

# Physical Activity, Nutrition, & Breastfeeding Policies for the Municipal Workplace

Once your municipal workplace has a Workplace Wellness Committee in place and has adopted an overarching policy to establish its commitment to workplace wellness, you are ready to explore more specific physical activity, nutrition, and breastfeeding policies.

## Physical Activity:

### Physical Activity Break Policy

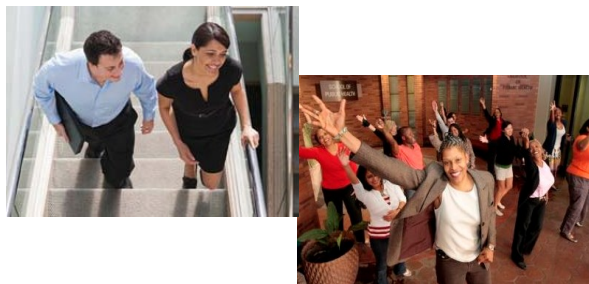
Employees can reap meaningful health benefits from even a single 10-minute physical activity break each day. Benefits include improvements in blood pressure, waist circumference, mood states, attention span, and other clinical measures. Municipalities can adopt policies that give employees 10 minutes of paid time to participate in physical activity.

#### Model Policy:

- [Physical Activity Break Policy](#)

#### Resources:

- [Walking Map Guide](#) on how to develop and promote walking maps for your workplace
- [Free, Printable Fitness Promotion Posters](#)
- [Desk Exercise Ideas](#)



### Active Meetings Policy

Holding meetings that include movement is a good way to keep employees engaged in the matter at hand while also providing valuable opportunities for movement. Municipalities can establish fitness standards for meetings.

#### Model Policy:

- [Healthy Meetings Policy](#)

#### Resources:

- [Ideas for Physical Activity Breaks in Meetings](#)
- [5-Minute Physical Activity Break Video](#)

### Active Stairwell Policy

Walking one flight up or two flights down is an effective and inexpensive way to add physical activity into the daily routine. Municipalities can set standards for stairwell safety and encourage employees to take the stairs.

#### Model Policy:

- [Active Stairwell Policy](#)

#### Resources:

- [Liability Information](#) regarding stairwells
- [Free, printable posters](#) to motivate employees
- [Take the Stairs Toolkit](#)



The **Healthy Eating Active Living (HEAL) Cities & Towns Campaign** provides free technical assistance and coaching to help city officials adopt policies that improve their communities' physical activity and food environments. Supporting healthy choices is essential to address the obesity epidemic among children and adults.

The HEAL Cities & Towns Campaign for the Mid-Atlantic is part of a growing national

campaign that is currently taking place in California, Oregon, and Colorado. The Institute for Public Health Innovation embarked on this initiative with funding from Kaiser Foundation Health Plan of the Mid-Atlantic States and a strategic partnership with the Maryland & Virginia Municipal Leagues.

*This fact sheet is one in a series providing background information and policy ideas for healthy cities and towns.*

## Nutrition:

### Healthy Meetings Policy

Meetings are a major part of the workday for city employees in administrative, program, and management positions. Oftentimes, meetings include food and beverages along with long periods of sitting. A healthy meeting that provides guidelines for food and beverages and prescribes activity breaks for longer meetings can help employees stay alert, focused, and healthy.

#### Model Policy:

- [Healthy Meetings Policy](#)

#### Resources:

- [Guide to Healthy Meetings and Events](#)
- [Meeting Well Toolkit for Healthy Meetings](#)



### Healthy Vending Policy

A vending machine that can require a certain percentage of times—typically 50% to 100% - meet standards set forth by state legislation governing competitive foods in schools. Machines located in city-owned facilities can set policies to meet the same competitive foods guidelines required by State standards for schools.

#### Model Policy:

- [Healthy Vending Policy](#)

#### Resources:

- [Guide and Model Vending Agreement](#)
- [Financial Implications of Healthy Vending](#)
- [Vending Machine Inventory Tool](#)
- [Example Healthy Snack List for Vending](#)
- [Free, Printable Healthy Vending Posters](#)
- [Nutrition Calculator Tool](#)
- [How to Communicate with a Vendor](#)

1. United States Breastfeeding Committee. 2002. Workplace breastfeeding support (issue

### Water Accessibility Policy

Hydration is critically important to health and cognitive functioning. When employees do not drink sufficient amounts of water, their work performance and health are likely to suffer. Additionally, plain water is 100% free of calories, making it a smart choice. Municipalities can support employees in staying hydrated by adopting a water accessibility policy.

#### Model Policy:

- [Water Accessibility Policy](#)

#### Resource:

- [Free, Printable Water Promotion Poster](#)



## Breastfeeding:

### Breastfeeding Policy

Accommodations for breastfeeding employees translate into a host of health benefits for mother and child. Because breastfed babies are ill less frequently, support for breastfeeding mothers will reduce employee absenteeism to care for ill children, as well as increase employee productivity and morale.<sup>1</sup> Municipal breastfeeding policies can enhance municipal workplace accommodations for breastfeeding mothers.

#### Model Policy:

- [Breastfeeding Policy](#)

#### Resources:

- [Breastfeeding Accommodations Checklist](#)
- [Breastfeeding-Friendly Workplace Award Information for DC, MD, and Northern VA](#)
- [Workplace Breastfeeding Toolkit](#)

#### Join the HEAL Cities & Towns Campaign

Go to [www.healcitiesmidatlantic.org](http://www.healcitiesmidatlantic.org), learn about policy options, let us know what you are doing, and/or contact the campaign:

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