



WORKSITE WELLNESS MANUAL

INTRODUCTION

5-9 A DAY AT WORK

There is growing evidence that fruits and vegetables play a crucial role in preventing disease and maintaining health. In fact, people who eat five or more servings of fruits and vegetable daily have half the risk of developing cancer as those who eat only 2 servings a day. Antioxidants, folate, fiber, and potassium and flavonoids found in fruits and vegetables have been shown to lower the risk, incidence and mortality of heart disease. There is a great need to motivate American s to eat more fruits and vegetable everyday. This *Healthy Orange Worksite Wellness* program is one strategy to influence an increase in the consumption of fruits and vegetables.

HOW THE PROGRAM WORKS

The goal of the *Healthy Orange Worksite Wellness* program is to increase fruit and vegetable consumption among employees through assessment tools, the use of an interactive *Healthy Orange* website, e-mail information, public health education, and ongoing support from the employer and the Orange County Department of Health.

Tools

- Fruit and vegetable tracking and assessment system
- Tailored messages based on personal nutrition needs
- Interactive education activities
- Database of recipes
- News, events, worksite-specific information
- Other motivational information

(*All information will be confidential and all worksite wellness professionals will uphold all confidentiality agreements.)

STEPPING UP TO A HEALTHIER YOU/STEP UP AT WORK

There is clear evidence that 30 minutes of physical activity of moderate intensity on most day of the week has many health benefits. To achieve the health benefits of exercise, the 30 minutes activity does not have to be done in a single session. It is possible to accumulate smaller doses of physical activity throughout the day to improve health. For example exercising 10 minutes in the morning, 10 minutes at lunch, 10 minutes after dinner can provide the health benefits of activity.

If you are a beginner, and have medical clearance to exercise, it is wise to start slowly. Walking just 5-10 minutes a day at a comfortable speed is great!

If you are already active, and have medical clearance to exercise, it is wise to assess your present level. Once you have your level assessed, you can make small increases in activity over time.

HOW THE PROGRAM WORKS

The goal of the *Healthy Orange Worksite Wellness* program is to increase employee movement, increase steps taken per day, and increase employee overall wellness through assessment tools, the use of an interactive *Healthy Orange* website, e-mail information, public health education, on-site activities and ongoing support from the employer and the Orange County Department of Health.

Tools:

- Walking journals/tracking sheets
- Walking route maps
- Virtual walking challenges
- Exercise instruction/exercise guides
- BMI, body fat, strength, and flexibility assessments
- Pedometers
- Public health education

TOBACCO FREE LIFESTYLE

HOW THE PROGRAM WORKS

The goal of the *Healthy Orange Worksite Wellness* program is to increase employee awareness about the dangers of tobacco use and secondhand smoke. Another goal is to increase the number of employees interested in quitting

tobacco use and enrolling them in free cessation programs. The goals will be met through needs assessment tools, the use of an interactive *Healthy Orange* website, e-mail information, public health education, on-site activities including free tobacco cessation classes and ongoing support from the employer and the Orange County Department of Health.

Tools:

- On-site free cessation programs
- Tobacco use surveys
- Cessation progress reports
- Quit kits
- Co testing
- On-line support system
- Database of service providers, Internet quit sites, cessation centers
- E-mail generated motivators
- Public health education