

CDC Healthy Schools Employee Wellness Video Transcript

Audio Descriptive Text

The video opens with upbeat music, voiceover narration, and rolling footage of adults engaged in group fitness activities. This transitions to an image of the Whole School, Whole Community, Whole Child (WSCC) Model with the full Uniform Resource Locator (URL), <https://www.cdc.gov/healthyschools/wsccl/index.htm>, listed below. The Employee Wellness component of the model briefly appears to pop out of the full model before the video cuts away to show a classroom lesson with a teacher and students, and additional footage of group fitness activities and staff selecting items from a school cafeteria. While these scenes are playing, the following text appears on the screen, “Employee Wellness Program benefits include: improved staff retention and productivity, decreased employee absenteeism, decreased employee health care costs.”

These scenes give way to feature a green screen with the text, “Need help getting started?” along with a black cursor appearing to click on the text, screen shots from the CDC Healthy Schools website home page with the cursor clicking on items to navigate to the *School Employee Wellness Guide*. The cover of the guide along with images of a tip sheet for promoting School Employee Wellness appear on the screen. The video then scrolls through the Society for Public Health Education (SOPHE)’s *Toolkit for Supporting the Implementation of School Employee Wellness in Districts/Schools* and several pages from the *CDC Worksite Health ScoreCard Manual* along with accompanying on screen text reading, “CDC Worksite Health Score Card helps schools implement an evidence-based, comprehensive health promotion program.”

The video ends with two blue slides. The first containing scripted text that reads, “We at the CDC Healthy Schools, thank you for your commitment to creating healthy and supportive school environments” with three separate images of teachers interacting with students. The second, and outro slide, contains the text, “CDC Healthy Schools School Employee Wellness: www.cdc.gov/healthyschools/employee_wellness.htm along with the CDC logo at the bottom center of the screen.

Video Summary

CDC Healthy Schools recommends implementing school employee wellness programs for a variety of reasons. Research shows that school employee wellness programs can improve staff productivity, decrease employee absenteeism, and decrease employee healthcare costs.

In addition, fostering the physical and mental health of school employees helps to support students’ health and academic success by modeling healthy behaviors.

The CDC Healthy Schools website has several resources to support implementation of employee wellness programs – including ideas for programs that can be implemented with limited resources.

Audio Script

Female Voiceover:

Does your school have an Employee Wellness Program? Employee wellness is a key component of the Whole School, Whole Community, Whole Child model that also helps to support students' health and academic success. An employee wellness program can address many physical and emotional concerns of school staff and may be effective at supporting nutrition and physical activity.

Employee wellness programs have several other benefits including improved staff retention and productivity, decreased employee absenteeism, and decreased employee healthcare costs.

Need help getting started? Check out the CDC Healthy Schools website where you will find a school employee wellness guide and other tools to support the creation or expansion of an employee wellness program – including ideas that can be implemented with limited resources. CDC also has a Worksite Health Score Card to help your school implement an evidence-based, comprehensive health promotion program.

As always, we at CDC Healthy Schools thank you for your commitment to creating healthy and supportive school environments.