

Healthy Lifestyles at OCO

POLICY:

OCO encourages and supports a culture of healthy lifestyles to decrease our employees' health risks associated with sedentary and unhealthy habits.

PURPOSE:

To support our staff in making "healthy" activity, nutritious food and beverage choices while working and attending OCO meetings and events.

PROCEDURES:

1. OCO will participate in the American Heart Association Start! Fit Friendly program.
2. OCO will encourage and support tools such as walking programs, newsletters, pamphlets and tracking mechanisms to motivate employees.
3. A minimum of one (1) healthy food and one (1) healthy beverage will be served at OCO sponsored meetings and events where food is offered.
4. OCO encourages walking meetings with participation from senior management.
5. OCO has clean, safe and well-lit stairwells accessible to employees in some of its buildings.
6. Walking maps for safe and convenient outside walking are available to employees.
7. Stretch breaks are encouraged at meetings and throughout the work day where possible.
8. Friday "business casual" and "sneaker" days will continue to promote staff activity.
9. 25% of the offerings in agency vending machines will be healthy, nutritional options.

BOD Approval: 07/18/2007

Policy Council Approval: 08/28/2007

Amended: N/A

Effective: 07/18/2007

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