



WORK WELL ALASKA



The Problem

More than half of Alaska adults report that they have one or more of the following: obesity, inactivity, smoking, history of diabetes, history of cardiovascular disease, or cancer.
- AK BRFSS (2009-2011)

Alaskans spend more time in the work setting than any other setting, making worksites a great place to promote behavior change.



Did you know that chronic diseases such as cancer, heart disease, stroke, and diabetes are among the most prevalent, costly, and preventable health problems?

Health at Work



Worksite wellness programs are designed by employers to meet the health and safety needs of employees. Worksite wellness programs not only improve employee health, but are good for business!

Worksite wellness programs can lower health care costs, reduce absenteeism, increase productivity, and improve employee morale!



Work Well Alaska can assist with developing a worksite wellness program that best meets your business's needs. Work Well Alaska can provide resources and referrals in several different areas.



Tobacco Control



(907) 269-8895
tobacco@alaska.gov

Nutrition & Physical Activity



(907) 269-2020
obesity@alaska.gov

Diabetes Prevention



(907) 269-8035
diabetes@alaska.gov

Occupational Health & Safety



1-800-656-4972
Anchorage.LSS-OSH@alaska.gov

Depression & Stress Management



(907) 269-3600
carelinealaska.com

Heart Disease & Stroke Prevention



(907) 465-8670
heart@alaska.gov

Vaccine-Preventable Diseases



(907) 563-7868
immune@alaska.gov

Lactation Support



(907) 269-3405
stephanie.holmquist@alaska.gov

Visit our website for more information: workwell.dhss.alaska.gov.