



### City of Oakland Success Story

The City of Oakland Human Services Department creates and manages programs for all ages – from early childhood and youth leadership to Senior Centers. The Department supports a range of activities such as family literacy, free meals, emergency housing, senior employment, volunteer programs, paratransit, and case management.

In August 2016, the City of Oakland Human Services Department passed Physical Activity, Healthy Food and Beverages, Breastfeeding Accomodation, and Smoke-Free Workplace and Property Standard policies. Many staff already incorporate health into their workday by taking walks during lunch or during break, drink a lot of water, and eat healthy. However, there were no formalized standards in the workplace and still a portion of staff that needed encouragement to practice healthy behaviors. In addition, the City of Oakland Human Services Department wants to promote health as a collective effort because of the close comaradere among the staff and because many are front line employees helping the disadvantaged in Oakland.

Since wellness policies were passed, staff have coordinated bi-monthly yoga sessions during lunch, health and wellness activities and resources are offered during employee events, and staff take the stairs versus the elevator in between floors more often. Staff have started scheduled walking groups and now there is a concious effort to have healthy food and drink during meetings and events. Dana Perez, City of Oakland staff says, “ We rarely see anyone drinking soda, everyone has a water bottle!” “There is a sincere effort to invite other staff on walks.” “We have fun chatting and re-capping Warrior highlights. The time goes by fast and before you know it, we walked 1 mile!”

