



Activity Spotlight: Workplace Wellness Policy

Aleutian Pribilof Islands Association (APIA) completed a community health assessment in 2014 to determine major health and wellness priorities for the APIA region. Recognizing the health and well-being of its employees will also help address its chronic disease prevention efforts. APIA focused on providing a supportive and encouraging workplace culture for its employees' healthy lifestyles.



“I’m totally more mindful of how much water I’m drinking!”
–Hydration Challenge Participant¹

“The hydration challenge is fun! I’m feeling a lot better/healthier throughout the day.”
–Hydration Challenge Participant¹



Aleutian Pribilof Islands Association

Success: APIA now has a workplace wellness policy.

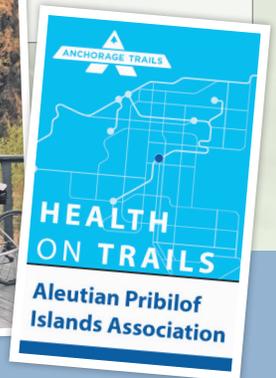
APIA's voluntary workplace wellness policy allows employees to pursue healthy initiatives and host events related to wellness and healthy behaviors. Activities and events APIA has conducted so far include: hosting an organization-wide Hydration Challenge, taking part in a bike-to-work day, hosting events focused on Aleut arts and crafts related to healthy behaviors, completing an Anchorage campus walking trail mapping project, and hosting a Get-Up-and-Move-From-Your-Desk challenge. These efforts allow APIA to fulfill their mission “To assist in meeting the health, safety and well-being needs of each Unangan/Unangas community.”

APIA Workplace Wellness Policy

- ✓ Reduce sitting time when practical.
- ✓ Encourage employees' input to well-being initiatives.
- ✓ Support employees' healthy behaviors.
- ✓ Encourage participation in wellness activities.
- ✓ Provide healthy eating choices in the workplace.
- ✓ Promote awareness for key health issues.
- ✓ Support healthy lifestyle choices.

- Background -

APIA is a sub-awardee of the Alaska Native Tribal Health Consortium Epidemiology Center's Wellness Strategies for Health Program*, which is part of the Centers for Disease Control and Prevention's (CDC) Good Health and Wellness in Indian Country (GHWIC). The program promotes community-chosen and culturally-responsive policy, system, and environmental improvements to support healthy living and chronic disease prevention among Alaska Native and American Indian people.



View more at anthctoday.org/epicenter/wsh.html.

*This program was made possible through the Centers for Disease Control and Prevention's Good Health and Wellness in Indian Country cooperative agreement (#DP005422).

¹ Source: Aleutian Pribilof Islands Association's Hydration Challenge 2018.