

APPENDIX I - SAMPLE POLICIES

GENERAL POLICIES

California Sample Policies

<http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx>

FLEXIBLE WORK TIME

Alternative Work Schedules - Centers for Disease Control and Prevention

http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/alt_work_schedules.pdf

PHYSICAL ACTIVITY POLICIES

Policy Supporting Physical Activity

http://health.utah.gov/bhp/pdf/Worksite_Toolkit.pdf (pages 62-63)

Physical Activity and Healthy Eating Policy - North Carolina Division of Public Health

<http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/PhysicalActivityAndHealthyEatingPolicy.html>

Flex Time for Physical Activity

<http://mihealthtools.org/work/documents/FlexTimePolicy.pdf>

NUTRITION POLICIES

Health Food Policy Example and Worksite Nutrition Guidelines

http://health.utah.gov/bhp/pdf/Worksite_Toolkit.pdf (pages 52-53 and 54-59)

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

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-HealthyMeetingPolicies.pdf>

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

<http://sph.umn.edu/site/docs/degrees-programs/nutrition/SPH%20Guidelines%20for%20Offering%20Healthy%20Foods.pdf>

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

<http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>

CA Vending Machine Food and Beverage Standards

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-VendingMachineStandards.pdf>

CA Healthy Dining Menu Guidelines

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-HealthyDiningMenuGuidelines.pdf>

Physical Activity and Healthy Eating Policy - North Carolina Division of Public Health
http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/Texts/061012_proclamation.pdf

Sample Healthy Foods Policy - Eat Smart, Move More North Carolina
http://www.eatsmartmovemorenc.com/NCHHealthSmartTIkt/Texts/ES_AppB%20SamplePolicy.pdf

Choosing Foods and Beverages for Healthy Meetings, Conferences and Events
Centers for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpa/pdf/healthy_Worksite_Food.pdf

TOBACCO POLICIES

Policy prohibiting tobacco use anywhere on property.
<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/implementation.htm>

Smoke-Free Workplace
<http://mihealthtools.org/work/documents/SmokefreePolicy.pdf>

CDC Tobacco-Free Campus Policy - Centers for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/CDC_tobacco_policy.pdf

Tobacco-free Campus Policy
http://health.utah.gov/bhp/pdf/Worksite_Toolkit.pdf (pages 60-61)

BREASTFEEDING

Establish workplace policies & programs that promote breastfeeding:
www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/BF_FriendlyComm/SampleWorksiteBFPolicy.pdf

Developing a Breast Feeding Workplace Policy
California WIC Program
<http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf>

Lactation Support Program
Centers for Disease Control and Prevention
<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/lactation/index.htm>

Breast-feeding Release Time Guidelines
http://health.utah.gov/bhp/pdf/Worksite_Toolkit.pdf (page 64)