



California Fit Business Kit RESOURCES

2014

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

Congratulations on your decision to start a wellness program. Here is a list of resources to accompany the California Fit Business Kit, including sample policies, printable handouts, and detailed information.

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Starting a Wellness Committee

Wellness Committee Guides

North Carolina's worksite wellness committee guide, **Eat Smart Move More**. It is detailed and includes lots of helpful samples and templates for you to use.

www.eatsmartmovemorenc.com/CommitteeGuide/Texts/WorksiteComm.pdf

Centers for Disease Control and Prevention's (CDC)

National Healthy Worksite Program:

www.cdc.gov/nationalhealthyworksite/index.html

Evaluation Guide

Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace is one of many Worksite Wellness tools available from the CDC. It provides guidance on how to evaluate your Worksite Wellness program. Find information on evaluation on pages 66 – 69.

www.cdc.gov/nccdphp/dnpao/hwi/downloads/Steps2Wellness_BROCH14_508_Tag508.pdf#page=70

Healthy Meetings

Meeting Well is a planning tool offered by the American Cancer Society to help companies organize meetings and events with good health in mind.

www.acsworkplacesolutions.com/meetingwell.asp

UC Berkeley Guide for Healthy Meetings and Events

supports a campus effort to foster health and create an environment in which opportunities to eat healthfully and be physically active are readily accessible to all faculty, staff, and students.

<http://uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf>

California Project LEAN's School Food and Beverage Standards fact sheets

<http://www.californiaprojectlean.org/doc.asp?id=179>

Under Pressure: Strategies for Sodium Reduction in Worksites from the National Center for Chronic Disease Prevention and Health Promotion

www.cdc.gov/salt/pdfs/Sodium_Reduction_Worksites.pdf

10 Tips for Making Celebrations Fun, Healthy and Active from the United States Department of Agriculture's (USDA) My Plate series

www.choosemyplate.gov/food-groups/downloads/tentips/DGTipsheet20MakeCelebrations.pdf

Healthy Dining Menu Guidelines

New York City Food Standards' Sample Healthy Dining Policy provides standards to increase the availability of healthier food and beverage options.

www.nyc.gov/html/doh/downloads/pdf/cdp/nyc-standards-for-cafeterias.pdf

Produce for a Better Health Foundation's goal is to foster an environment where people can include fruits and vegetables at every eating occasion.

www.pbhfoundation.org

CDC Food Service Guidelines The goal of the Guidelines is to assist contractors in increasing healthy food and beverage choices and sustainable practices at federal worksites.

<http://www.cdc.gov/chronicdisease/resources/guidelines/food-service-guidelines.htm>

Go for H₂O

Cal/OSHA protects workers from health and safety hazards on the job in almost every workplace in California through its research and standards, enforcement, and consultation programs.

Here you will find their printable poster-

The Health Effects of Heat:

English:

www.99calor.org/_downloads/Employers_training_Kit/poster_english_ag.pdf

Spanish:

www.99calor.org/_downloads/Employers_training_Kit/poster_spanish_ag.pdf

Cal/OSHA has many printable posters to encourage water consumption, here:

www.99calor.org/for-employers/

Beverage Policy Guidance

The ***Rethink Your Drink Campaign*** is a public health initiative led by NEOPB of the California Department of Public Health.

www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink.aspx



Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety

This CDC link provides practical information about heat stress and heat illness and clearly explains ways to prevent it.

www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp

Heat Disorders and Health Effects

www.osha.gov/dts/osta/otm/otm_iii/otm_iii_4.html#2

This *U.S. Department of Labor's* link will take you directly to the section in the OSHA Technical Manual that addresses heat disorders and health effects.

10 Tips to Make Better Beverage Choices from the USDA's My Plate series

www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

Farm Fresh Produce Delivery

Harvest of the Month is an initiative of the CDPH that features nutrition education tools and resources to support healthy lifestyle habits like eating fruits and vegetables every day.

www.harvestofthemonth.com

United Fresh Produce Association is the industry's leading trade association committed to driving the growth and success of produce companies and their partners.

www.unitedfresh.org

Thinking about signing up for a CSA but want to learn more about the idea before you commit? Visit **Local Harvest**.

<http://www.localharvest.org/csa/>

Healthy Vending Machines

New York City Food Standards' Healthy Vending Policy

www.nyc.gov/html/doh/downloads/pdf/cdp/nyc-vending-machines-food-standards.pdf

New York City Food Standards' Beverage Vending Policy

www.nyc.gov/html/doh/downloads/pdf/cardio/cardio-vending-machines-bev-standards.pdf

Healthy Vending Guides

Toolkit from **Bay Area Nutrition and Physical Activity Collaborative** to help you begin the process of adopting a healthy vending machine policy

www.banpac.org/healthy_vending_machine_toolkit.htm

Nemours Health and Prevention Services **Healthy Vending Guide** will help you choose healthier products for your vending machines. See page 5 for a list of healthy vending items.

www.cspinet.org/new/pdf/HealthyVendingGuide.pdf

Snackwise is an extensive nutrition rating system from the Nationwide Children's Hospital.

www.snackwise.org

FitPick is the National Automatic Merchandising Association's (NAMA) signature initiative that identifies better for you products.

www.fitpick.org

Mid-America Coalition on Health Care's **Healthy Vending in the Workplace: An Employer Toolkit 2012** focuses on helping employers and other health and wellness promoters to develop and implement healthier vending machine options.

<http://www.marc.org/Community/Public-Health/Assets/HealthyVendingResourceGuide.aspx>



Starting a Farmers' Market

Example of farmers' market rules from the **Davis Farmers' Market**

www.davisfarmersmarket.org/info/DFM_Rules.pdf

Find farms near you with the help of the **Buy Fresh Buy Local Campaign**

www.guide.buylocalca.org

USDA's SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) AT FARMERS MARKETS: A HOW-TO HANDBOOK is a how-to guide for accepting SNAP benefits at farmers markets.

www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5085298

The Ecology Center provides you with another way to assist farmers' market operators and community partners in establishing CalFresh EBT access at markets.

www.ecologycenter.org/ebt/

California Certified Farmers' Markets assists with establishment of markets where farmers can sell their crops directly to the public.

www.cafarmersmarkets.com

California Farm to School links farmers, schools, distributors, youth and allies across California.

www.cafarmtoschool.org

California Farm Service Agency is equitably serving all farmers, ranchers, and agricultural partners through the delivery of agricultural programs.

www.fsa.usda.gov/ca

Know Your Farmer, Know Your Food is a USDA-wide commitment to strengthen local and regional food systems.

www.usda.gov/wps/portal/usda/knownyourfarmer?navid=KNOWYOURFARMER

Local Harvest can connect you to local farmers' market and farms

www.localharvest.org

Creating a Breastfeeding-friendly Worksite

Examples of Breastfeeding Policies

Provided by **Wisconsin Breastfeeding Friendly Communities**

www.co.washington.wi.us/uploads/docs/SampleWorksiteBFPolicy.pdf

Provided by **Office on Women's Health, U.S. Department of Health and Human Services**

www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/policy-for-supporting-breastfeeding-employees.pdf

Resources for Breastfeeding in the Workplace

California Department of Public Health provides many resources for working parents and employers.

www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/GoingBacktoWorkorSchool.aspx

Health Resources and Services Administration's

Business Case for Breastfeeding materials:

<http://mchb.hrsa.gov/pregnancyandbeyond/breastfeeding/>

California Breastfeeding Coalition has information about laws and offers a breastfeeding friendly workplace award.

www.californiabreastfeeding.org

The **Breastfeeding Coalition of Greater Sacramento** has breastfeeding friendly workplace awards for those nominated and determined to be worthy.

www.sacbreastfeeding.org



Physical Activity Clubs

NEOPB's Walkability Checklist will help you choose safe walking paths in your work neighborhood.

www.cachampionsforchange.cdph.ca.gov/en/docs/OurCommunity/HowTo/HandWalkChecklist.pdf

NEOPB's *Physical Activity for Your health, Your Life, and Your Neighborhood* is a brochure on physical activity.

www.cachampionsforchange.cdph.ca.gov/en/docs/BeActiveTips/BRO-183_AUG_2007FINAL.pdf

Pedestrian and Bicycle Information Center – Keeps resources about health and safety, advocacy, education, access, and mobility for anyone interested in pedestrian and bicycle issues

www.pedbikeinfo.org

Road Runners Club of America- RRCA is dedicated to supporting the growth of grassroots running clubs, training programs, and running events while promoting the common interests of runners throughout the United States.

www.rrca.org/runners/getting-started/



Physical Activity Integration

NEOPB's **Physical Activity Program** has many free resources available to energize your program.

<http://www.cdph.ca.gov/programs/cpns/Pages/PhysicalActivityIntegration.aspx>

Including:

Playing for Choices playing cards

<http://www.cdph.ca.gov/programs/cpns/Documents/HighResPFHC-Cards3x4Double.pdf>

Shape of Yoga, Nutrition and Physical Activity Booklet for Families

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf>

Power Up in 10, Strength Training for Families

http://www.cdph.ca.gov/programs/cpns/Documents/BRO-206_JUL_2010.pdf

Walk with Ease is the Arthritis Foundation's exercise program that can reduce pain and improve overall health.

www.arthritis.org/resources/community-programs/walk-with-ease/

The CDC's **Simple Solutions: Ergonomics for Farm Workers** guide can be found here:

www.cdc.gov/niosh/docs/2001-111/pdfs/2001-111.pdf

Educational and injury prevention tips sheets can be found on the **National Center for Farmworker Health**:

www.ncfh.org/index.php?pid=113



Improving Worksite Stairwells

StairWELL to Better Health is a part of CDC's Healthier Worksite Initiative with ideas to encourage employees to take the stairs.

www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm

Included are printable posters:

www.cdc.gov/nccdphp/dnpao/hwi/downloads/stairwell_messages.pdf

Opening up Stairwells for Physical Activity: Big Benefits- Low Risk from Change Lab Solutions provides information on the law and policy around using stairwells for physical activity.

<http://changelabsolutions.org/publications/opening-stairwells-physical-activity>



Take Action!

Take Action! is the Worksite Program's free, 10-week, web-based program that empowers employees to improve their health by increasing fruit and vegetable consumption and physical activity in the worksite.

www.takeactionca.com

USDA's **SuperTracker** has online tools for tracking physical activity and food intake.

www.supertracker.usda.gov



More Great Resources–Nutrition

USDA's Choose My Plate: www.ChooseMyPlate.gov

MyPlate is a USDA initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. Find printable material here:

All **MyPlate** printables- English and Spanish available

www.choosemyplate.gov/print-materials-ordering.html

MyPlate mini-poster

www.choosemyplate.gov/downloads/mini_poster_English_final.pdf

10 Tips for Being a Healthy Role Model

www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf

10 Tips for Making Celebrations Fun, Healthy and Active

www.choosemyplate.gov/food-groups/downloads/tentips/DGTipsheet20MakeCelebrations.pdf

Make Better Beverage Choices

www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

NEOPB has created many delicious and healthy meal and snack recipes.

www.cachampionsforchange.cdph.ca.gov/en/Recipes.php

Harvest of the Month features a variety of California grown fruits and vegetables for all seasons – fall, winter, spring, and summer. Find the program's seasonality chart here:

www.harvestofthemonth.cdph.ca.gov/product-list.asp

Under Pressure: Strategies for Sodium Reduction in Worksites from the National Center for Chronic Disease Prevention and Health Promotion

www.cdc.gov/salt/pdfs/Sodium_Reduction_Worksites.pdf

USDA's **Dietary Guidelines for Americans 2010** provides information and advice for choosing a healthy eating pattern.

www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf

USDA's **SuperTracker** has online tools for tracking physical activity and food intake.

www.supertracker.usda.gov

The Fruit, Vegetable, and Physical Activity Toolbox for Community Educators from NEOPB has nutrition and physical activity curriculum and information.

Included in the Toolbox are lessons such as Walking on the Path to Better Health.

www.network-toolbox.cdph.ca.gov/en/index.asp

Find all of the Toolbox's **handouts** here:

www.network-toolbox.cdph.ca.gov/en/pdf/AllHandouts.pdf



More Great Resources- Physical Activity

NEOPB's *Physical Activity for Your health, Your Life, and Your Neighborhood* is a brochure on physical activity.

www.cachampionsforchange.cdph.ca.gov/en/docs/BeActiveTips/BRO-183_AUG_2007FINAL.pdf

Pedestrian and Bicycle Information Center keeps resources about health and safety, advocacy, education, access, and mobility for anyone interested in pedestrian and bicycle issues.

www.pedbikeinfo.org

Road Runners Club of America- The RRCA is dedicated to supporting the growth of grassroots running clubs, training programs, and running events while promoting the common interests of runners throughout the United States.

www.rrca.org/runners/getting-started/

Super Tracker- physical activity and food intake tracker

USDA's SuperTracker has online tools for tracking physical activity and food intake.

www.supertracker.usda.gov

The Fruit, Vegetable, and Physical Activity Toolbox for Community Educators from NEOPB is packed with nutrition and physical activity curricula and information. Included in the Toolbox are lessons such as Walking on the Path to Better Health.

www.network-toolbox.cdph.ca.gov/en/index.asp

Toolbox physical activity handouts

www.network-toolbox.cdph.ca.gov/en/PhysicalActivityRes.asp



More Great Resources- Other Components of Wellness

Welcoa (www.welcoa.org) is one great resource for workplace wellness in America. Many free resources can be found here, including an employee interest survey:

<http://www.welcoa.org/freeresources/index.php?category=11>

California Arthritis Partnership Program is dedicated to improving the quality of life for Californians affected by arthritis and other rheumatic conditions.

<http://www.cdph.ca.gov/programs/CAPP/Pages/default.aspx>

California Tobacco Control Program works to improve the health of all Californians by reducing illness and premature death attributable to the use of tobacco products.

www.cdph.ca.gov/tobacco

The **Partnership for Drug-Free Kids** works to reduce teen substance abuse and support families impacted by addiction.

www.drugfree.org

CDC's **Mental Health Web Site** includes basic public health information on mental health.

www.cdc.gov/mentalhealth

The **California Smokers' Helpline** is a telephone program that can help you quit smoking. Helpline services are free, funded by the California Department of Public Health and by First 5 California. 1-800-NO-BUTTS

<http://www.californiasmokershelpline.org/>



