

DPHHS Cardiovascular Health and Wellness

Linda Krantz is Health Education Specialist and worksite wellness coordinator for the DPHHS Cardiovascular Health and Wellness Program (funded by CDC). She coordinates the Montana Worksite Health Promotion Coalition. The Coalition serves as a resource to Montana employers, including organization of an annual worksite wellness conference and biannual distribution of worksite wellness awards. The awards give worksites a tool to start or advance a worksite wellness program.

Activities Relevant to State Plan to Prevent Obesity: To achieve a Worksite Wellness Award, businesses must demonstrate implementation of 5, 7 or 10 key interventions, such as nutrition education, healthier food choices for staff meetings, and walking clubs.

Services/Recipients: The program offers information via a website, providing resources for small and large worksites statewide, including barriers, key components, and options for establishing a worksite wellness program. A review committee recently evaluated about 25 applicants for the award. Program marketing and awareness is increasing.

State Plan Settings: Worksites.

CDC Behaviors:

- Increasing fruit & vegetable consumption by promoting the Dietary Approaches to Stop Hypertension or DASH Diet;
- Increasing physical activity as part of blood pressure/cholesterol control efforts.