

## Worksite Policies, Practices, and Environmental Factors For Healthy Eating and Active Living

<b>Healthy People 2010 Objective 7.5</b>	Increase the proportion of worksites that offer a comprehensive employee health promotion program to their employees
<b>Healthy People 2010 Objective 7.6</b>	Increase the proportion of employees who participate in employer-sponsored health promotion activities.
<b>Healthy People 2010 Objective 19.2</b>	Increase the proportion of worksites that offer nutrition or weight management classes or counseling.
<b>Healthy People 2010 Objective 22.1</b>	Increase the proportion of worksites offering employer-sponsored physical activity and fitness programs.

**Indicators:**



Consideration of the following questions is dependent on the context of the assessment's focus (i.e., all worksites within a geographic area, a subset of worksites, or a specific identified worksite).

<p>1. What percentage of the population 16 years or older has an occupation among those listed within your community?</p> <p> Using the <b>Census Data 2000 database</b>, access American Factfinder (<a href="http://factfinder.census.gov">http://factfinder.census.gov</a>) to identify the 2000 Census occupation figures within your jurisdiction.</p>	<p>_____ Manufacturing/labor</p> <p>_____ Retail</p> <p>_____ Professional</p> <p>_____ Administrative</p> <p>_____ Other</p>		
	<b>Small (Fewer than 50 employees)</b>	<b>Mid-Size (51-250 employees)</b>	<b>Large (Greater than 250 employees)</b>
<p>2. What is the number of Small worksites (Fewer than 50 employees), Mid-size worksites (51-250 employees), and Large Worksites (Greater than 250 employees) within your community?</p> <p> <b>Local Chambers of Commerce</b> can provide information and listings of local worksites.</p>	_____	_____	_____
<p>3. What is the number of worksites in the community that have a wellness committee?</p>	_____	_____	_____
<p>4. What is the number of worksites in the community that have a person responsible for providing, supervising, or coordinating health promotion or wellness program delivery?</p>	_____	_____	_____
<b>NUTRITION</b>			
<p>5. What is the number of worksites in the community that have vending machines for employees to access food during working hours?</p>	_____	_____	_____
<p>6. Do any of the worksites in the community provide directly or promote insurance company-sponsored weight control programs?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<p>7. Do any of the worksites in the community promote "healthy eating" programs?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

8. Do any of the worksites in the community subsidize reduced price or provide free food options for employee meetings?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. What is the number of worksites in the community that provide healthy eating messages to the general employee population through posters, newsletters, bulletin boards, brochures, videos or lectures, etc.	_____	_____	_____
<b>PHYSICAL ACTIVITY</b>			
10. Do any of the worksites within the community have a written policy to support exercise or physical activity of employees during work time (e.g., flexible work schedules, breaks, lunch period to engage in physical activities)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Do any of the worksites within a community provide an exercise facility on site?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. What number of worksites in the community have a corporate agreement with health clubs or gyms to offer the employees discounted or subsidized membership?	_____	_____	_____
13. What number of worksites in the community sponsor sports teams or physical activity events (e.g., corporate challenge) for employees?	_____	_____	_____
14. Do any of the worksites in the community provide any type of incentives for engaging in physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
15. What number of worksites in the community provide exercise/physical fitness specific messages to the employee population through posters, brochures, videos, or lectures etc.?	_____	_____	_____
16. Do any of the worksites in the community organize or sponsor a lunch time/before or after work walking club?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
17. Do any of the worksites in the community use signage to promote or encourage the use of stairs at the worksite?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No