

Call to Action Survey Worksite Challenge

Fit & Fun Families

Healthy Employees...

What's in the Works for Meeting Challenges Today and Tomorrow?

How do you become a healthy worksite?

By taking healthy actions to:

- Provide knowledge, skills, and practice for making healthy choices
- Provide healthy eating options
- Provide opportunities for physical activity
- Support and encourage employees and their families to make healthy choices

Check it out on the next three pages!

What exists or is already in the works for healthy actions at your worksite?

- Check if you would like assistance or resources to take any of the healthy actions.** For additional resources or assistance, please mail or fax completed survey to:

Healthy Kids Challenge
Vickie L. James, RD, LD
2 West Road 210
Dighton, Kansas 67839
Fax: 620.397.5979

Name of Business:

Number of Employees:

Name & position of person completing survey:

Phone:

E-mail:

Enter your total points after completing the
Call to Action Challenge Survey:

(Note: All information is confidential, worksites will not be identified or compared)

Comments: _____

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For each category, please use the following numbers to indicate what's happening in your program.

0 not happening and change is not likely

2 action plan for change is in process

1 not happening but would like to make a change

3 this is already happening in your program

Actions for Effective Teams

_____ Develop a team to plan, coordinate, and promote healthy messages

_____ Identify goals and actions

_____ Maintain a way to check progress

_____ Recognize and reward individuals and teams

_____ Create plans to sustain healthy change

_____ Celebrate progress

Actions for Awareness

Consistently incorporate healthy messages

_____ as a part of events

_____ on bulletin boards

_____ in newsletters

_____ other (describe) _____

_____ Provide inservices for HR staff/
wellness committee

_____ Identify and provide resources to employees

_____ Incorporate healthy themes that are highly promoted and visible (i.e., Fruit and Veggie Week or Walk at Work)

_____ Use surveys to identify and communicate needs and solutions for healthy change

_____ Use displays and promotional opportunities to invite family support and involvement

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Web site: www.healthykidschallenge.com Phone: 1-888-259-6287

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge.

Working to make healthy eating and physical activity a regular part of your life at home and at work.

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Actions for Linking and Role-Modeling

- _____ Communicate with employees for feedback and healthy change ideas
- _____ Develop good participation in employee wellness programs
- _____ Invite role models (internal leadership) to promote healthy choices
- _____ Develop activities that allow employees to be advocates for healthy change with their peers

Actions for a Healthy Environment

Provide healthy food options in/for:

- _____ Vending
- _____ Cafeteria/Snack Bars
- _____ Special Functions/Events
- _____ Staff Meetings
- _____ Support fundraisers that send a healthy message
- _____ Provide physical activity options at the worksite
- _____ Encourage ALL employees to join in physical activity regardless of skill level
- _____ Emphasize healthy "choices" & positive body image rather than body weight
- _____ Implement policies to support healthy environments
- _____ Offer contests with a healthy habit focus

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Actions for Healthy Eating Messages

_____ Integrate healthy eating information into routine practices at the worksite

_____ Provide classes/messages to teach skills for healthy habits (meal planning and food safety)

Use the following criteria to choose actions:

_____ fun and "hands-on" for practice in making healthy choices

_____ consistent with MyPyramid concepts (variety-balance-fat-choices)

_____ encourage fruit and vegetable intake

_____ incorporate physical movement

_____ include food tasting

Actions for Physical Activity

_____ Physical movement integrated into routine practices at the worksite

_____ Appealing physical movement ideas (stretches, stairway walks) are suggested for break time

Use the following criteria to choose actions:

_____ encourage a physically active lifestyle attitude, knowledge, and skills for both individual active-time and team sports

_____ provide options to reduce TV and/or other "screen" time

_____ Offer classes with a focus on developing healthy physical activity habits (walking, yoga)

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