

Healthy Worksites Build a Healthy Workforce

Make the healthy choice the **easy choice** for your employees! Healthy Worksites help to: prevent chronic diseases, improve the health of your workforce, and create a healthier work environment.

We Can Help Your Business Get There!

Be part of the growing movement to create a healthier work environment! When you pass and implement a healthy beverage and physical activity policy, you will join thousands of other organizations who are dedicated to their workforce well-being. Here's how straightforward it can be:

- ❑ **A 100% Healthy Beverages at Work** policy means that water is available at all times and sugar sweetened drinks are not supplied by the organization.
- ❑ **A Physical Activity Promotion** policy means that an organization supports its employees in being physically active by supporting the posting of signs in the stairways to encourage people to use the stairs or by having a short physical activity break during long meetings.



Potential Benefits for Employers

- A work environment that supports healthy behaviors
- Increased productivity with healthier employees
- Brand enhancement through public recognition of efforts

Potential Benefits for Your Employees

- Improved health and fitness
- Increased concentration and focus
- Improved morale and job satisfaction

What Will You Get from Us?

When your organization agrees to pass and implement both a healthy beverage policy and a physical activity promotion policy, you will receive the following:

- ❑ Free technical assistance to design and create policies and implementation plans from public health professionals with 10+ years of experience working on organizational wellness
- ❑ Free educational materials and resources to support the implementation of these policies
- ❑ Recognition on the Bay Area Nutrition & Physical Activity Collaborative (BANPAC) website and in BANPAC E-blasts, which are sent to over 500 members
- ❑ Framed certificate and recognition at a quarterly BANPAC meeting

Contact Jaime Flores at Jaime.Flores@phd.sccgov.org or (408) 793-2777 if your organization is interested.

