

Nutrition & Physical Activity Policy Implementation Resource

Making Healthy Options Available for All

Why Do We Need a Nutrition and Physical Activity Policy?

We all want to be healthy, and the goal of this policy is to make it easier for Alameda County employees and residents to make healthy choices during our busy days. Poor diet and physical inactivity are major contributing factors in chronic diseases, including heart disease, cancer, stroke, and diabetes – all of which are among the top 10 killers in Alameda County. To reduce rates of obesity and diet related chronic diseases, the food and physical activity environment must be improved. Alameda County is taking a leading role in modeling healthful environments by improving access to healthy food choices and by encouraging healthful behaviors where employees and residents live, play, and work.

When Was the Nutrition and Physical Activity Policy & Guidelines Passed?

On October 16, 2009, the County Board of Supervisors adopted the “Nutrition and Physical Activity Policy & Guidelines,” which revise County practices and policies to promote healthy options for employees, visitors to County buildings, and participants in County meetings and events. The Policy contains specific requirements for County action and became effective January 16, 2010. The Guidelines includes tips for employees on personal choices they can make at work that are part of a healthy lifestyle.

What Does the Policy Mean to County Employees?

The Policy requires that a healthful choice of refreshments be offered at all County-sponsored functions at which meals or snacks are served. You will have more healthy options, such as seasonal fresh fruits and vegetables, whole grains, and low-fat dairy products. You'll also see more reusable dishware and utensils. You'll have healthful choices available in vending machines at County-owned and County-leased facilities. You'll also notice more opportunities and incentives to stay physically active and participate in wellness activities during lunch and at breaks, as well as more opportunities to incorporate physical activity into your commute and on-the-job travel.

What Does the Policy Mean to County Residents?

Residents attending County-sponsored meetings and events will have healthy refreshment options. Residents will also benefit from the physical activity breaks during County meetings longer than two hours and the ability to incorporate physical activity when traveling to County facilities and events (e.g., more bike racks, more events near BART/bus). The general public will also benefit by having healthy options in vending machines located in County-owned and County-leased facilities.

