



Healthy Active Klamath Worksite Wellness

Please place an “X” or a check mark next to the healthy practice if it applies in your worksite.

1. What environmental supports do you have in place that advocates healthy behaviors related to physical activity, nutrition, tobacco cessation, breastfeeding and stress management?

- Point of Purchase Signs in Cafeteria or Vending Promoting Healthy Options?
- Signs near Stairwells or Elevators Promoting Stairwell Usage.
- Covered/Indoor Bicycle Parking
- Discounted Pricing for Healthy Options in Cafeteria/Vending
- Private Room with Lock for Breastfeeding Mothers, etc.
- Refrigerator Available for Employee Use
- Active Wellness Committee which includes at least one manager.
- Bulletin Boards that promote health and wellness
- Onsite Wellness/Fitness Room
- Health Screening for Health Risk Factors
- Promotion of Employee Assistance Program

2. What written policies have been adopted related to physical activity, nutrition, tobacco cessation, and breastfeeding?

- Breastfeeding Mother Policy
- Healthy Meeting Policy
- Nutrition Policy (Healthy Alternatives, Addressing Candy Dishes in Public Areas, etc).
- Smoke-free Campus Policy
- Healthy Vending Machine Policy
- Healthy Cafeteria Options Policy
- Overall Health and Wellness Policy

- Flower and/or Fragrance Policy for Asthma and Allergy Triggers
- Ergonomics Assessment Policy

3. What other supports do you have in place that teach healthy behaviors related to physical activity, nutrition, tobacco cessation, breastfeeding and stress management?

- Health Education Seminars for employees
- Discounted rate for employees at a local gym or health club.
- Signage of appropriate stretches and stretching breaks for employees
- Flex time for employees that can be used for physical activity.
- Signage displaying signs and symptoms of Heart Attack and Stroke
- Soda machines removed from workplace
- CPR/AED training for employees
- Other supports in place: _____

Now compare your results to the Gold, Silver and Bronze standards listed below.



Workplace Wellness

Gold

- Health Risk Assessment for all employees. This assessment should screen for blood pressure, cholesterol, glucose, Weight, BMI.
- **Health Education Seminars**¹ for employees at least once every 3 months.
- Discounted rate at a local gym or health club.
- If workplace has a cafeteria, at least one **heart healthy choice**² each day and offer at a discounted price.
- Nutrition Policy (Healthy meetings and break rooms)
- Incorporate at least 5 **Healthy Practices**³ into your workplace
- Health Education Bulletin Boards
- Stretching Breaks for employees
- Smoke-free campus policy
- Private room with lock for breastfeeding mothers.
- Refrigerator available for all employees
- Active Wellness Committee, including managers

Silver

- **Health Education Seminars** for employees at least twice a year.
- Stretching Breaks for employees
- Health Education Bulletin boards
- Discounted rate at a local gym or health club
- Incorporate at least 5 **Healthy Practices** into your workplace

Bronze

- Incorporate at least 5 **Healthy Practices** into your workplace
 - Health Education Bulletin Boards
 - Discounted rate at a local gym or health club
 - One **Health Education Seminar** for employees each year.
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¹Health Education Seminars:

These could be 30 minute lunch time seminars on any health related topic. Here are some ideas:

- Benefits of Exercise
- Ways to manage stress
- Healthy Eating
- How to keep your family active
- Incorporating exercise into your daily life
- Osteoporosis and Exercise
- Dangers of High Blood Pressure and Cholesterol
- Type II diabetes
- Obesity Today
- Stress Management
- Importance of ergonomics assessments.

²Heart Healthy Choice:

This needs to be a low calorie, low fat food choice. Examples include baked fish, boneless skinless chicken breasts in a light sauce, no deep fried foods.

³Healthy Practices include:

- Replace vending machine junk food with healthier choices and offer them at a discounted price.
- Encourage employees to take stairs instead of the elevator. (incorporate the “Take the Stairs” program)
- Encourage employees to walk or ride their bike to work and provide a storage place for employee bikes, preferably indoor or covered area.
- Remove soda machines from workplace.
- Allow employee exercise breaks during the day.
- Weekly Health Tips for Employees (e-mail, fliers, paycheck stuffers)
- Incorporate health promotion programs/contests. Some examples include: Walk across America or a well known trail, some kind of point system where you get points for doing something healthy and once you get a certain amount of points; there is some sort of prize.
- Stress Management
- CPR/AED training for employees
- Ergonomics Assessment Policy
- Flower and/or fragrance policy for asthma and allergy triggers.
- Walking mats available to all employees
- Flex time for employees used for physical activity
- Signage for signs and symptoms of Heart Attack and Stroke
- Chronic Disease Management Promotion

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