



Health Works

In Escambia

Creating a Culture of Health at Work

NUTRITION WORKS

WHY?

A healthy diet promotes weight management and reduces the risk of obesity and the development of high cholesterol, type 2 diabetes, and high blood pressure, according to the [Centers for Disease Control and Prevention \(CDC\)](#).

It is likely that employees are eating at least one meal at work, as well as having snacks and beverages. Providing information about and encouraging nutritious foods and beverages makes the healthy choice the easy choice, which is what employee wellness is all about!

RESOURCES

[Healthiest Weight Florida](#)

[CDC Workplace Health Promotion](#)

[Choose MyPlate](#)

[American Heart Association - Healthy Eating](#)

[EatRight.org](#)

HOW?

Offer healthy food and beverage choices at meetings and celebrations

Create a healthy meetings policy. Offer fresh fruit and water and limit items high in calories, sodium, added sugars, and/or saturated fat.

Encourage drinking water instead of sugar-sweetened beverages

Provide information about the benefits of drinking water and limit or eliminate sugar-sweetened beverages at meetings and events. Try fruit-infused water instead!

Complete an assessment of items in vending machines

Find out which items are the most nutritious options. Contact FDOH-Escambia to request a free vending machine assessment!

Provide information on nutrition

Include information about nutrition on bulletin boards, in common areas, or in company newsletters. Ask FDOH-Escambia for reliable information and resources!

Host classes or presentations on nutrition

Ask an expert, such as a Registered Dietitian, to speak to employees about nutrition during lunch time or at your next training day.



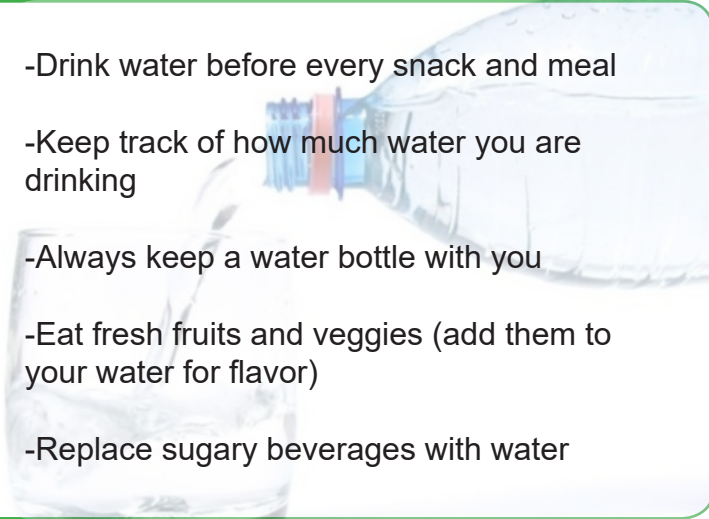


Nutrition

“Make sure you’re hydrating!” We hear that a lot this time of year. And with good reason! Your body loses water everyday and even more during the hotter months. Water helps your muscles and brain perform their best. And when you’re well hydrated, your heart doesn’t have to work as hard. So grab a glass of water and check out these tips for getting enough H2O!

Share This! → [Heat Stress and Hydration](#)

- Drink water before every snack and meal
- Keep track of how much water you are drinking
- Always keep a water bottle with you
- Eat fresh fruits and veggies (add them to your water for flavor)
- Replace sugary beverages with water



Physical Activity

Grab your walking shoes! This month’s topic is walking at work. Adults need at least 150 minutes of moderate-intensity activity each week for important health benefits. One generally safe and virtually free way of getting those minutes is brisk walking. This [guide](#) provides information about the benefits of walking and how to start a walking club at work.

Share This! → [Step It Up! at Work](#)



Stress Management

Take a deep breath. You’ve likely heard this when you’ve been stressed out. Relaxation techniques, such as deep breathing, can elicit the body’s natural relaxation response and help you feel calmer. Having a [quiet space](#) at work to practice deep breathing, or other relaxation techniques, is one strategy for reducing stress at work. Take a look around your office. Is there a room that no one is using that you could convert into a quiet zone?

Share This! → [Deep Breathing GIF](#)



Lactation Support

Support nursing moms at work by becoming a breastfeeding friendly workplace!

Learn more from the [Florida Breastfeeding Coalition, Inc.](#) and apply for the Breastfeeding Friendly Employer Award.



Tobacco Cessation

“Work time spent on smoking-related activities costs businesses four weeks of non-productive time per smoking employee each year.” -FTCA

Learn about the benefits of going tobacco free and how to become a tobacco-free workplace with the [Florida Tobacco Cessation Alliance](#). Answer only 5 questions and apply for the FTCA [Worksite Wellness Award!](#)