



Promote Preventive Care

ANNUAL PREVENTATIVE CARE VISIT

WHY this is important

Chronic disease kills more people in Vermont than all other causes of death combined. Many of the strategies in the other five outcome areas promote chronic disease prevention through environments, policies and programs that promote healthy behaviors.

Worksites can also support and encourage employees in accessing preventative care. Over a third of employed adults in Vermont do not receive an annual medical exam, and many do not receive recommended screenings for their age and gender. A quarter of employed adults do not receive annual dental care and many delay getting care when needed.

Worksites can also help limit the spread of illnesses by encouraging employees to stay home when sick and by promoting immunizations, such as annual vaccines.

Along with supporting disease and infection prevention, worksites can also take measures to ensure the safety of their employees and help prevent injury.

HOW to support this outcome

Education and Awareness:

- Use educational flyers, emails or other channels to share about the importance of preventative care, including cancer screenings, oral health, asthma management and staying up to date on adult vaccinations.
 - Promote cancer screenings at the workplace with national awareness months.
 - Promote free or low-cost screening services for under-insured or uninsured eligible employees through the You First Program (YouFirstVT.org).
 - Promote oral health, including dental cleanings and reducing sugary drink and food consumption.

On-Site Support:

- Provide on-site education on cancer screenings, asthma management, hypertension, diabetes prevention and management, and oral health.
- Offer vaccination clinics on-site or post information on area clinics open to the public.
- Request a free, no-penalty Project WorkSAFE consultation at your facility to help identify asthma problem areas and solutions.

Policy Change:

- Offer paid sick leave and encourage employees to stay home when sick.
- Allow employees to use sick leave to access preventative care.

WHERE to go for resources

- You First program: YouFirstVT.org
- Resources for oral health at Vermont Oral Health Coalition: www.vtoralhealthcoalition.com/
- Cancer awareness calendar: www.cancer.org/about-us/who-we-are/cancer-awareness-calendar.html
- Vermont Asthma Program: www.healthvermont.gov/wellness/asthma
- Vermont Cancer Program: www.healthvermont.gov/wellness/cancer
- Vermont Oral Health Program: www.healthvermont.gov/wellness/oral-health
- My Healthy VT Self-Management Workshops: MyHealthyVT.org
- For information on other chronic disease education opportunities, contact your local area hospital or insurance provider.
- Vermont 2-1-1 (dial 2-1-1)

For more info ► The Vermont Department of Health is here to help. Contact the district office near you: www.healthvermont.gov/local.