



As part of the National USDA Health and Wellness Campaign, New Hampshire NRCS is in the early stages of launching its own local effort to serve employees in Field Offices and the State Office. Current efforts include having a

small in-state health and wellness committee with a goal of assessing employee needs and interests via a short survey. NH NRCS also has an official Health Ambassador, State Conservationist Executive Assistant, Shari Cohen, on the National Committee.

What are the benefits of a workplace wellness program? Wellness programs offer several unique advantages for health promotion including lower healthcare costs, increased productivity, improved recruitment and retention efforts, reduced absenteeism and enhanced job satisfaction Office of Personnel Management Work/Life Website <http://www.opm.gov/policy-data-oversight/worklife/health-wellness/#url=IWWPOS>.

The NRCS NH survey focuses on physical activity and nutrition to get a sense of employee awareness and interests for group activities, educational programming and resources as well as use of lunch breaks. Most of the questions deal with making small changes that are likely to have a positive impact on employees and the workplace. Check back next time for a summary of survey results!