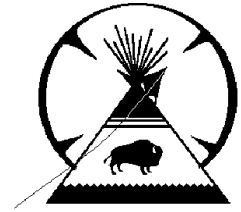


Native American Health Center

Healthy Living Policy



PURPOSE

NAHC will take a leadership role in establishing wellness guidelines for the agency's employees and practices. By establishing standards that are consistent with our role in promoting health, we can improve the health of our employees as well as set an example for our patients, other organizations and the residents of the community.

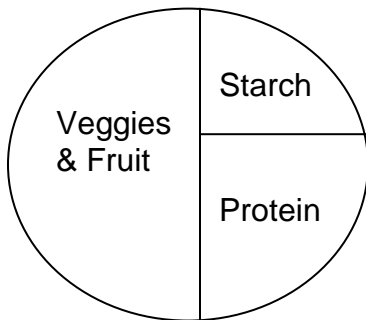
GOAL To increase longevity and quality of life among employees and to set the example of healthy living that we desire for our patients.

PROVISIONS

I. Promotion: Our agency will promote the traditional view of food as a sacred medicine that we must honor and respect. All new employees will receive orientation to the Healthy Living Policy during their New Employee Orientation. Supervisors will promote the wellness policy among employees and ensure that practices are consistent with the policy guidelines.

II. Nutrition:

A) At all staff meetings and worksite events where food is served, food choices shall be wholesome and include fresh vegetables, fruits, and whole grains. Meals must reflect the composition of the *Plate Method for Healthy Eating* shown below. Examples include:



Veggies & Fruit: baby carrots, celery sticks, broccoli/cauliflower florets, cherry tomatoes, salads, fresh chopped fruit, bananas, apples, berries, melon

Starch: whole grain bread/crackers/cereal/muffins/tortillas/pasta, brown rice, quinoa, bulgur, granola

Protein: lean meats, chicken, fish, lentils, beans, soy products, low-fat/fat-free yogurt, cottage cheese & cheese, hard boiled eggs

B) Beverages shall include water, 100% fruit juice, or non-sugar sweetened beverages like coffee and tea. No sugar sweetened beverages will be provided, including soda, sports/energy drinks, sweet tea, or juice drinks.

III. Physical Activity:

A) All meetings exceeding 2 hours shall include the opportunity for a minimum of one 15-minute physical activity break. Examples include:

- Organize a voluntary 15-minute walk
- Organize a voluntary 15-minute stretching session
- Organize a voluntary 15-minute low-impact exercise session

B) At worksite celebrations where high fat or high sugar foods like cake and cookies are served, a healthy alternative must also be provided, such as the foods listed above.

OTHER RECCOMENDATIONS: *The NAHC Healthy Living Policy also encourages employees to incorporate the following practices into their daily lives in order to improve their health and set an example to our patients and community.*

- I. **NUTRITION:** We encourage employees to respect and honor food as a medicine for your body. Bring to work a variety of healthy foods to fuel your body, such as whole grains, fruits & veggies.

Examples include:

- Fresh fruits and vegetables
- Whole grain breads, whole grain crackers and whole grain cereals
- Healthy protein sources such as lean meats, fish, lentils, beans, soy products.
- Water
- 100% natural juices; avoid sugar sweetened beverages

- II. **PHYSICAL ACTIVITY:** Make physical activity part of your lifestyle by taking part in 30 minutes of moderate physical activity 5 days of the week.

Examples of Routine Activities

- Walk, wheel, or bike ride more, drive less
- Walk up stairs instead of taking an elevator
- Get off the bus a few stops early and walk or wheel the remaining distance
- Rake leaves, garden, or mow lawn with a push mower
- Push a stroller
- Clean the house
- Do exercises or pedal a stationary bike while watching television
- Play actively with children
- Take a brisk walk or wheel in the morning, at lunch, or after dinner
- Stretch during work breaks

Examples of Exercises

- Dance
- Walk or jog
- Bicycle or use an arm pedal bicycle
- Swim or do water aerobics
- Play racket sports such as tennis or racket ball
- Stair climb
- Join a yoga or aerobics class
- Play team sports like basketball or soccer
- Take part in an exercise program at work, home, school, or gym

- III. **WEIGHT:** Aim for a healthy weight (BMI = 18.5 – 25). Even a 5-10% weight reduction significantly decreases the risk of diabetes, hypertension, stroke, and heart disease.

$$\text{BMI} = \frac{\text{Current weight in kg}}{\text{Current height in meters}^2}$$

- IV. **SMOKING CESSATION:** Employees are encouraged to abstain from smoking during work hours. Smoking greatly increases your risk of cancer, heart disease, stroke, and many other preventable diseases.