

# ***5210 Healthy Washoe***

## **Recognition Packet**

### **for Workplaces**

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water



-HEALTHY WASHOE-

Adapted From



[www.letsgo.org](http://www.letsgo.org)

# 5210 Healthy Washoe Recognition Program

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# 5210 Healthy Washoe Recognition Program for Workplaces

The 5210 Healthy Washoe Recognition Program celebrates workplaces that have made improvements in their environments related to healthy eating and physical activity.

The Recognition Program is designed to:

- Celebrate successful changes that make the healthy choice the easy choice.
- Provide consistent, statewide standards for being a 5210 Healthy Washoe Recognized Site.
- Move sites towards lasting change.

Each recognition level has a theme:

## **BRONZE = Implementation**

The Bronze Level is all about making changes in your daily practices and environment. This is done by implementing the 4 priority strategies.

- This is the first step to supporting healthy behaviors.
- This makes it easy and natural for employees to make healthy choices.

## **SILVER = Collaboration**

The Silver Level is about collaborating with community partners. Community partners can serve as essential allies, they can act as vital support systems for workplaces as they work to promote healthy behaviors. As you change your daily practices and environment, it is important to make your staff aware of the changes. When you bring everyone into the conversation:

- It allows them to be advocates.
- It encourages them to role model the same practices at home.
- It increases accountability.

## **GOLD = Policy**

The Gold Level is about putting the changes you have made into policy. This helps to ensure that the workplace environment remains a healthy place through the years, as new employees enter the workplace and existing staff move on. Setting a clear Wellness Policy around practices that support healthy behaviors can help you:

- Create a culture around health and wellness.
- Provide a set of consistent guidelines for staff to refer to.
- Ensure employees are provided a healthy environment.



# Let's Go! Recognition Program

## Key Points

Regardless of recognition status, all 5210 Healthy Washoe registered sites are taking part in a community-wide movement to increase healthy eating and physical activity for families. Each site should be celebrating their successes!

### Quick Notes:

- Recognition is determined on a yearly basis.
- Sites must complete the Survey each spring to be eligible for recognition.
- Prepare for the survey by reviewing the strategy questions in the Action Planning Packet with other staff at your site. The strategy questions are very similar to the questions in the survey.
- Completion of the Survey allows 5210 Healthy Washoe to monitor statewide improvements in healthy eating and physical activity environments for youth and adults. Thank you in advance for taking the survey!

**Recognized sites are publicly acknowledged on gethealthywashoe.com. Sites also receive a framed Certificate of Recognition.**

# 5210 Healthy Washoe Recognition Program Levels

5210 Healthy Washoe recognizes three levels of change for workplace wellness programs.

Each level must be completed entirely to reach the next level.

<p><b>Bronze</b></p> <p>Implementation</p>	<p>A site implements all four of the priority strategies:</p> <ol style="list-style-type: none"> <li>1. Increase Healthy Eating at Work</li> <li>2. Increase Movement at Work.</li> <li>3. Support Healthy Employees.</li> <li>4. Healthy Messaging.</li> </ol>
<p><b>Silver</b></p> <p>Collaboration</p>	<p><b>Achievement of Bronze, PLUS:</b></p> <p>A site collaborates with a community organization(s) to enhance workplace wellness that improve physical activity or nutrition efforts</p> <ol style="list-style-type: none"> <li>1. An employer agrees to a one year commitment with one community partner.</li> <li>2. Employer provides at least 8 touch-points for the employees to engage in an activity and/or event coordinated by community partner</li> </ol>
<p><b>Gold</b></p> <p>Policy</p>	<p><b>Achievement of Silver, PLUS:</b></p> <p><b>Workplaces:</b></p> <p>A workplace has adopted the four priority strategies into policy.</p>



# Bronze Level - Implementation

To achieve BRONZE level recognition, a workplace must be implementing all four priority strategies with most staff or division-wide. Workplace will be asked to verify this each year in the Survey.

## Quick Notes:

- *To prepare to take the survey the workplace champion should review the strategy questions in the Action Planning Packet with his or her team to ensure accurate responses.*
- *5210 Healthy Washoe priority strategies that are implemented by most staff or division-wide will count towards recognition.*
- *If a priority strategy is not being implemented by most staff or division-wide the organization is not yet ready for Bronze level recognition—but keep up the great work!*

## Healthy Washoe Priority Strategies

1. **Increase Healthy Eating at Work**
2. **Increase Movement at Work**
3. **Support Healthy Employees**
4. **Healthy Messaging**

# Silver Level - Collaboration

To achieve SILVER level recognition, a workplace must meet the requirements for Bronze AND collaborates with a community partner in the ways outlined below.

## Collaboration

To effectively meet the requirements a workplace must engage with a community partner to participate in one collaborative health or wellness activity that benefits the organization. For example:

- Provide a farmers market on-site or collaborate with community partners to bring fresh produce on-site
- Invite a community partner to your organization to provide a lunch session which focuses on health and wellness
- Partner with your local school to volunteer in their community garden

You will be asked to verify on the survey that you have completed the requirements of silver.



If you need assistance with any of these steps, contact your *5210 Healthy Washoe* Coordinator at 775-328-2404. We are here to help!

# Gold Level - Policy

To achieve GOLD level recognition, a workplace must achieve the requirements for BOTH Bronze and Silver AND complete one of the options below.

## Option A:

The workplace adopts the Policy Addendum (on page 10) into their Wellness Policy.  
The Wellness Champion dates and initials the Policy Addendum and submits it upon request.

## Option B:

**OR**

The workplace writes or edits their Wellness Policy to clearly support the four priority strategies by following the Policy Checklist (on page 11).  
The Workplace Champion submits the Wellness Policy with the completed Policy Checklist upon request.

## Quick Notes:

- *You may customize portions of the Policy Addendum by using the modifiable version available online.*

If you need assistance with any of these steps, contact your 5210 Healthy Washoe Coordinator at 775-328-2404. You can also email [5210HealthyWashoe@washoecounty.us](mailto:5210HealthyWashoe@washoecounty.us). We are here to help!



# Healthy Eating and Physical Activity Policy Addendum

Our organization is committed to helping our employees live healthier lives. The staff at \_\_\_\_\_ has made it our policy to follow the four *5210 Healthy Washoe* priority strategies for healthy eating and physical activity.

1. We support **healthy eating at work**.
2. We support **movement at work**.
3. We support **healthy employees**.
4. We provide **healthy messaging**.

\* *Unhealthy choices include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.*

\*\* *Sugary drinks include soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks*

This Addendum was adopted into policy on this date: \_\_\_\_\_

Initials of Wellness Champion: \_\_\_\_\_

# Policy Checklist

If a site chooses to reach GOLD by editing their policy to clearly support the four priority strategies, this checklist must be completed and submitted with the updated policy. **Check off each box after verifying your policy meets the guidelines.**

NAME OF SITE:

NAME OF WELLNESS CHAMPION:

EMAIL:

The policy is included with this completed checklist (required).

## Strategy 1: Increase Healthy Eating at Work.

Policy demonstrates healthier options are provided by the site

- *Unhealthy choices include food and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.*
- *Healthy choices include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.*

## Strategy 2: Increase Movement at Work.

Policy demonstrates a supportive physical and social environment for health improvement

- *Policy shows that employees are given opportunities for physical activity every work day.*

## Strategy 3: Support Healthy Employees.

Policy demonstrates integration of health promotion into your organization's culture

## Strategy 4: Healthy Messaging.

Policy demonstrates health education is provided



–HEALTHY WASHOE–

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