

2017 USE Conference



LIVE WELL
SAN DIEGO
LIVEWELLSD.ORG

Eat Well @ Work:

Improving the Healthy Food and Beverage Landscape
with San Diego Businesses



LIVE WELL @ WORK

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SCHOOL OF MEDICINE

Center for
Community Health



UC SAN DIEGO CENTER FOR COMMUNITY HEALTH AIMS TO TRANSFORM HEALTH AND WELLNESS IN DIVERSE COMMUNITIES BY IMPROVING HEALTH EQUITY.

THE LIVE WELL @ WORK INITIATIVE IS A PROJECT OF *LIVE WELL SAN DIEGO*: HEALTHY WORKS AND IS IMPLEMENTED BY UC SAN DIEGO CENTER FOR COMMUNITY HEALTH.

THESE ACTIVITIES SUPPORT *LIVE WELL SAN DIEGO*, THE COUNTY OF SAN DIEGO'S VISION OF A REGION THAT IS BUILDING BETTER HEALTH, LIVING SAFELY, AND THRIVING.

SESSION OVERVIEW

- Background on San Diego Workforce
- Live Well @ Work Employer Engagement Model
- Healthy Workplace Environment and Policy Strategies
- Business Case Studies and Best Practices
- Resources for Businesses
- Question and Answer



1,590,800

total workers in the labor
force

77,236

total number of
businesses

<1%

of region's companies have more
than 250 workers

**HOSPITALITY - TOURISM - AGRICULTURE - GAMING
RETAIL - NON-PROFIT - HEALTHCARE**



ASSESSMENT

The first step in creating a wellness program is to assess how well the business currently supports its wellness efforts. Based on the results from the Live Well @ Work Health Scorecard, we generate a personalized action plan.



ENGAGEMENT

We provide tailored tools to form or enhance the business' wellness committee. With our help, the committee regularly evaluates, refines, and adapts the program to keep staff engaged.



EDUCATION

We offer marketing materials and educational tools—posters, cookbooks, newsletters, and signage—to increase employees' health knowledge and program awareness.



ENVIRONMENT

Each business receives ongoing technical assistance to positively transform their work environment. We use simple, low-cost environmental changes to help improve the culture of health.



POLICY

To ensure that the environmental changes are long-lasting, we support businesses and provide template language in developing organizational wellness policies.





HEALTHY FOOD LANDSCAPE AT WORK



HEALTHY CAFETERIA



BREAK ROOMS
COMMON AREAS
SNACK BARS

CASE STUDY

Estancia La Jolla Hotel & Spa

Hospitality

300 employees

1 location

Healthy employee
cafeteria makeover





EAT WELL HERE

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future.



EAT WELL HERE

You need fuel. Choose wisely.



POSTERS

TABLE TENTS



VARY YOUR PROTEIN ROUTINE

- Eat plant protein foods more often. Try beans and peas, soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.
- Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna and salami, are high in fat and sodium — make them occasional treats only.
- Eat seafood in place of meat or poultry twice a week, try salmon, herring, or trout.



EAT LOCALLY GROWN FOODS

- Local produce is freshly picked, in season, and at its peak in flavor and nutrition.
- Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.
- Support your local farmers and economy. You can help new and smaller farmers be successful and save farmland in your area.



FOCUS ON WHOLE FRUITS

- Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- Dried fruits make great on-the-go snacks. They are easy to carry and store.





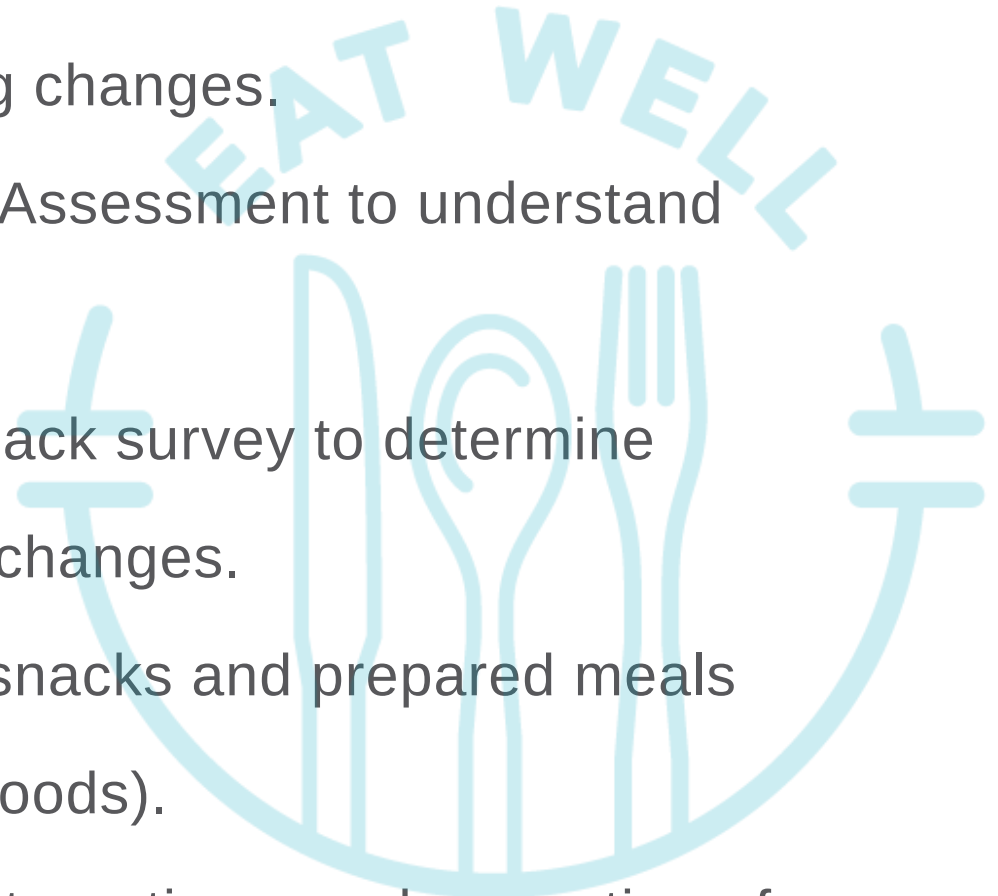
SALAD BAR CLINGS



ESTANICA LA JOLLA HOTEL & SPA - LA JOLLA, CA

HEALTHY CAFETERIA MAKEOVER

- Engage chef and/or cafeteria owner from the beginning to gain their support in making changes.
- Conduct Healthy Cafeteria Assessment to understand food landscape.
- Administer employee feedback survey to determine interest levels and desired changes.
- Set nutrition standards for snacks and prepared meals (e.g., salt, sugar, fat, fried foods).
- Consider pricing, placement, portions, and promotion of healthy items vs. unhealthier items.





DRINK WATER INSTEAD OF SUGARY DRINKS

- Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
- Coffee, tea, and flavored waters can be healthy choices, but watch out for extra calories from added sugar, flavorings, or cream.



HYDRATION STATIONS



CASE STUDY

Pardee Tree Nursery

Agriculture

71 employees

1 location

Water refilling
stations

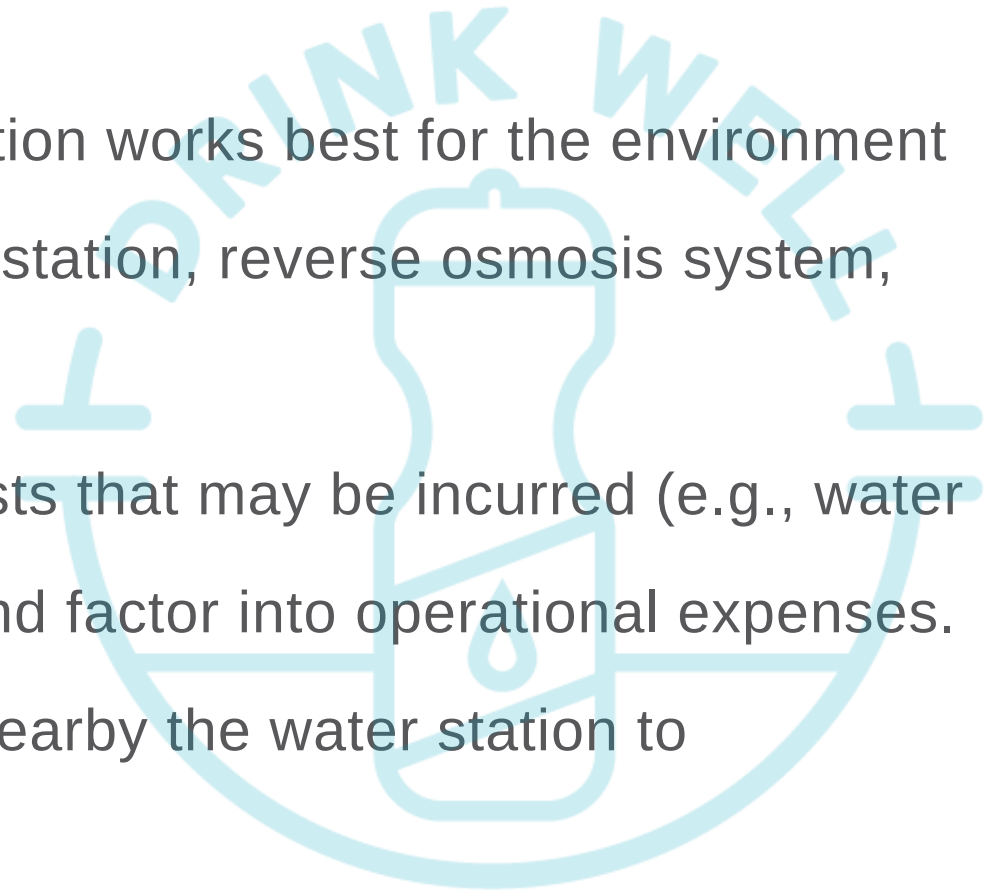




PARDEE TREE NURSERY - OCEANSIDE, CA

HYDRATION STATIONS

- Assess all work environments and work locations—one station may not be enough.
- Determine what type of station works best for the environment (e.g., refillable water bottle station, reverse osmosis system, water cooler).
- Be mindful of additional costs that may be incurred (e.g., water delivery service, utilities) and factor into operational expenses.
- Post educational signage nearby the water station to encourage use.
- Offer educational workshops through community partners on health impacts of sugary drinks.





HEALTHY VENDING



FOOD & BEVERAGES

CASE STUDY

Goodwill Industries

Retail/non-profit

1,200 employees
*(approx. 20
employees/site)*

52 locations

Healthy vending
options





HEALTHY VENDING

- Review current vending contract and sales data to determine timeline and inform goals.
- Define "healthy" and set a stocking percentage goal to meet (e.g., 50% healthy foods/beverages).
- Consider pricing, placement, and promotion of vending items, and include supportive language in new contract.
- Ask employees for feedback and engage them in taste tests.
- Adopt a healthy vending policy and integrate into worksite's policies and procedures handbook.
- Identify wellness champion at worksite to monitor vending on a monthly basis.



HEALTHY MEETINGS



EVENTS
CELEBRATIONS
FUNDRAISERS

CASE STUDY

American Red Cross WIC

Non-profit

78 employees

7 locations

Healthy meetings and
events



- Healthy foods and beverages
- Environmental sustainability
- Physical activity
- Tobacco-free
- Lactation accommodation



The *Meet Well* Pledge intends to assist **American Red Cross WIC** staff in modeling healthy, sustainable, choices. The *Meet Well* Pledge applies to all internal and external meetings, trainings, and events, but does not dictate what individual staff members eat or bring into the office for personal consumption. By adhering to the *Meet Well* Pledge, employees can truly live well and improve the culture of health.

Provide HEALTHY food and beverage options

- Provide culturally and dietary appropriate foods and beverages.
- Provide access to water. Do not provide or offer sugar sweetened beverages. If other beverages are offered, provide only healthy options (e.g. water, seltzer water, unsweetened teas, 100% juice, unsweetened milk alternatives, non-fat and low-fat milk).
- Offer plant-based or vegetarian option(s) whenever food, including entrees, is served.
- Offer whole grains, fruits, vegetables, and other minimally processed nutrient dense foods.
- Avoid foods and beverages, including condiments and salad dressings, containing processed sugars, high sodium content, refined grains, and saturated/trans-fats (e.g. partially hydrogenated oils). Offer condiments and dressings on the side.
- Offer reasonable portion sizes and appropriately sized service ware.

Make FOOD SAFETY an integral part of meetings to prevent foodborne illness

- Prevent food from contamination by washing hands before handling food.
- Provide lids and covers for open food and enough clean utensils to serve food.
- Keep perishable foods hot or refrigerated until ready to serve.
- Plan to serve only what will be eaten. Retain cold temperature (ice) for cold items and hot temperature for hot items. Consume or properly store all food items within two hours of removal from refrigeration or a heating source; discard after four hours.

Conduct GREEN & ZERO WASTE meetings

Food and beverages

- Reduce packaging waste. Provide and/or encourage attendees to bring reusable food and beverage containers/service ware. Do not provide or use polystyrene (foam) products.
- Create special stash of silverware and dishware to be used at potlucks, etc.

Materials

- Provide electronic documents ahead of meeting and display on-screen to reduce the need for paper copies.
- Host e-meetings or provide e-meeting options, when possible.
- Encourage carpooling to events.

Be ACTIVE

- Offer a physical activity break every 90 minutes or host walking meetings.
- Incorporate wellness activities into team building days and general staff meetings.

Provide a TOBACCO-FREE ENVIRONMENT at all times

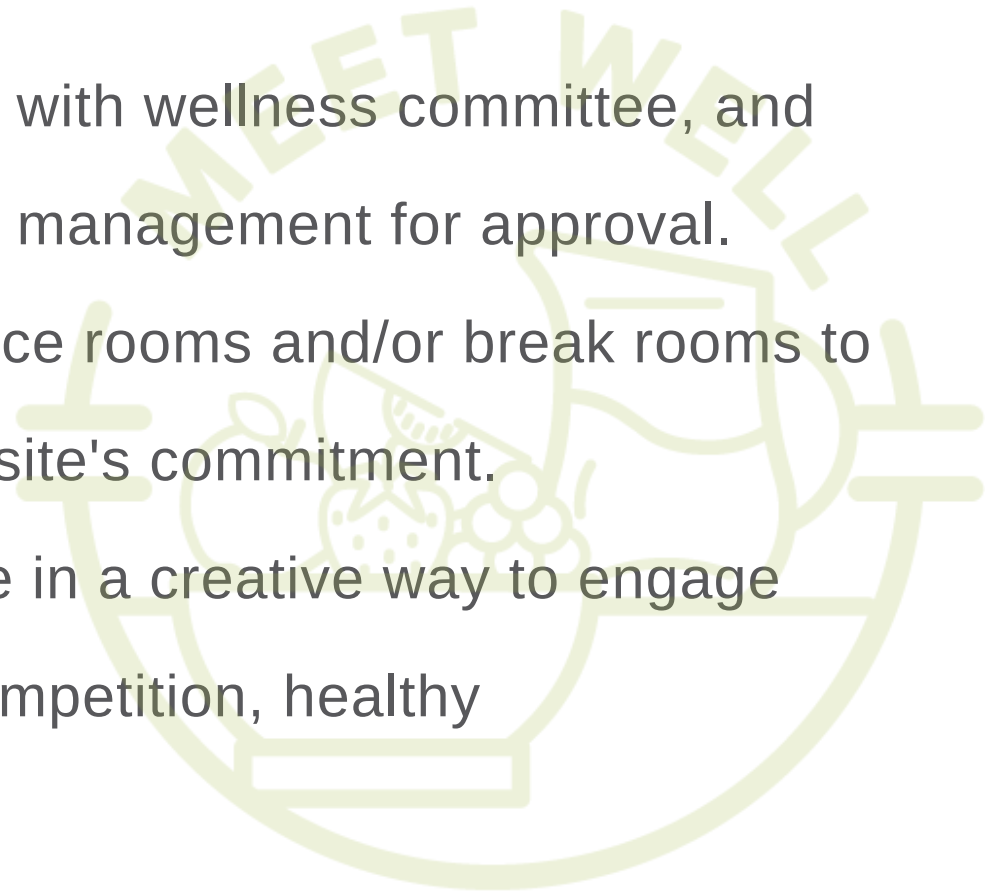
Provide designated, clean, secure, comfortable and private **LACTATION ACCOMMODATIONS** at trainings, conferences, workshops, and other events



AMERICAN RED CROSS WIC - SAN DIEGO, CA

HEALTHY MEETINGS AND EVENTS

- Define the term "healthy" and prioritize categories to include in pledge/policy.
- Review template language with wellness committee, and send final version to upper management for approval.
- Display pledge in conference rooms and/or break rooms to remind employees of worksite's commitment.
- Formally launch the pledge in a creative way to engage employees (e.g., recipe competition, healthy afternoon snack break).
- Move focus beyond nutrition standards and emphasize other areas of wellness (e.g., sustainability practices).



Materials and tools that support health and wellness

Resource Category



Resource Type



Keywords

Search

RESOURCE LIBRARY

- Healthy Cafeteria Assessment Tool
- Healthy Vending Guide
- *Meet Well Pledge* Instructions
- Sample Policy Language
- *Eat Well* Practices
- Posters and Signage
- Educational Materials
- Case Studies



THANK YOU!

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