

Applying the Evidence

Driving down unhealthy weight

- Reduce Screen time- especially for youth
 - TV “Turn-off Challenge”
 - Parent support
- Worksite Programs
 - Individual or group **behavioral counseling**
 - **Skill-building** activities such as cue control
 - **Rewards** or reinforcement
 - **Inclusion of co-workers or family members** to build support systems
 - **Improving access to healthy foods** (e.g. changing cafeteria options, vending machine content)
 - Providing **more opportunities to be physically active** (e.g. providing on-site facilities for exercise)

(Policy strategies may also change rules and procedures for employees such as health insurance benefits or costs or money for health club membership.)

Worksite weight control strategies may occur separately or as part of a comprehensive worksite wellness program that addresses several health issues (e.g., smoking cessation, stress management, cholesterol reduction).)