

Module 9: Employee Wellness and Health Promotion

Title: Chapter 3; School Health Index Modules. Module 9: Employee Wellness and Health Promotion.
Image of Active Child icon.

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Video Summary

- Schools can provide opportunities for staff members to improve their health status.
- These opportunities encourage staff members to pursue a healthy lifestyle.
- This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling.

Audio Script

Module 9: Employee Wellness and Health Promotion. Comprehensive school employee wellness is a coordinated set of programs, policies, benefits, and environmental supports designed to address multiple risk factors (such as lack of physical activity or tobacco use) and health conditions (such as diabetes or depression) to meet the health and safety needs of all employees.

Schools can provide opportunities for staff members to improve their health status through activities such as health assessments, health education, and fitness activities.

These opportunities encourage staff members to pursue a lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall health program. A personal commitment often transfers into a greater commitment to the health of students and creates positive role modeling.