

## Whitepaper: Building a Healthier Workforce with CCE Monroe's Workplace Wellness Programs

### Executive Summary

In today's competitive labor market, employee well-being is more than a perk, it is a strategic imperative. Chronic health conditions, absenteeism, and low engagement cost U.S. employers billions annually. In Monroe County, where poverty and food insecurity affect thousands of working families, workplace wellness must go beyond gym membership and step challenges. Cornell Cooperative Extension of Monroe County (CCE Monroe) offers evidence-based nutrition education and wellness programming that improves employee health, reduces sick days, and boosts productivity, while demonstrating corporate commitment to community equity.

### The Challenge: Poverty, Food Insecurity, and Health Disparities

- 13% of Monroe County residents live in poverty, including many working adults.
- Chronic diseases like diabetes, hypertension, and obesity are prevalent and costly.
- Food insecurity affects employee performance, stress levels, and overall health.
- Many workers lack access to reliable nutrition education or culturally relevant wellness resources.

### CCE Monroe's Solution: Evidence-Based Wellness Programming

CCE Monroe delivers customizable, research-backed wellness programs directly to workplaces, on-site or virtually. These programs are designed to meet employees where they are, with practical tools for healthier living.

### Core Offerings

- **Lunch-and-Learn Series** - Interactive sessions on meal planning, label reading, and managing chronic disease through diet. Engaging, bite-sized education that fits into the workday.
- **Nutrition Workshops** - Topics include healthy cooking on a budget, food safety, and shopping tips. Tailored to diverse employee populations, with bilingual educators available.
- **Custom Wellness Partnerships** - Programs aligned with HR and benefits goals. Includes data tracking, pre/post assessments, and impact reporting.
- **Employee Volunteer Opportunities** - Hands-on mentoring, garden education, and food security initiatives. Builds team morale and strengthens community ties.

### Proven Impact

CCE Monroe's programs have demonstrated:

- Reductions in BMI
- Improved food literacy

- Increased employee engagement
- Enhanced workplace culture

*CCE Monroe can improve your team's health and engagement through on-site or virtual wellness programming.*

## **Why It Matters for Employers**

### **Healthier Employees = Stronger Business**

- Lower healthcare costs
- Fewer sick days
- Higher productivity

### **Corporate Social Responsibility**

- Support local youth and food equity
- Demonstrate commitment to community wellness

### **Talent Attraction & Retention**

- Wellness programs are a top priority for today's workforce
- Employees value employers who invest in their health and well-being

## **Call to Action: Partner with CCE Monroe**

CCE Monroe is ready to co-create a wellness strategy that fits your organization's needs. Whether you are a large corporation or a small business, our team can deliver impactful programming that supports your workforce and your mission.

## **Contact**

To explore partnership opportunities, visit [monroe.cce.cornell.edu/nutrition](http://monroe.cce.cornell.edu/nutrition) or reach out to Andrea Lista, Executive Director @ 585-753-2559 or [aml355@cornell.edu](mailto:aml355@cornell.edu).

## **Conclusion**

Workplace wellness is no longer optional, it is essential. By partnering with CCE Monroe, employers can build a healthier, more resilient workforce while contributing to a stronger, more equitable Monroe County.