

WIC Worksite Wellness

Vision

To create and sustain a healthy and thriving WIC community that focuses on a culture of mutual support and physical, mental, and emotional well-being.

Mission

To ensure that staff wellness is at the forefront of prevention efforts by the WIC Program. To encourage employees' personal and professional productivity, and physical, mental and emotional well-being, WIC Worksite Wellness will adopt a holistic approach that actively supports employees to make healthy lifestyle choices.

Goals

1. Adapt organizational policies around wellness: Harness WIC's success as a critical player in the state's efforts in health promotion and obesity prevention.
2. Build capacity for community collaboration so wellness goals may be achieved through cooperation and integration between partners.
3. Develop a strong strategic plan to guide efforts and activities to succeed, and link the wellness program to overall Agency strategic objectives.
4. Develop and build sustainability into the wellness program to keep employees engaged and challenged.
5. Prepare WIC staff to understand and promote the new WIC foods, so they can be effective educators by modeling healthy eating and physical activity behaviors.
6. Contain health care costs, reduce absenteeism and employee turnover, and improve morale and productivity.
7. Collect data to drive wellness efforts and shape policy.
8. Develop an evaluation strategy to measure progress.

