

Make It Your Business

The *Make It Your Business* curriculum is part of the Strong & Healthy Oklahoma initiative. It's all part of a bigger plan to help all Oklahomans get healthy where we live, where we work, and where we learn.



We hope your business will join the movement to get Oklahoman's to eat better, move more and be tobacco free. The *Make It Your Business* curriculum will help you move in that direction.

Once your business is on board with wellness policies and practices, you'll have the opportunity to become a Certified Healthy Business!

For more information on how to become a Certified Healthy Business, visit

www.okturningpoint.org

Where Can I Find Out More?

For more information on the *Make It Your Business* curriculum you can contact Kaylee Johnson, Health Educator with Strong and Healthy Oklahoma 405.271.4072
kayleej@health.ok.gov.

**Oklahoma State Department of Health
Chronic Disease Services
Strong and Healthy Oklahoma
1000 NE 10th Street
Oklahoma City, OK 73117**



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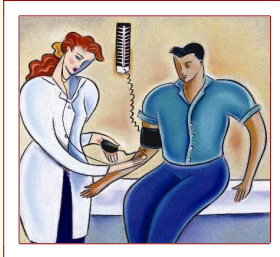
For a Strong and Healthy Oklahoma



**Helping your Business
Eat Better, Move More
and Be Tobacco Free**

Worksite Wellness

Make It Your Business is a curriculum designed to enhance the health of your employees. The curriculum is a guide for businesses to learn how to implement policies and practices that will ensure employee health.



The *Make It Your Business* curriculum is an easy to use toolkit divided into 3 sections; nutrition, physical activity and tobacco. All 3 sections give businesses practical ideas to create their own wellness policies and programs for the workplace at little or no cost. We call this Worksite Wellness!

Worksite Wellness Programs

- Improve employee morale
- Reduce number of medical claims filed by employees
- Reduce sick days taken by employees
- Increase employee productivity
- Enhance the work environment
- Attract new employees to your business

Eat Better

What is Poor Nutrition Costing Oklahomans?

- Oklahoma residents rank 27th highest in the nation in obesity
- Oklahomans spends an estimated \$854 million on health care costs related to obesity
- Oklahoma ranks 1st in deaths due to heart disease
- Oklahoma ranks 3rd in the nation for deaths due to stroke
- Oklahoma ranks last out of all the states for fruit and vegetable consumption

Move More

What is Physical Inactivity Costing Oklahomans?

- Literature reports that an overweight employee costs the employer \$175 per year
- An obese employee costs \$2,485 per year
- Obesity raises healthcare costs by 36 percent
- Obesity raises medication costs by 77 percent.



Be Tobacco Free

What is tobacco use costing Oklahomans?

- Smoking costs Oklahomans an estimated \$3,734 per smoker annually



- Smokers, on average, miss 6 days of work annually due to sickness, compared to non smokers who miss 3 days of work per year
- Every year an estimated 5,800 Oklahomans die because of the ill effects of smoking
- Businesses pay an average of \$2,189 in workers compensation costs for smokers, compared to \$176 for non-smokers

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