



Promote Preventive Care

WHY this is important

Chronic disease kills more people in Vermont than all other causes of death combined. Many of the strategies in the other five outcome areas promote chronic disease prevention through environments, policies and programs that promote healthy behaviors.

Worksites can also support and encourage employees in accessing preventative care. Over a third of employed adults in Vermont do not receive an annual medical exam, and many do not receive recommended screenings for their age and gender. A quarter of employed adults do not receive annual dental care, and many delay getting care when needed.

Worksites can also help limit the spread of acute infection by encouraging employees to stay home when sick, and by promoting immunizations, such as annual flu vaccines.

Along with supporting disease and infection prevention, worksites can also take measures to ensure the safety of their employees and help prevent injury.

HOW to support this outcome

- Use educational flyers, emails or other venues to share about the importance of preventative care including cancer screenings, oral health, asthma management and staying up to date on adult vaccinations.
 - Promote cancer screenings at the workplace with national awareness months.
 - Promote free or low-cost screening services for under or un-insured female workers through the You First Program.
 - Promote oral health, including dental cleanings and reducing sugary drink and food consumption.
 - Provide on-site education on cancer screenings, asthma management, hypertension and diabetes prevention and management, and oral health.
- Offer flu vaccination clinics on-site or post information on area flu clinics for the public.
- Offer paid sick leave and encourage employees to stay home when sick.
- Allow employees to use sick leave to access preventative care.
- Request a free, no penalty Project WorkSAFE consultation at your facility to help identify asthma problem areas and solutions.

Highlighted activities offer the highest impact.

WHERE to go for resources

- You First program: **YouFirstVT.org**
- Resources for oral health at Vermont Oral Health Coalition: **www.vtoralhealthcoalition.com/**
- Cancer awareness calendar: **www.cancer.org/about-us/who-we-are/cancer-awareness-calendar.html**
- Vermont Asthma Program: **www.healthvermont.gov/wellness/asthma**
- Vermont Cancer Program: **www.healthvermont.gov/wellness/cancer**
- Vermont Diabetes Program: **www.healthvermont.gov/wellness/diabetes**
- Vermont Heart Disease Program: **www.healthvermont.gov/wellness/heart-disease**
- Vermont Oral Health Program: **www.healthvermont.gov/wellness/oral-health**
- Diabetes Prevention Education and Classes: **http://myhealthyvt.org/diabetes-prevention/**
- Chronic disease prevention and management for individuals: **http://myhealthyvt.org**
- For information on potential on-site chronic disease education opportunities, contact your local area hospital or insurance provider
- Vermont 2-1-1 (dial 2-1-1)

For more info ► The Vermont Department of Health is here to help. Contact the district office near you: **www.healthvermont.gov/local**.