

Worksites Choose Healthy Eating Options!

CHALLENGE

In Montgomery County, seven out of 10 adults are overweight or obese and only 21.1 percent of adults report consuming five or more servings of fruits and vegetables daily.¹ In addition, the cost of health care is rising; premiums for employer-sponsored health insurance have risen from \$5,791 in 1999 to \$13,375 in 2009, with the amount paid by employees rising by 128 percent.² Because adults spend about 36 percent of their waking hours at work, great gains can be seen in adult health if healthy eating initiatives are implemented in the workplace. Employers are interested now more than ever in keeping healthcare costs down. However, interested employers often face barriers such as unsure return on investment, lack of information about implementing successful employee wellness programs, and employee resistance to change.

¹ Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance Survey, 2011

² Kaiser/HRET Survey of Employer-Sponsored Health Benefits from 1999-2009



SUMMARY

Twenty-one worksites, employing more than 20,000 people, reported having implemented at least one sustainable change around healthy eating at their work place. These changes were made as a result of attending the first “Greater Dayton Region Employer Wellness Conference” in November 2012. The Creating Healthy

Communities (CHC) program partnered with several organizations to sponsor the event in order to educate and present practical ideas for employee wellness.

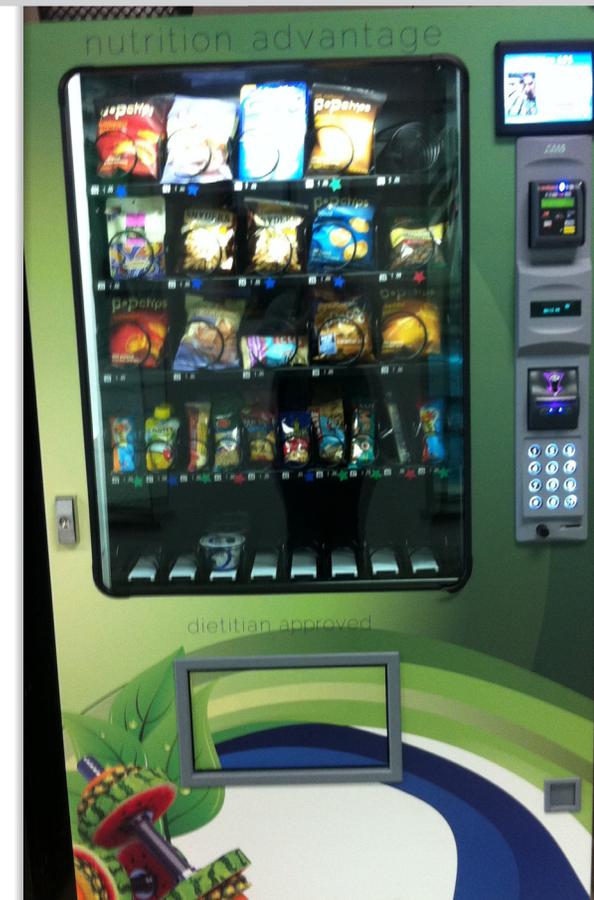
MONTGOMERY COUNTY

SOLUTION

In November 2012, CHC partnered with Premier Community Health, CareSource, McGohan Brabender, Dayton Area Chamber of Commerce and Miami Valley Human Resource Association to sponsor the “Employer Wellness Conference.” More than 100 professionals in the areas of human resources, health and wellness, and administration attended the event. Presentations included: business and health benefits of employee wellness initiatives, healthcare reform and the effect on employee wellness, and how to implement healthy eating and active living initiatives. Participants networked with vendors, received a copy of the GetUp Workplace Toolkit, and left with a variety of ideas to try at their worksites.

RESULTS

Participants were surveyed nine months after the conference regarding changes made at their workplace; and 62 percent reported increased availability of healthier food and beverage items. Projects Unlimited, Inc. worked with their vending company to increase the amount of healthier options in their vending machines by 10 percent. These healthy items are marked with a green coil and are placed at eye level. They also eliminated donuts at their meetings. The YMCA of Greater Dayton employs more than 1,200 staff and serves thousands of members at their 11 branches and residential camp. They have worked to change all of their vending machines to offer only healthy options. Items include: Greek yogurt, granola bars, and baked popcorn chips. Four other worksites reported to making changes to their vending machines or what is served at meetings.



Anytime we have a meeting,
we make sure **water** is at the
top of the list for beverages.

OSU Extension Montgomery County Office

YOUR INVOLVEMENT IS KEY

Get Moving! Sitting for six to eight hours a day can be detrimental to one's health. Suggest a "walking meeting" when meeting one-on-one with a staff member or small employee workgroup.

Join Us! Become a member of the Montgomery County CHC Coalition.

Engage! Start implementing employee wellness initiatives at your workplace. Start with the GetUp Workplace Toolkit.

FUTURE DIRECTIONS

CHC will continue to assist worksites to implement policy, systems, and environmental changes around the areas of healthy eating, active living, and tobacco-free living. In 2014, Montgomery County CHC will join other projects across Ohio to implement a state-wide campaign to promote water as a beverage of choice over sugar sweetened beverages with Dayton area worksites.

EXTRA! EXTRA!

Other 2013 Initiatives for the Montgomery County CHC program included:

- Healthy Corner Stores
- Healthy Classroom Reward Policies
- Active Classrooms
- CATCH Kid's Club
- Tobacco-Free Campus Policies

CONTACT



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