

# APPENDIX I

## Sample Policies

### GENERAL POLICIES

#### California Sample Policies

<http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx>

### FLEXIBLE WORK TIME

#### Alternative Work Schedules - Centers for Disease Control and Prevention

[http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/alt\\_work\\_schedules.pdf](http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/alt_work_schedules.pdf)

### PHYSICAL ACTIVITY POLICIES

#### Policy Supporting Physical Activity

<http://health.utah.gov/hearthighway/pdfs/ExcerciseRelease.pdf>

#### Physical Activity and Healthy Eating Policy - North Carolina Division of Public Health

<http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/PhysicalActivityAndHealthyEatingPolicy.html>

#### Food and Physical Activity Worksite Policies - San Bernardino-Riverside Counties Health Collaborative Netcom III

[http://www.co.san-bernardino.ca.us/eatwell/desert\\_sierra\\_health\\_network/worksite\\_wellness\\_toolkit\\_policies.htm](http://www.co.san-bernardino.ca.us/eatwell/desert_sierra_health_network/worksite_wellness_toolkit_policies.htm)

### NUTRITION POLICIES

#### CA Healthy Meeting Policies – Snacks, Meals and Physical Activity Breaks

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-HealthyMeetingPolicies.pdf>

#### MN: University of Minnesota School of Public Health: Guideline for offering healthy foods at meetings, seminars, and catered events

[http://www.sph.umn.edu/img/assets/9103/Nutrition\\_guide.pdf](http://www.sph.umn.edu/img/assets/9103/Nutrition_guide.pdf)

#### CO: Guidelines for offering healthful food alternatives at meetings, company functions, and health education events

<http://www.cdphe.state.co.us/pp/copan/resourcekits/WorksiteWellnessResourceKit.pdf>

#### NC: Eat Smart Move More North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events

<http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>

#### CA: Vending Machine Food and Beverage Standards

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-VendingMachineStandards.pdf>

#### Sample Vending Standards

<http://www.welcoa.org/pdf/vendingcriteria.pdf>

#### CA Healthy Dining Menu Guidelines

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-HealthyDiningMenuGuidelines.pdf>



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## **Physical Activity and Healthy Eating Policy - North Carolina Division of Public Health**

[http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/Texts/061012\\_proclamation.pdf](http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/Texts/061012_proclamation.pdf)

## **Sample Healthy Foods Policy - Eat Smart, Move More North Carolina**

[http://www.eatsmartmovemorenc.com/NCHHealthSmartTIkt/Texts/ES\\_AppB%20SamplePolicy.pdf](http://www.eatsmartmovemorenc.com/NCHHealthSmartTIkt/Texts/ES_AppB%20SamplePolicy.pdf)

## **Food and Physical Activity Worksite Policies - San Bernardino-Riverside Counties Health Collaborative Netcom III**

[http://www.co.san-bernardino.ca.us/eatwell/desert\\_sierra\\_health\\_network/worksite\\_wellness\\_toolkit\\_policies.htm](http://www.co.san-bernardino.ca.us/eatwell/desert_sierra_health_network/worksite_wellness_toolkit_policies.htm)

## **Choosing Foods and Beverages for Healthy Meetings, Conferences and Events Centers for Disease Control and Prevention**

[http://www.cdc.gov/nccdphp/dnpa/pdf/healthy\\_Worksite\\_Food.pdf](http://www.cdc.gov/nccdphp/dnpa/pdf/healthy_Worksite_Food.pdf)

## **Healthy Vending: Recommended Beverages and Snacks**

### **The Alabama Department of Health Nutrition and Physical Activity Unit**

[http://www.wbgh.org/pdfs/healthy\\_vending.pdf](http://www.wbgh.org/pdfs/healthy_vending.pdf)

## **LAUSD Healthy Beverage Resolution-Approved Beverage List - No Junk Food Organization**

[http://www.nojunkfood.org/vendors/healthy\\_bev\\_list.html](http://www.nojunkfood.org/vendors/healthy_bev_list.html)

## **TOBACCO POLICIES**

### **Policy prohibiting tobacco use anywhere on property**

[http://www.cdc.gov/tobacco/research\\_data/environmental/etsguide.htm](http://www.cdc.gov/tobacco/research_data/environmental/etsguide.htm)

### **100 percent Smoke-Free Workplace**

[http://www.mihealthtools.org/work/100\\_PERCENT\\_SMOKEFREE\\_POLICY.PDF](http://www.mihealthtools.org/work/100_PERCENT_SMOKEFREE_POLICY.PDF)

### **Smoke-Free Workplace with Designated Outside Smoking Areas**

[http://www.mihealthtools.org/work/Designated\\_Outside\\_Smoking\\_Areas\\_Policy.pdf](http://www.mihealthtools.org/work/Designated_Outside_Smoking_Areas_Policy.pdf)

### **CDC Tobacco-Free Campus Policy - Centers for Disease Control and Prevention**

[http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/CDC\\_tobacco\\_policy.pdf](http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/CDC_tobacco_policy.pdf)

## **BREASTFEEDING**

### **Establish workplace policies & programs that promote breastfeeding:**

[www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/BF\\_FriendlyComm/SampleWorksiteBFPolicy.pdf](http://www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/BF_FriendlyComm/SampleWorksiteBFPolicy.pdf)

### **Developing a Breast Feeding Workplace Policy – California WIC Program**

<http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf>

### **Lactation Support Program – Centers for Disease Control and Prevention**

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/lactation/index.htm>

### **Sample Mother-Friendly Worksite Program – Texas Department of State Health Services**

<http://www.dshs.state.tx.us/wichd/lactate/mother.shtm>