



Multnomah County Health Department

**Multnomah County Health Department
It Starts Here: Healthy Worksites**

May 12, 2011

Rachael Banks

Community Wellness & Prevention Program



A Healthy Active Multnomah County





Healthy Active Multnomah County

Board unanimously passed resolution to:

Launch of It Starts Here Public Education Campaign

- Place matters
- Sense of urgency around obesity and chronic disease
- Walk our talk





Worksites Wellness Resolution

B. Directs Health Department to establish worksite wellness policy recommendations

- Nutrition guidelines
 - Meeting Guidelines
 - Other contracts

- Tobacco free campus

- Amendments to facilities policies





How We Got Here?

- Reviewed best practice
- Met with stakeholders
- Developed policy recommendations
- Vetting with stakeholders



Tobacco Free Campus



**Tobacco-Free
Property**

1-800-QUIT-NOW
1-877-2NO-FUME

**MULTNOMAH
COUNTY**

it starts here
Campaign for a Healthy,
Active Multnomah County





Next steps

- Refine policy proposals based on input
- Present policy package for adoption
- Implementation





Building on Past Successes

- Nutrition standards in contracts
 - Vending machines
 - Concessions

- Water promotion
 - Take back the tap
 - Water fountains and water stations





Tri-county Action Forum

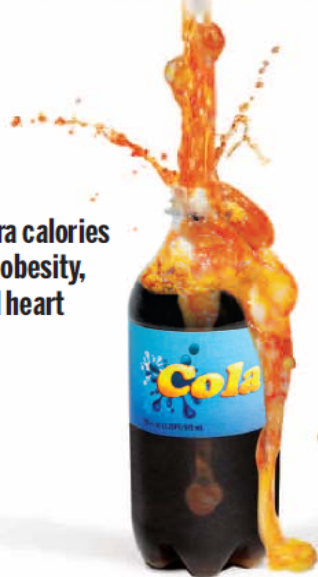
- Collaborative process
- Planning committee
- Elevated visibility and importance
- Forum catalyzes long-term goals





YOUR KID JUST ATE 16 PACKS OF SUGAR

All those extra calories
can bring on obesity,
diabetes and heart
disease.



(20oz. soda)



Campaign for a Healthy,
Active Multnomah County

www.multco-itstartshere.org



Health Department

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www.multco-itstartshere.org

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It Starts Here

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BACK TO WELLNESS & PREVENTION

Health and transportation are connected

Where we live, work and play has a profound effect on our health. How we get where we want to go affects our health too. This week's Active Transportation Summit in Salem connected the dots between community health and active transportation. Read about the connection at BikePortland Blog. [Read more »](#)

What baggage are we passing on?

Obesity is a national emergency

hidden sugar

[Follow the sugar trail](#)

County Chair Jeff Cogen strives for a healthier workplace

In this new video, Multnomah County Chair Jeff Cogen asks Multnomah County employees to take the Live Well pledge to make one small, healthy change in their lives.

Chair Cogen has pledged to walk his dog, Chester, 10 blocks every day. He is challenging employees to make small healthy eating or active living changes to their routines that can add up to big results.

Done

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