

Sustainable Worksite Practices

Tompkins County



Environment Strategies:

5 ways to ensure that healthy choices are easy, accepted, & supported.

- 1) **Adopt policies to increase access to physical activity.**
- 2) **Adopt comprehensive food purchasing policies to ensure cafeteria meals, refreshments, and vending machines include healthy and sustainable choices.**
- 3) **Establish on-site sale of produce, such as farmers markets or community supported agriculture (CSA).**
- 4) **Promote stair use by increasing access to clean, safe stairwells.**
- 5) **Adopt flex-time policies that allow employees to fit physical activity into workdays.**

Activity-oriented Strategies:

6 ways to provide a wide range of information and activities that are generally valued by most employees and assist employees in changing behavior.

- 1) **Increase use of voluntary biometric testing with appropriate referral to their primary health care provider.**
- 2) **Facilitate weight management programs at the worksite.**
- 3) **Facilitate smoking cessation programs at the worksite.**
- 4) **Increase workplace lactation support using the Business Case for Breastfeeding toolkit.**
- 5) **Increase use of incentives and supports for alternative forms of transportation to and from work, such as walking, biking, or taking public transportation.**
- 6) **Modify health plan benefit design so preventive health services are part of health insurance coverage.**

Results-oriented Strategies:

3 ways to reduce selected health risks and improve management of health conditions. Results-oriented strategies are often personal and proactive.

- 1) **Increase use of incentives for employee participation in Health Risk Assessments (HRA's).**
- 2) **Increase use of telephone, web-based or in-person health coaching.**
- 3) **Increase use of incentives for completion of steps for reducing risk behaviors or for achieving certain objective standards.**