

partners

TAKE OUT

Barriers to Healthy Choices in Douglas County

Live Well Omaha: Douglas County Putting Prevention to Work is a community-wide effort to reduce and eliminate the barriers to healthy living. We're committed to creating a physical and cultural environment that allows all residents of Omaha and Douglas County to make the healthy choice, at any time and in any place.

“We must intentionally improve environments where we live, learn, work and play to make certain that the healthy choice is the easy choice for Douglas County residents.”

—Kerri Peterson, Executive Director, Live Well Omaha

FUEL YOUR BODY: Healthy eating

BEVERAGES

Offer water, skim or 1% milk, and 100% juices first. Sugar-sweetened beverages are offered last (or not at all).

Healthy options

Include at least one healthy option wherever food is offered — whether in the cafeteria, at events, during meetings or for celebrations.

Good to grab-n-go

Make at least 50% or more of the vending machine options healthy.

LOCAL FARE:

Supporting local agriculture

Farm fresh

Incorporate locally grown or raised products into cafeteria or other food service offerings through a farm-to-institution program.

Bring the market to you

Host a farmers market or mobile stands at your location.

FRIEND OF A FARMER

Purchase a share or membership in the harvest of a CSA (Community Supported Agriculture). This has become a popular way for consumers to buy local, seasonal food directly from a farmer.

GETTING AROUND:

Supporting transportation choices

Alternatives encouraged

Encourage employees to walk, bike, or take transit to meetings for short trips.

Bike share

Make bikes that can be signed out available to employees to go to a meeting or for use during their lunch breaks.

A place to park it

Install a bike rack to offer transportation options to both staff and visitors.

Hop on the bus, Gus

Reimburse bus fare the same as mileage.

BODIES IN MOTION:

Creating times and places to be active

Hold the elevator

Encourage employees to take the stairs instead of the elevator.

Moving meetings

Hold small meetings while you're walking.

Discounted memberships

Provide discount memberships to fitness centers or parks and recreation areas to help keep employees active and healthy, if onsite facilities are not an option.

Take an activity break

Help re-energize workers with short breaks that include physical activity.

Share your facilities

Share your physical activity facilities with another organization or the neighborhood.

Fitness happens here

Provide onsite exercise rooms and equipment and/or showers and lockers for employee use before and after work or during break times.

Policies á la carte

- Breastfeeding support
- Reducing screen time
- Nutrition labeling
- Product placement
- BMI assessment/tracking
- Prompts/signage



For more information on making the healthy choice the easy choice visit our web site at:

www.livewellomaha.org