

Be Part of the SOLUTION ▶



You

Eat smart and move more to achieve and maintain a healthy weight. Track your steps or minutes of exercise each day. Include fruits and vegetables at every meal. Learn to recognize hunger and satiety. We are all role models and can be part of the solution.

Friends and Family

Encourage the families you work with to plan and fix simple healthy meals and make healthy snacks easy to “grab and go”. Suggest they meet a friend for a walk or start a walking group in their neighborhood or work place. Have them explore local parks and playgrounds. Have them find outdoor and indoor recreational activities that are fun for them and their family.

The Places You Go

Make it easier and safer for people to be physically active, whether at the office, in the neighborhood, or to and from school. Advocate for more walking paths, trails, sidewalks, and greenways. Help make fruits and vegetables accessible to all including mobile markets and farmers markets. When serving meals or snacks, offer water and healthy food options. Make healthy choices possible for your employees, clients, patients, or students.



Worksite Care for employees

Healthy workers are more productive at work and at home. Avoiding preventable health costs helps both the bottom line and employees' personal finances. The worksite can support healthy weight behaviors. Team members and co-workers can help create a workplace environment that supports healthy weight behaviors. They can encourage each other to make healthy choices in food and physical activity. Supervisors can use their authority to make the healthy choice the easy choice in areas they control. Owners and management can maintain worksites and benefit plans that support health and productivity. State policymakers can create legislation that promotes a healthy, competitive workforce across the state.

Encourage workers to be physically active. Provide facilities and encourage their use through outreach activities.

Encourage opportunities in the workplace for regular physical activity through active commuting, activity breaks, and walking meetings.

Consider access to opportunities for active transportation and public transit when selecting new worksite locations.

Shift to healthier food and beverage choice policies and practices. Offer nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.

Implement educational programs tailored to individuals and change organizational practices, approaches, and/or policies to support healthy food choices where food decisions are being made.

Participate in community coalitions or partnerships to address obesity.

Institute policies and practices to offer options for smaller portion sizes in food services and vending.

Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal nutrition goals.

Implement policies to limit advertisements for less healthy foods and beverages.

Support exclusive breastfeeding for six months and continuation of breastfeeding for as long as mothers desire by providing a clean, private, comfortable space with a lockable door and electric outlets for pumping. This area cannot be a bathroom.

Achieve and maintain the Breastfeeding-Friendly Business and Workplace award.

Provide all lactating employees breaks to express milk or nurse their children.

Promote worksite mechanisms for purchasing locally grown foods, including expanding farmers markets and farm stands.

Enhance site infrastructure to support bicycling, walking, and wheeling.

Implement policies and practices for joint use of site or community physical activity facilities with schools and community organizations.

Provide worksite wellness programs, and promote healthy foods and physical activity.

Assess health risks, and offer feedback and intervention support to employees.

Use point-of-decision prompts to encourage the use of stairs, drinking water, and eating healthy.

A wide range of business and industry partners can promote healthy lifestyles and prevent obesity through the products they develop. Shared value is a concept that merges the priorities of meeting important social needs and making a profit, claiming that the two can happen simultaneously. Business and industry partners are encouraged to check out sharedvalue.org for information.