

APPENDIX G - SAMPLE POLICIES

GENERAL POLICIES

California Sample Policies <http://www.dhs.ca.gov/ps/cdic/cpns/worksite/FitBusinessKit.htm#3>

PHYSICAL ACTIVITY POLICIES

Policy for Paid Time Off to Attend Worksite-sponsored Health Promotion Programs/Classes During Work Hours.

http://health.utah.gov/hearthighway/pdfs/Excercise_Release_Policy_worksites.pdf

Policy Supporting Physical Activity

http://health.utah.gov/hearthighway/pdfs/Excercise_Release_Policy_worksites.pdf

NUTRITION POLICIES

CA Healthy Meeting Policies – Snacks, Meals and Physical Activity Breaks

http://www.dhs.ca.gov/ps/cdic/cpns/worksite/download/FitBusinessKitTools/Healthy%20Meeting%20Policies_Final.pdf

MN: University of Minnesota School of Public Health: Guideline for offering healthy foods at meetings, seminars, and catered events

http://www.sph.umn.edu/img/assets/9103/Nutrition_guide.pdf

CO: Guidelines for offering healthful food alternatives at meetings, company functions, and health education events (Page 34)

<http://www.cdph.state.co.us/pp/COPAN/resourcekits/WorksiteWELLnessResource%20Kit.pdf>

NC: Eat Smart Move More North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events

http://www.eatsmartmovemorenc.com/programs_tools/worksites/docs/healthy%20meeting%20guide/ES_Hlthy_Mtg_Guide_HiRez.pdf

CA Vending Machine Food and Beverage Standards

http://www.dhs.ca.gov/ps/cdic/cpns/worksite/download/FitBusinessKitTools/Vending%20Machine%20Standards_Final.pdf

Sample Vending Standards

<http://www.healthcollaborative.net/assets/pdf/vendingcriteria.pdf>

CA Healthy Dining Menu Guidelines

http://www.dhs.ca.gov/ps/cdic/cpns/worksite/download/FitBusinessKitTools/Healthy%20Dining%20Menu%20Guidelines_Final.pdf

Establish workplace policies & programs that promote breastfeeding.

<http://dhfs.wisconsin.gov/health/Nutrition/Breastfeeding/bffriendlycomm.htm>

TOBACCO POLICIES

Policy prohibiting tobacco use anywhere on property.

http://www.cdc.gov/tobacco/research_data/environmental/etsguide.htm

100 percent Smoke-Free Workplace

http://www.mihealthtools.org/work/100_PERCENT_SMOKEFREE_POLICY.PDF

Smoke-Free Workplace with Designated Outside Smoking Areas

http://www.mihealthtools.org/work/Designated_Outside_Smoking_Areas_Policy.pdf