

5-A-Day the Tasty Way

Be the Advocate in the Workplace...Send a healthy message.

Eating **at least** five to nine servings of fruits and vegetables **every day** can help you to stay healthy, fight disease, and feel good every day.

Create a connection between the workplace and the healthy message you provide.

Become a champion for your employees to make healthy eating choices in the workplace and at home. Take the opportunity to use the **5-A-Day message** theme for an extended period of time. A month is a good suggested amount of time. Publicize the message frequently with employees throughout the month. When trying to help employees take action to make healthy changes it helps to:

- **Encourage employees** that small steps and goals are necessary for change.
- **Focus on good habits** and healthy “choices” rather than body weight.
- **Maintain good staff-community relations** by making recommendations welcoming and fun.
- **Make employees partners for change** by welcoming and healthy change ideas and feedback.

Start by looking at your workplace setting. What opportunities and messages can you give to your employees to eat 5 to 9 servings of fruit and vegetables throughout the day?

Tips

- **Provide employees with healthy food choices** in your work areas.
For example: Offer fresh bowls of fruit or packaged mini carrots to employees.
- **Post the cafeteria menu choices** for the week and highlight ones that **include fruit or vegetable servings.**
- **Encourage healthy choices** by posting the display message provided in locations where employees snack and eat.
Display message: 5-A-Day Display Poster for cafeteria and break room.
- **Provide refrigeration** in the workplace so employees have the option of bringing fruits and vegetables from home.

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How to Take Action:

- Provide employees with the **5-A-Day message** tip sheets to learn ways to eat more fruits and vegetables.
- Use the action ideas provided.
- Frequently communicate action ideas and messages to employees during the designated **5-A-Day** theme time period.
- Download resources provided to provide employees with additional information.

Workplace Challenge Ideas

5-A-Day the Tasty Way

Create a 5-A-Day Contest

- Develop workplace teams. Challenge teams to get the most members to eat 5-A-Day for a given period of time.
- Use tracking chart provided and display in a central location.
- Give healthy prizes and incentives such as water bottles, pedometers, cafeteria coupons, healthy cookbooks, or discounts for a gym membership.
- Be creative for ways to get employees to join the fun!

Why 5-A-Day?

CDC lists increased fruit and vegetable consumption as one of four public health strategies to address increasing rates of obesity in Promoting Healthy Eating and Physical Activity for a Healthier Nation; Promising Practices in Chronic Disease Prevention and Control: A Public Health Framework for Action. The document is downloadable at: www.cdc.gov/nccdphp/promising_practices/promoting_health/opportunities.htm

Use these additional facts as a reason for making change:

(Taken from the CDC website: www.cdc.gov/nccdphp/pe_factsheets/pe_pa.htm)

- Obesity in the United States is truly an epidemic. In the last 10 years, obesity rates have increased by more than 60% among adults. Approximately 59 million adults are obese.
- Only about one-fourth of U.S. adults eat the recommended five or more servings of fruit and vegetables each day.
- Unhealthy diet and physical inactivity play an important role in many chronic diseases and conditions, including type 2 diabetes, hypertension, heart disease, stroke, breast cancer, colon cancer, gallbladder disease, and arthritis.
- In 2000, the total cost of obesity in the United States was estimated to be \$117 billion, of which \$61 billion was for indirect costs
- Each year, over \$33 billion in medical costs and \$9 billion in lost productivity due to heart disease, cancer, stroke, and diabetes are attributed to diet.

Fit & Fun Families

Resources:

- **The 5-A-Day for Better Health Program**
The 5-A-Day for Better Health Program is a national initiative to increase consumption of fruits and vegetables by all Americans to 5 to 9 servings a day. Eating 5 to 9 servings of fruits and vegetables a day will promote good health and reduce the risk of many cancers, high blood pressure, heart disease, diabetes, stroke, and other chronic diseases.
www.5aday.gov/about/index.html
- **5-A-Day Display Poster** for cafeteria and break room.

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.

Team Tracking Chart

5-A-Day the Tasty Way

*Fit & Fun
Families*

team name: _____

week #1:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	participants names:

week #2:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	

week #3:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	

week #4:

SUN	MON	TUE	WED	THURS	FRI	SAT	TOTAL	

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