



## **Ravenswood Family Health Center Wellness Policy:**

It is the policy of Ravenswood Family Health Center to promote and model wellness through our nutrition, movement and mental health. The goal of healthcare is to develop and maintain healthy individuals and communities. Our goal is to help individuals make better choices by motivating, educating, and coaching our staff and patients who then do the same with their families and community.

The ideal health goal is primarily prevention of chronic diseases and secondarily to successfully manage illnesses to minimize their adverse health consequences. Wellness and management of illnesses involves setting personal action plans in the following lifestyle areas: eating, activity, stress management sleep, and tobacco cessation. As a healthcare provider, it is our responsibility that all staff are aware of, and model, wellness. This will not only personally carry out our mission, but it will also aide in how effective we are in communicating with our patients and the community.

Underlying wellness is first the individual desire to make wellness a high priority goal. We must individually asses our own motivation to be well, then to make reasonable goals to move towards a healthier lifestyle. The approach is to breakdown large goals into smaller achievable relevant goals that over time lead to wellness. It is understood that at times we may not always make healthy choices, but that overall efforts over time show healthier outcomes. Ravenswood Family Health Center will work to provide the support and resources to help employees and patients achieve their wellness goals.



## Ravenswood Family Health Center (RFHC) Nutrition Policy

### Position Statement:

**RFHC strives to promote health and wellness by promoting healthy food and beverages at all RFHC sponsored events.**

*As an organization RFHC is committed to promoting health and wellness by providing healthier food and beverage choices. We will work as a team to take our first steps together toward this goal by phasing out unhealthy options and phasing in the policies outlined below. Therefore, our organization will strive to:*

- Increase the range and availability of healthy food and beverage options on our premises and at events
- Encourage cooking with healthier ingredients and providing healthier snacks through the following ideas: garden newsletter, recipe board in lunch room, garden events
- Promote only healthy food and beverage options, prizes or giveaways to clients, employees or event attendees
- Promote healthy food and beverage choices by making nutritional information readily available to staff, clients and volunteers
- Ensure that no sugar loaded beverages are provided by RFHC on our premises, at RFHC meetings and community events
- Ensure a Patient/Staff teaching garden is available to staff for gardening, harvesting, and consumption of healthy, organic foods



## Ravenswood Family Health Center (RFHC) Movement Policy

### **Position Statement:**

**RFHC strives to promote health and wellness by being a champion for exercise and movement.**

*As an organization RFHC is committed to promoting health and wellness by encouraging and incorporating healthy movement. Our aspirations are to phase in the policies outlined below. Therefore our organization will:*

- Provide safe, clean, well-lit thoroughfares for accessing our locations and events by walking or bicycling
- Create opportunities for movement throughout the employees' workday, such as "walking meetings" and stretch breaks
- Suggest fun events for staff which involve movement
- Find and capitalize on opportunities to promote exercise/movement to our patients
- Provide a 5-minute physical activity break for every meeting or event lasting 90 minutes or longer



## Ravenswood Family Health Center (RFHC) Mental Wellness Policy

### **Position Statement:**

**RFHC strives to promote health and wellness by promoting spiritual and mental health.**

*As an organization RFHC is committed to promoting health and wellness by promoting mental and spiritual wellness. Therefore, our organization will strive to:*

- Reduce workload stress by cooperating and supporting one another's roles as a team
- Provide break room space and a patient staff teaching garden as outlets to take a mental break from RFHC duties
- Create opportunities that allow employees to meditate, relax, and have a clear mind
- Encourage discussion around mental and spiritual wellness through events, speakers, and open dialogue