



# County of Yolo

## HEALTH DEPARTMENT

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For Immediate Release:

Date: October 26, 2009  
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### **Yolo County Health Department Recognized for Promoting a Healthy Work Place**

Woodland, CA—On October 21, 2009 the Maternal, Child, and Adolescent Health Program at the California Department of Public Health (CDPH) recognized the Yolo County Health Department for “*Here is Where Healthy Starts*” standards. They were one of only nine local departments to be recognized for their efforts in promoting healthy work environments.

“The *Here is Where Healthy Starts* award recognizes local health departments for their leadership in promoting a healthy environment for employees, clients, and visitors,” stated Suzanne Haydu, MPH, RD, Nutrition and Physical Activity Coordinator, Maternal, Child, and Adolescent Health Division, California Department of Public Health. “Many of these inexpensive and sustainable examples can be used by businesses across the state to support health promotion efforts.”

To be recognized for ‘*Here is Where Healthy Starts*’, a local health department must meet the following four standards:

- Promotes and supports physical activities
- Promotes the consumption of healthy food and beverages
- Supports breastfeeding mothers
- Has taken steps towards providing a safe environment

Here is a sampling of how the Yolo County Health Department meets award guidelines:

*To promote and support physical activity:* The Healthwise employee wellness program offers exercise incentive programs and periodic presentations on physical activity at no cost to employees. Our newest physical activity promotion is to schedule a group walk with the Department management team monthly.

*To promote the consumption of healthy food and beverages:* A small kiosk located in the building lobby sells low-fat, high-nutrition foods including fresh fruit salad and whole grain snacks. No vending machines are available in the building in a purposeful effort to make healthy foods the most accessible option. The employee break room features free filtered water.

*To support breastfeeding mothers:* County-wide policy provides that women who return to work have access to break time and a private area to express breast milk. In the health building, the

employee lactation room is furnished with rocking chairs, sink, and refrigerator. A breast pump and breastfeeding support is available upon request via the Women, Infants, and Children Supplemental Nutrition Program.

*To support taking steps toward a safer environment:* Yolo County Health Department maintains a safety committee with active participants from all divisions within the department. Activities include conducting safety checks of the work environment, emergency drills, and providing monthly safety trainings/videos for employees to view.

“Our goal is to increase the overall health of our community,” stated Dr. Joseph Iser Yolo County Health Officer and Health Department Director. “Showing some easy ways how a business can support their employees in their efforts to be healthy, is one way we can help reach our goal.”

This award was modeled after the *Healthy Hospitals* award. For more information about nutrition and physical activity at the worksite, visit the California Department of Public Health webpage at:  
<http://www.cdph.ca.gov/HealthInfo/healthyliving/nutrition/Pages/WorksiteNutritionandPhysicalActivity.aspx>

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