# 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/wscc/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 the cover of the *School Health Guidelines to Promote Healthy Eating and Physical Activity*. The URL for the School Health Guidelines, <https://www.cdc.gov/healthyschools/npao/pdf/MMWR-School-Health-Guidelines.pdf>, is overlaid on the screen. The video transitions to scenes showing two professionals eating healthy lunches of salads and fruit on an outdoor bench, a male teacher eating healthy lunches with students in the cafeteria, and a woman eating an apply while holding several brightly colored folders. While these scenes are playing, three lines of text appear on the screen (Improved staff productivity, Decreased employee absenteeism, Decreased employee health care costs). Two female teachers are seen walking down a school hallway carrying folders while talking, followed by a scene of middle-school aged children running through an outdoor school corridor with backpacks on.

These scenes give way to feature screen shots from the CDC Healthy Schools website home page, the cover of the *School Employee Wellness Guide* and the CDC Healthy Schools webpage where the Wellness Guide can be accessed, the CDC Healthy Schools webpage with all of the content from WSCC Guideline 8 – School Employee Wellness Program, and the *CDC Worksite Health ScoreCard Manual* and CDC Healthy Schools webpage where it can be accessed.

The video ends with two blue slides. The first containing scripted text that reads, “Thank you for your commitment to improving the health of our future generations. –CDC Healthy Schools.” The second, and outro slide, contains the text, “Learn More! [www.cdc.gov/healthyschools](http://www.cdc.gov/healthyschools)” 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:* Voiceover:

Does your school have an Employee Wellness Program? Employee wellness is a key component of the Whole School, Whole Community, Whole Child model and one of the 9 recommendations in the School Health Guidelines to Promote Healthy Eating and Physical Activity.

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

Fostering the physical and mental health of school employees also helps to support students’ health and academic success.

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 improving the health of our future generations.