menopause](#)



KP Member Specific Resources

[Women's Health Classes and Programs](#)

[Community Resource Directory](#)

[Self-Care Apps](#)

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Strategic Planning Resources

[Championing Women's Wellness in the Workplace](#)

[Podcast: Prioritizing Women's Health](#)

[Menopause and Midlife](#)

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Other Resources

[Expressing, Pumping, and Storing Breastmilk](#)

[Employer Support for Women's Health Will Advance Equity in the Health of Women](#)

[Adult Immunization Schedule](#)





Improve the Health of Your Workers by Better Understanding their Social Health Needs

By Addressing Social Drivers of Health, Organizations Can Improve Overall Worker Health.

Social Determinants of Health (SDOH) are non-medical factors that affect health outcomes. These include the conditions in which people are born, grow, work, live, and age, as well as the broader forces and systems shaping daily life. By addressing SDOH, organizations can improve overall worker health. This can be done by creating a supportive workplace with comprehensive programs, policies, and practices.



Create a Supportive Workplace Environment by Offering Opportunities for Meaningful Connection.

To enhance social health, organizations can tackle issues like economic instability, lack of healthcare access, and social isolation. Programs that promote mental health, provide wellness resources, and encourage work-life balance can significantly boost workers' overall health. Additionally, fostering a culture of inclusivity and equity ensures all workers feel valued and supported, leading to better job satisfaction and retention.

Human connection is also crucial for social health. Encouraging team-building activities, social events, and collaborative projects can strengthen relationships among workers, reduce isolation, and build a sense of community. Providing opportunities for meaningful interactions both inside and outside the workplace can boost morale and create a more cohesive work environment. By addressing SDOH and promoting human connections, organizations can build a healthier, more resilient workforce.

What Others Are Doing:

The study “Eating Together at the Firehouse: How Workplace Commensality Relates to the Performance of Firefighters” explores the impact of shared meals on team performance among firefighters. Conducted by researchers from Cornell University, the study found that eating together significantly enhances cooperation and performance within work groups. Through a combination of qualitative and quantitative methods, the research highlights that commensality fosters stronger social bonds, improves communication, and increases overall productivity.

Click [here](#) to learn more.

 <h3>Resources for your Employees</h3> <p>Make Connections</p> <p>Take Care of Yourself While Caring for Others</p> <p>Social Active Together Checklist</p>	 <h3>KP Member Specific Resources</h3> <p>Social Health Resources (English)</p> <p>Social Health Resources (Spanish)</p> <p>https://kp.org/tha</p> <p><i>**Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.</i></p>	 <h3>Strategic Planning Resources</h3> <p>Supporting Social Health Needs in the Workplace</p> <p>Addressing Social Determinants of Health for Employers (HERO)</p> <p>Our Epidemic of Loneliness and Isolation</p>
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Other Resources

[NIH Social Connection Video](#)

[The Coalition to End Social Isolation and Loneliness](#)

[Build Healthy Relationships](#)

