

FOR IMMEDIATE RELEASE

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**SANTA CLARA COUNTY PUBLIC HEALTH DEPARTMENT HONORS HEALTHY
WORKSITE AWARD WINNERS DURING NATIONAL NUTRITION MONTH**

Santa Clara County, CA: The Santa Clara County Public Health Department (SCCPHD) today announced the winners of the 2016 Santa Clara County Healthy Worksite Awards. The Healthy Worksite Awards are an opportunity to celebrate organizations in the county who are dedicated to the health and wellbeing of their employees, clients, patrons, and the community. Awards were presented to fifteen local organizations at the Healthy Innovative Practices conference held on March 3rd, in Sunnyvale. The dedication of these employers, to the health and well-being of their workforce, will positively impact the health of over 20,000 people.

The 2016 Healthy Worksite Awardees are:

1. Asian American Recovery Services
2. AlSCO, Inc.
3. Alzheimer's Activity Center
4. Avenidas
5. Bay Sport
6. Bill Wilson Center
7. Community Health Awareness Council
8. Family and Children Services of Silicon Valley
9. FIRST 5 Santa Clara County
10. Life Moves
11. Power Integrations
12. Parisi House on the Hill
13. ShoreTel
14. West Valley Community Services
15. Spiraledge

The fifteen award winners were honored and acknowledged at the conference by Sam Kass, former White House Chef and Senior Food Analyst at NBC News. In addition to recognition by the Public Health Department, awardees received a plaque to be displayed at their worksite, and a seal of approval, which can be used on their organization's website and marketing materials.

"Becoming a healthy worksite can be a win-win for your employees and for your bottom line," said Santa Clara County Health Officer, Dr. Sara Cody. Partnering with Breathe California of the Bay Area, and McClure Nelson & Associates, SCCPHD works closely with local organizations to create healthy food and beverage policies and implement their own Healthy Worksite programs. The Healthy Worksite Award program offers a toolkit complete with policy templates, environmental assessment tools, and technical assistance for best-practice implementation. Healthy Worksites can receive Gold, Silver or Bronze medals depending on the number and strength of policies they implement. Potential benefits to employers include: a work environment that supports healthy behaviors; increased productivity with healthier employees; and brand enhancement through public recognition of efforts.

Background

The average full-time employee in America spends over one-third of their day, five days per week at their Worksite. This creates a great opportunity to increase access to healthy food and beverages in people's work environments. Santa Clara County's Healthy Worksite Award program recruits local agencies to implement and strengthen organizational wellness standards and guidelines to support healthy behaviors in 5 key areas:

- Healthy Beverages at Work
- Healthy Food at Work
- Physical Activity Promotion
- Tobacco-Free Worksites
- Breastfeeding Accommodation and Promotion

The awards are presented during March, which is National Nutrition Month. National Nutrition Month reminds us of the role that good nutrition has on the health of our communities. Among adults in Santa Clara County (SCC), 54% are overweight or obese and 8.3% of them have been diagnosed with diabetes. Only about half of all SCC adults (57%) reported getting the recommended amount of physical activity and only 18% reported consuming five or more servings of fruits and vegetables on the previous day.

Organizations interested in participating in the Healthy Worksite Award program can learn more by visiting: www.sccgov.org/sites/sccphd/en-us/Partners/cdip/Pages/hwap.aspx

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