



School Worksite Wellness

A CATALYST FOR IMPROVING
COMMUNITY HEALTH



HEALTHY SCHOOL EMPLOYEES, HEALTHY COMMUNITIES

In many Oregon communities, people who work in education – including administrators, teachers, faculty and school staff members – make up a significant portion of our workforce. Often school districts, education service districts and community colleges can be the largest employer in the community. Ensuring that these workers – our community’s trusted educators – can be healthy at work delivers lasting benefits for education, our communities and the economy.

By creating workplace wellness programs for school employees we can:

- Lower rates of absenteeism, sick leave and burnout among teachers and staff. This means more quality time in the classroom, fewer disruptions, and savings on substitute costs.
- Boost job satisfaction and help dedicated school staff and administrators stay in the careers they love. School employees say that wellness programs created specifically for them improve morale and help them feel valued and respected as professionals.
- Lower the risk of chronic conditions among many workers in our community, contributing to overall health.
- Model healthy habits for students, families and the community, influencing their day-to-day habits that promote health and well-being.

HELPING YOU MEET YOUR GOALS

For many years, OEA Choice Trust has worked with school staff and administrators to create workplaces that promote physical and mental health. We provide expertise; best practices and proven strategies based on national worksite wellness research and our experience across Oregon; and grant funding to help schools create wellness programs that support their employees’ specific goals.

We ground our work in respectful collaboration with partners in the communities where we work, with the goal of helping teachers, administrators and school staff create the culture of wellness that best supports their unique needs.

We know that you are committed to success for our schools and communities, and we need your help. Schools can’t do this alone, and neither can we, which is why we invite trusted partners like you to help us create workplaces that prioritize wellness for all Oregon public school employees. Our partners provide programming, resources, and educational tools to our schools.

OEA Choice Trust is leading the way to create healthy school environments for all students and educators across Oregon. The partnership we have built with OEA Choice Trust has truly made a difference in the lives of our students and the 42,000 OEA member educators in Oregon. We look forward to building on our successes to ensure every student and educator has a healthy school environment.

— Hanna Vaandering, past OEA President and past OEA Choice Trust Board member

OEA CHOICE TRUST LEADING THE WAY

We collaborate with OEA Choice Trust to accomplish our shared goal of creating healthy school environments in Oregon. They support local efforts, provide statewide leadership for school employee wellness, and reinforce public health priorities in health promotion and chronic disease prevention. We value the Oregon School Employee Wellness Conference as an opportunity to partner with school employees, school board members and administrators.

— Rebecca Pawlak, MPH, formerly with Oregon Public Health Division

Defining the Terms

Health is a state of physical, mental and social well-being.

Wellness is a lifelong, active process of making choices and commitments to be healthy and well.

Worksite wellness is an organized, employer-sponsored initiative that supports employees' adoption of behaviors that reduce health risks, improve quality of life, maximize personal effectiveness and benefit the organization's bottom line.



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Inspiring Schools To Create Healthy Workplaces For All Staff

OEA Choice Trust is the only organization dedicated to workplace wellness for all Oregon public school employees. We believe that no matter their role, all school employees should have the support they need to be physically, mentally and emotionally well. Healthy worksites reduce employees' stress, boost energy and morale, and promote better balance in life — a win for teachers, staff, administrators and students.

Join the dialogue to create healthier workplaces and become a leader for school employee wellness! Visit our website at www.oeachoice.com to learn more about the benefits of school employee wellness, then give us a call to find out how you can integrate school workplace wellness into your work.