

Local businesses and public health



In recent years, an intense focus on health at both the employer and community levels has steadily gained traction in the public and personal spheres. Businesses of all sizes are increasingly examining long-standing policies with a view to identifying opportunities for potential improvements.

For local businesses in particular, the chance to make a real impact not only on the lives of their employees but also the lives of community members working and living in their area has become hard to ignore. Here are some steps local businesses can take to benefit the health of their employees as well as the local community.

The role of businesses in health improvement

First, let's talk about what local businesses can do to

enhance the health and well-being of their employees. There are three main areas to consider:

- Wellness programmes
- Stress reduction programmes

- Vaccinations and lab work

Wellness programmes are an increasingly common benefit in the corporate world as the right ones can empower employees to improve their health on the job and possibly outside of work as well. Fitness incentives, for example, through programmes such as gym memberships, fitness classes, and even on-site physical activities are a great way to [move employees to action](#).

An increased focus on diet by offering healthier choices in the cafeteria can help employees stick to their fitness goals, too. Finally, comprehensive mental health support such as employee assistance programmes (EAPs) that offer counselling services and easy access to mental health resources allows employees to move through difficult moments without needing to do the legwork to find competent providers.

Stress reduction programmes belong under the same umbrella as the aforementioned [wellness initiatives](#) but are a distinct offering independent of other wellness options. Stress reduction programmes focus on stress-free work environments with easy access to offerings such as yoga classes, quiet zones, and meditation rooms designed to allow employees to take a quick break and regroup as needed. Some employers find that stress management workshops are also helpful.

Promoting vaccinations and regular lab work is yet another way that employers can help their employees improve their health. [Drug testing lab services](#) and routine health screenings via

bloodwork, urine, or oral fluids, for example, can help employees stay on top of their health needs. Labs like Matrix Diagnostics provide quick and accurate test results so they can spend more time actively improving their health and less time waiting for health updates.

Businesses can help improve their local communities with many of the same efforts we've just described. Additional steps include establishing partnerships with local health organizations, establishing and supporting community health initiatives, and holding educational workshops and seminars.

Local businesses have the opportunity to serve as a true force of good in their local and corporate communities. Ensuring their employees are healthy enables them to improve production and efficiency without increasing stress, for example, while healthy communities offer citizens happier lives.