

ALAMEDA COUNTY BOARD OF SUPERVISORS

** MINUTE ORDER **

The following was action taken by the Board of Supervisors on October 27, 2009

Approved as Recommended Other

Unanimous Carson Haggerty Miley Steele Lai-Bitker - 5
Vote Key: N=No; A=Abstain; X=Excused

Documents accompanying this matter:

- Resolution(s) _____
- Ordinance(s) _____
- Contract(s): _____

File No. 25256
Item No. 9

Copies sent to:

Kiet Banh QIC 21921 Auditor

Special Notes:

Alameda County Nutrition and Physical Activity
Policy and Guidelines



I certify that the foregoing is a correct copy of a Minute Order adopted by the Board of Supervisors, Alameda County, State of California.

ATTEST:
Crystal Hishida Graff, Clerk of the Board
Board of Supervisors

By: Tamara Davis
Deputy



August 27, 2009

AGENCY ADMIN. & FINANCE
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San Leandro, CA 94577
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The Honorable Board of Supervisors
County Administration Building
1221 Oak Street
Oakland, Ca 94612

Dear Board Members:

SUBJECT: Request Approval of "Nutrition and Physical Activity Policy & Guidelines"

RECOMMENDATION:

Approve "Alameda County Nutrition and Physical Activity Policy and Guidelines" with an effective date of 90 days after Board approval.

SUMMARY/DISCUSSION/FINDINGS:

The Alameda County Public Health Department has prepared "Nutrition and Physical Activity Policy and Guidelines" (Attachments A and B) to improve the health and well-being of County employees and residents.

According to a 2003 National Health Interview Survey, 38% of adults reported being physically inactive. In 2005, the Center for Disease Control and Prevention (CDC) reported that less than one-fourth (23%) of adults eat the recommended five or more servings of fruit and vegetables each day. Poor diet and physical inactivity are major contributors to the leading disabling and deadly diseases, including heart disease, cancer, stroke, and diabetes – all of which are among the top ten killers in Alameda County. These diseases not only produce a more disabled and less productive work force, but also boost our health care costs. A recent study by the California Center for Public Health Advocacy estimates that in 2006, physical inactivity, obesity and being overweight cost Alameda County over \$2 billion in the form of health insurance and lost productivity.

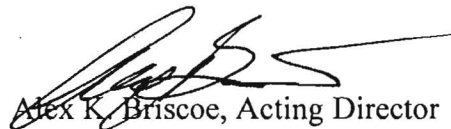
As a primary employer in the County, local government must take a leading role in modeling healthful environments. The Alameda County Public Health Department Nutrition Services Program proposes the "Nutrition and Physical Activity Policy and Guidelines", which include wellness, nutrition, vending machines and physical activity criteria to improve the health, well being, and productivity levels of the County employees and residents. The policy requires that a healthful choice of refreshments consistent with US dietary guidelines be offered at all County-sponsored functions at which meals or snacks are served. The policy also extends to County government vending machines, caterers and cafeterias. Under the implementation of this policy, Alameda County Public Health Department Nutrition Services will work with County caterers to provide

healthful options, and meet with and provide technical assistance to existing and new vending machine operators. Adoption of this policy and its guidelines will help to establish a healthy workplace and demonstrate government commitment to employee health.

FINANCING:

No fiscal impact is expected on net County funds for approving the Nutrition and Physical Activity Policy and Guidelines.

Very truly yours,



Alex K. Briscoe, Acting Director
Health Care Services Agency

AKB:am

cc: Auditor Controller
County Counsel

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ATTACHMENT A: NUTRITION & PHYSICAL ACTIVITY POLICY

Section 1: Wellness

- 1.1 The County will engage employees, dependents of employees, health plans and other benefit providers, health professionals and other community members in support of the Countywide Wellness and Disease Management initiatives and activities. The County is committed in providing a work environment that fosters good health and well being for all employees.
- 1.2 County Departments shall encourage employees to participate in County-sponsored health and wellness activities, and provide incentives when financially feasible as outlined in the policy implementation plan.
- 1.3 Each County Department will post and enforce and be consistent with state requirements for employers to provide break time and the use of a room for employees to express milk.

Section 2: Nutrition

- 2.1 Whenever County funds are used to purchase food or beverage for County meetings and events, those food and beverages will provide variety, nutritional benefit and choice. This includes all foods and beverages that are catered, purchased or prepared for County meetings or events.
- 2.2 At least fifty (50) percent of all food and beverage choices available at events, meetings and other agency-supported activities shall contain no more than 35% of calories from fat (of which no more than 10% calories be from saturated fat), no more than 35% sugar by weight, contain 0% trans fat and contain higher dietary levels of fiber in accordance with the United States Dietary Guidelines.
- 2.3 Whenever possible the use of local and regional foods at County meetings or events is recommended.
- 2.4 Nutrition Services will maintain and regularly update a list of healthful options, vendors and suggested menus.

Section 3: Vending Machines

- 3.1 A minimum of 50% of food items available in vending machines on County-leased or County-owned property must comply with "Healthy Option Criteria" as described in sections 3.2 and 3.3 below.
- 3.2 Health Option Criteria for snacks include:
 - a) Fruits or vegetables not processed with added fats or sugars
 - b) Nuts not processed with added fats or sugars
 - c) Items containing not more than 35% sugar by weight as listed on the nutrition fact label, except foods containing 100% fruits and/or vegetables
 - d) Items containing not more than 35% of total calories from total fats and not more than 10% of total calories from saturated fats, except nuts with no processed fats or sugars
 - e) At least one item that meets the Federal Drug Administration (FDA) low sodium criteria
 - f) Items not containing trans fats, trans-fatty acids, hydrogenated and/or partially-hydrogenated vegetable oils

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3.3 Healthy Option Criteria for beverages include:

- a) No high fructose corn syrup
- b) No more than 12 fluid ounces or more than 200 total calories
- c) At least 40% of all beverages must be non-carbonated
- d) Water and other non-caloric beverages containing neither nutritive or non-nutritive sweeteners
- e) Carbonated or non-carbonated fruit juice beverages containing at least 50% fruit juice, neither nutritive or non nutritive sweeteners
- f) Beverages with added nutritive sweeteners containing no more than 50 calories per 8 ounces, 75 calories per 12 ounces, or 100 total calories per container

3.4 Placement

All items that meet the "Healthy Option Criteria" must be stocked in ways that are easily visible and distinguishable from non-healthy items.

3.5 Implementation and Oversight

- a) County personnel responsible for vending machine contracts will provide to Nutrition Services the location of, and vendor contact information for, vending machines on County leased or County owned property.
- b) Nutrition Services will conduct a review of purchasing patterns on a yearly basis and make recommendations.

Section 4: Physical Activity

- 4.1 All County meetings and events of two (2) hours or longer in duration should have a ten (10) minute break.
- 4.2 County owned or leased facilities where County employees work should be made available at lunchtime and non work time for physical activity.
- 4.3 Whenever possible, County contracts for owned or leased facilities shall make staircases, bike racks, lockers and showers available to County employees. The County will encourage building managers of leased facilities to open staircases to County employees.
- 4.4 Establish, expand and publicize incentive programs for walking, biking or using public transportation to and from work and for work related business.

Section 5: Waste Reduction and Sustainability

Practices should be in accordance with the 75% Waste Reduction Resolution passed June 17, 2008 and the County Strategic Vision for Environment/Sustainability.

Section 6: Implementation and Oversight

The Public Health Officer will provide a yearly report to the Board regarding the status, progress, challenges and successes on this policy implementation, and if necessary, recommend potential amendments.

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ATTACHMENT B:

NUTRITION & PHYSICAL ACTIVITY EMPLOYEE GUIDELINES

Section 1: WELLNESS:

- 1.1. Employees are encouraged to take advantage of prevention and wellness activities and disease management programs offered by their health plans and other benefit providers.
- 1.2. Employees are encouraged to participate in the prevention and wellness activities offered by the County's Employee Wellness Program sponsored by the Risk Management Unit of the County Administrator's Office. These activities include:
 - a) Annual health fairs
 - b) Fitness and nutrition initiatives and events
 - c) Health education seminars and brown-bag presentations
 - d) Web-based health and wellness resources and referrals

Section 2: NUTRITION:

- 2.1 Employees are encouraged to bring to work a variety of healthful, natural foods that are low in sugar and fat. Examples include:
 - a) Fresh fruits and vegetables
 - b) Whole grain breads, whole grain crackers and whole grain cereals
 - c) Healthy protein sources including lean meats, fish, lentils, beans, nuts and soy products
 - d) Water
 - e) 100% natural juices
- 2.2 Employees are encouraged to celebrate special occasions and to show appreciation of others with non-food items.

Section 3: PHYSICAL ACTIVITY:

- 3.1 Employees are encouraged to meet the United States Department of Agriculture (USDA) recommended guideline of 60 minutes of physical activity on most days by doing the following:
 - a) Utilizing lunch breaks to walk, stretch and engage in other movement activities, especially with friends and co-workers
 - b) Encouraging use of flex time for physical activity purposes
 - c) Participating in Employee Wellness Program sponsored fitness initiatives which promote adoption of a more physically active lifestyle and the incorporation of physical activity during lunchtime, breaks, and at County-sponsored fitness events, including walking clubs, walkathons, department-based competitions and the like.
 - d) Taking advantage of discounted rates offered by health plans to County employees at gyms and health clubs to enroll in and utilize such facilities
 - e) Taking public transportation to and from work and for work related travel. Take advantage of pre-tax public transit benefits offered to County employees
 - f) Walking or bicycling to and from work and for work related travel, whenever possible

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- g) Taking physical activity classes offered onsite at lunch-time or after work
- h) Taking the stairs whenever possible

Rev 12/09