



# *Network for a Healthy California-- Worksite Program*

## Why Worksite?

- Worksite interventions reach low-income Californians where they spend 8 or more hours per work day, and likely eat 1-2 of their daily meals.
- Interventions at worksites are enticing to employers; healthy employees report fewer sick days and increased productivity.

## What is the Worksite Program?

- The *Network for a Healthy California—Worksite Program* empowers employers to be Champions for Change by improving fruit and vegetable consumption and levels of physical activity among their low-income employees.
- The *Worksite Program’s California Fit Business Kit* offers ten worksite wellness tools to guide the employer through making environmental and policy changes to create healthier workplaces.
- Eligible worksites are often found in the food retail, farm worker/agriculture, manufacturing, hospitality, and healthcare/social services industries, and often serve Spanish-speaking Latino audiences.

## Worksite Program Resources

### California Fit Business Kit Tool Quick Links

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <a href="#">Check for Health</a></li> <li>• <a href="#">Establishing a Worksite Wellness Committee</a></li> <li>• <a href="#">Healthy Meeting Policies</a></li> <li>• <a href="#">Vending Machine Food/Beverage Standards</a></li> <li>• <a href="#">Healthy Dining Menu Guidelines</a></li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Ordering Farm Fresh Produce for Worksites</a></li> <li>• <a href="#">Establishing a Worksite Farmers' Market</a></li> <li>• <a href="#">Improving Worksite Stairwells</a></li> <li>• <a href="#">Establishing Worksite Walking Clubs</a></li> <li>• <a href="#">Take Action! Worksite Employee Wellness Program</a></li> </ul> |
|---|---|

Additional materials include:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <a href="#">Promotional Materials</a></li> <li>• <a href="#">Posters</a></li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Cookbooks</a></li> <li>• <a href="#">Harvest of the Month newsletters</a></li> </ul> |
|--|---|

## Recommendations for Local Health Department Scopes of Work

County Health Department Funding Level	Worksite Participants (statewide average = ~100 employees/worksites)	Worksites	Partner Promotions	Staffing Full-Time Equivalent	Minimum Budget Allocation
\$501,000-\$900,000	750-2000	8-10	8	0.75	\$ 75,000.00
\$1-1.5 million	1000-6000	10-30	10	1.0	\$ 100,000.00
\$1.6-3 million	1000-6000	10-30	13	1.5	\$ 150,000.00
More than \$3 million	1000-6000	10-30	20	2.0	\$ 200,000.00