



# LIVE WELL @ WORK

## HEALTHY WORKPLACE ACCELERATOR PROGRAM

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## OUR VISION



# LIVE WELL SAN DIEGO

Building  
Better  
Health

Living  
Safely

Thriving

# IN SAN DIEGO COUNTY



LIVE WELL  
SAN DIEGO



**1,590,800**

total workers in the labor  
force

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**77,236**

total number of  
businesses

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**<1%**

of region's companies have more  
than 250 workers

*\*Source: San Diego Tourism Authority 2015 Annual Report*



## We help businesses create healthier workplaces.



### Wellness Pays @ Work



Reduce sick leave,  
medical, and workers'  
comp claims by 25%



Save \$6 for every \$1  
spent on workplace  
wellness



Improve employee  
morale, productivity and  
attendance



## HOSPITALITY - TOURISM - AGRICULTURE - GAMING RETAIL - NON-PROFIT - HEALTHCARE



# SOME OF OUR PARTNERS



a california *health+* center



TOWARD MAXIMUM  
INDEPENDENCE  
Transforming Lives...

# OUR APPROACH



## ASSESSMENT

The first step in creating a wellness program is to assess how well the business currently supports its wellness efforts. Based on the results from the Live Well @ Work Health Scorecard, we generate a personalized action plan.

## ENGAGEMENT

We provide tailored tools to form or enhance the business' wellness committee. With our help, the committee regularly evaluates, refines, and adapts the program to keep staff engaged.

## EDUCATION

We offer marketing materials and educational tools—posters, cookbooks, newsletters, and signage—to increase employees' health knowledge and program awareness.



# OUR APPROACH (CONT.)



## ENVIRONMENT

Each business receives ongoing technical assistance to positively transform their work environment. We use simple, low-cost environmental changes to help improve the culture of health.



## POLICY

To ensure that the environmental changes are long-lasting, we support businesses and provide template language in developing organizational wellness policies.



# KEY STRATEGIES



LIVE WELL  
SAN DIEGO



# MEET WELL



LIVE WELL  
SAN DIEGO



HOSTING  
HEALTHY  
MEETINGS,  
EVENTS, AND  
CELEBRATIONS

# HEALTHY MEETING TEMPLATES



The *Meet Well* Pledge intends to assist SDSU Research Foundation WIC Program staff in modeling healthy, sustainable choices. The *Meet Well* Pledge applies to all internal and external meetings, trainings, and events, but does not dictate what individual staff members eat or bring into the office for personal consumption. By adhering to the *Meet Well* Pledge, employees can truly live well and improve the culture of health.

#### Provide **HEALTHY** food and beverage options

- Provide culturally and dietary appropriate foods and beverages.
- Provide access to water. Do not provide or offer sugar sweetened beverages. If other beverages are offered, provide only healthy options (e.g. water, seltzer water, unsweetened teas, 100% juice, unsweetened milk alternatives, non-fat and low-fat milk).
- Offer plant-based or vegetarian option(s) whenever food, including entrees, is served.
- Offer whole grains, fruits, vegetables, and other minimally processed nutrient dense foods.
- Avoid foods and beverages, including condiments and salad dressings, containing processed sugars, high sodium content, refined grains, and saturated/trans-fats (e.g. partially hydrogenated oils). Offer condiments and dressings on the side.
- Offer reasonable portion sizes and appropriately sized service ware.

#### Make **FOOD SAFETY** an integral part of meetings to prevent foodborne illness

- Prevent food from contamination by washing hands before handling food.
- Provide lids and covers for open food and enough clean utensils to serve food.
- Keep perishable foods hot or refrigerated until ready to serve.
- Plan to serve only what will be eaten. Retain cold temperature (ice) for cold items and hot temperature for hot items. Consume or properly store all food items within two hours of removal from refrigeration or a heating source; discard after four hours.

#### Strive to **REDUCE WASTE** during meetings

##### Food and beverages

- Reduce packaging waste. Provide and/or encourage attendees to bring reusable food and beverage containers/service ware. Do not provide or use polystyrene (foam) products.
- Create special stash of silverware and dishware to be used at potlucks, etc.

##### Materials

- Provide electronic documents ahead of meeting and display on-screen to reduce the need for paper copies.
- Host e-meetings or provide e-meeting options, when possible.
- Encourage carpooling to events.

#### Be **ACTIVE**:

- Offer a physical activity break every 90 minutes or host walking meetings.
- Incorporate wellness activities into team building days and general staff meetings.

#### Provide a **TOBACCO-FREE ENVIRONMENT** at all times

Provide designated, clean, secure, comfortable and private **LACTATION ACCOMMODATIONS** at trainings, conferences, workshops, and other events

# STEP WELL



**LIVE WELL**  
SAN DIEGO



**STAIRWELL  
PROMOTION**

**TAKE THE  
STAIRS!  
CAMPAIGN**

# FREE MATERIALS AVAILABLE



## STAIRWELL SIGNS



## ELEVATOR SIGNS



# WALK WELL



LIVE WELL  
SAN DIEGO



WALKING  
PATHS

WALKING  
MEETINGS

10K STEP  
CHALLENGES

# SAN DIEGO COUNTY OFFICE OF EDUCATION

## ON-CAMPUS WALKING PATHS





**SAN DIEGO  
COUNTY FAIR**  
presented by  **Albertsons VONS**

## 10K STEP CHALLENGE

2018 ATTENDANCE  
>1,500,000





HEALTHY  
CAFETERIAS

HEALTHY VENDING  
PROGRAMS

BREAK ROOM  
MAKEOVERS



## EAT WELL HERE

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Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future.



## TABLE TENTS



## EAT WELL HERE

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You need fuel.  
Choose wisely.



## POSTERS



### VARY YOUR PROTEIN ROUTINE

- Eat plant protein foods more often. Try beans and peas, soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.
- Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna and salami, are high in fat and sodium — make them occasional treats only.
- Eat seafood in place of meat or poultry twice a week, try salmon, herring, or trout.



### EAT LOCALLY GROWN FOODS

- Local produce is freshly picked, in season, and at its peak in flavor and nutrition.
- Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.
- Support your local farmers and economy. You can help new and smaller farmers be successful and save farmland in your area.



### FOCUS ON WHOLE FRUITS

- Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- Dried fruits make great on-the-go snacks. They are easy to carry and store.



# DRINK WELL



LIVE WELL  
SAN DIEGO



HYDRATION  
STATIONS

RETHINK YOUR  
DRINK  
EDUCATION



## LACTATION ACCOMMODATION POLICY

## PARENTAL SUPPORT PROGRAMS

## LACTATION ROOM DESIGN

# MULTI FACETED APPROACH TO SUPPORT BUSINESS



# HEALTHY WORKPLACE ACCELERATOR PROGRAM



LIVE WELL @ WORK

HEALTHY WORKPLACE ACCELERATOR PROGRAM

## CRAFT A CULTURE OF HEALTH FOR YOUR EMPLOYEES

Join a network of organizations that are creating healthier workplaces. Get the tools to accelerate employee wellness by enrolling in our free online platform.

Your goals for workplace wellness are as unique as your employees. We can help you build a wellness initiative tailored specifically for your organization's needs.

Through our online assessment, see how well your organization currently supports physical activity, healthy eating, and other wellness efforts. Based on the results, create your company's personalized Healthy Workplace action plan, utilizing the following resources:

**STRATEGIES** - Get the resources needed for organizational buy-in and support at every level of your organization.

**TOOLS** - Learn about effective wellness programs and policies that are easy to implement and fit well within your organization. Boost employee engagement and productivity by using our tools, templates, and free resources.

**SUPPORT** - Collaborate with a peer network committed to building cultures of health and wellness in the workplace.

Visit [LiveWellSD.org/AcceleratorProgram](https://www.livewellSD.org/AcceleratorProgram) to register for the Accelerator Program and participate in a range of activities to help your employees be healthy, safe, and thriving.

COUNTY OF SAN DIEGO

[LWW.Coordinator@sdcounty.ca.gov](mailto:LWW.Coordinator@sdcounty.ca.gov)  
[LIVEWELLS.D.ORG](https://www.livewellSD.org)



## How to help your organization be a Healthy Workplace

Whether you have a smaller business or a larger company, we have made it easy to use our online resources and peer connections to help you build a wellness action plan that suits your organization's needs. Follow these steps in our online platform to develop your employee wellness action plan.



1. <https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/introduction.html>

Join the Live Well @ Work Healthy Workplace Accelerator Program today to craft a culture of health.



[LIVEWELLS.D.ORG](https://www.livewellSD.org)

# BENEFITS OF PARTICIPATING



LIVE WELL@WORK

HEALTHY WORKPLACE ACCELERATOR PROGRAM 



## Dashboard Page

LIVE WELL@WORK

HEALTHY WORKPLACE ACCELERATOR PROGRAM

User ID XYZ

FAQs

Dashboard



SCORE

Step 1



COLLABORATE

Step 4



GET RECOGNIZED

Step 2



TAKE ACTION



Step 3



LIVE WELL  
SAN DIEGO



## Program Page - SCORE

 **LIVE WELL @WORK** | **HEALTHY WORKPLACE ACCELERATOR PROGRAM** 

USER ID: XYZ

### Program

STEP 1

## SCORE

*Choose any of the following assessments to get started!*

Most Recent Score

32%

★★★★☆☆

A Healthy Workplace Assessment

Not Available

Days until next assessment: 169

Most Recent Score

56%

★★★★☆☆

A Safe Workplace Assessment

Not Available

Days until next assessment: 144

Not Yet Started

A Thriving Workplace Assessment

Get Started



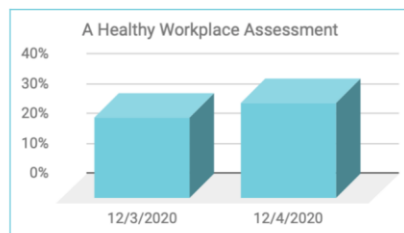
## Program Page - RESULTS

*Take a look at where your gaps might be, and decide where you want to focus your efforts.*



*View changes in your assessment scores.*

*Assessments are available for re-take every six months*



No data



## Program Page – GET RECOGNIZED

STEP 2

### GET RECOGNIZED

*While there are changes to be made, here is all of the great work your team has done.*

Click on the Strategies below:

#### A Healthy Workplace Strategies reported as complete:

<a href="#">Organized Physical Activity</a>
<a href="#">Physical Activity Integration</a>
<a href="#">Healthy Food &amp; Beverage Policies</a>
<a href="#">Healthy Cafeteria Promotion</a>
<a href="#">Healthy Meetings</a>
<a href="#">Lactation Policy</a>
<a href="#">Health Coverage for Families</a>
<a href="#">Breastfeeding Support</a>

#### A Safe Workplace Strategies reported as complete:

<a href="#">Stress Management Education</a>
<a href="#">Stress Management Coaching</a>
<a href="#">Relaxation Space</a>
<a href="#">Social Activities</a>
<a href="#">Occupational Health &amp; Safety Policy</a>
<a href="#">Drug Free Workplace Policy</a>
<a href="#">Drug Education</a>

#### Please complete 'A Thriving Workplace Assessment' to view implemented strategies




## Program Page – BADGE AWARDED

*To Celebrate Your Current Efforts, Here's a Special Badge!*

What does my badge mean?

[Learn More](#)



As an 'INNOVATOR', you've likely already started taken steps towards creating a culture of wellness, as your aggregate score for the three assessments is between 25%-50%. By following the action plan, you can achieve the next badge and become a 'LEADER' in no time!

Post this badge at your place of work or online, to share your commitment towards wellness with your employees, customers, and community.



Previous Badges	
Date	Badge

Date Awarded: October 2020



## Program Page – TAKE ACTION

STEP 3

### TAKE ACTION

*Click any strategy below to view the action plan!*

#### A Healthy Workplace Action Plan

Strategy	Status
<a href="#">Food Preparation/Storage</a>	Not Yet Started
<a href="#">Smoke Free Workplace</a>	Not Yet Started
<a href="#">Promote Smoking Cessation</a>	Not Yet Started
<a href="#">Interactive Education</a>	Not Yet Started
<a href="#">Education Materials</a>	Not Yet Started
<a href="#">Staying Healthy During COVID-19</a>	Not Yet Started

#### A Safe Workplace Action Plan

Strategy	Status
<a href="#">Reduce Stressors</a>	Not Yet Started
<a href="#">Employee Hazard Reporting</a>	Not Yet Started
<a href="#">Identify Risks and Hazards</a>	Not Yet Started
<a href="#">Injury Prevention Education</a>	Not Yet Started
<a href="#">Access to Treatment</a>	Not Yet Started
<a href="#">Address COVID-19 Stressors</a>	Not Yet Started

A Thriving Workplace action plan is currently locked, please complete assessment first

Strategy	Status

# HEALTHY WORKPLACE ACCELERATOR PROGRAM



## Action Plan Page

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HEALTHY WORKPLACE
ACCELERATOR PROGRAM

### Action Plan

		User Edittable					
STRATEGIES	ACTION CHECKLIST	RESOURCES	DAYS LEFT	TASK OWNER	START DATE	DUE DATE	COMPLETE
<u>Needs and Interest Survey</u> Why it Matters	<div> </div>	Step 1: Create a survey <a href="#">Sample Survey</a> Step 2: Develop a cover letter <a href="#">Sample Cover Letter</a> Step 3: Have the CEO send the cover letter & survey Step 4: Develop a report of key findings Step 5: Make sure programs offered align with population needs					0%
		Notes:					<input type="checkbox"/>
							<input type="checkbox"/>
							<input type="checkbox"/>
							<input type="checkbox"/>
							<input type="checkbox"/>

# FINAL THOUGHTS, DISCUSSION



## Any Comments or Questions?





# *CONTACT US*

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