

Case Studies

Healthy Worksites
“Hands On”

Acme Industries and Tobacco

- Manufacturing, sales, distribution of household products in rural Oregon
- 60 employees, 60% male, ave 47, 92% white
- 3 locations, 2 unions, ave \$39K
- Values – freedom, independence, self-sufficiency
- Owner uses tobacco, smoking areas in front of store, shelters at manufacturing site, spit/chew while working is common
- Unrestricted smoking in shared outdoor spaces



Rainbow Services and Nutrition

- Employee-owned, personal services, small Oregon city
- 45 employees, 75% female, ave 37, 72% W, 16% H, 12% AA
- 2 locations, no unions, ave \$34K
- Values – support, compassion, self-empowerment
- Stressful work setting, high turnover
- Food used to create welcoming, nurturing environment, convenience store/frequent buyer card, vending/ healthier options cost more, clients bring in food, candy bowl, Monday pastries, ‘practice’ cakes at shared Wed lunch
- Many staff want to loose weight

