



HEALTHY KANSAS HOSPITALS

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.

TO: Kansas Hospitals
FROM: Kansas Hospital Association
SUBJECT: Healthy Kansas Hospitals – Toolkit # 1
DATE: December 1, 2023

As the primary source of health care in many communities, hospitals have the opportunity to establish norms and influence health decisions for patients, employees and the communities they serve. It is for this reason the Kansas Hospital Association provides leadership and shared knowledge to facilitate a collaborative and innovative approach for creating a worksite wellness committee as the first step in a sustainable wellness program.

This first toolkit of resources and templates is focused on creating a worksite wellness committee. The materials linked below are available online at www.HealthyKansasHospitals.org, as are the resources in Toolkit #2 (fostering changes in the hospital) and Toolkit #3 (nurturing strategies for a healthy culture).

Healthy Kansas Hospitals Toolkit #1:

[Healthy Kansas Hospitals FAQs](#)
[Creating a Worksite Wellness Committee](#)
[PowerPoint on Creating a Wellness Committee](#)
[Technical Assistance Resource on Creating a Wellness Committee](#)
[Sample Wellness Committee Meeting Agenda](#)
[Sample Wellness Committee Meeting Minutes](#)
[Sample Employee Wellness Engagement Survey](#)
[Sample Internal Communications](#)
[Implementation Plan](#)

Special thanks to the Kansas Health Foundation for funding the original initiative in 2014. The Kansas Health Foundation is a private philanthropy dedicated to improving the health of all Kansans. For more information about the Kansas Health Foundation, visit www.kansashealth.org.

If your hospital would like to explore establishing a worksite wellness committee, please e-mail Hayley Finch-Genschorck at hfinch@kha-net.org or (785) 233-7436. Thank you for your commitment to improving the health and wellbeing of Kansans.