

WORKPLACE NUTRITION AND PHYSICAL ACTIVITY

POLICY STATEMENT

The Bay of Plenty District Health Board (BOPDHB) is committed to maintaining and improving the health and wellbeing of all its employees, contractors and visitors. As part of this supportive culture the DHB provides environments, practices, and information which encourage and facilitate healthy nutrition and physical activity.

PURPOSE

- To act as a role model for the community by:
 - promoting and providing healthy (nutritious) food and beverages;
 - providing opportunities and supportive environments to enable everyone to engage in everyday physical activity and to reduce their sedentary behaviour.
- To demonstrate a commitment to the health and wellbeing of its employees, contractors and visitors by providing:
 - information, education and healthy food and beverages, to assist them to eat a healthy balanced diet;
 - opportunities and supportive environments to support everyday physical activity and a reduction of sedentary behaviour.
- To support employees, contractors and visitors to take personal responsibility for their health and wellbeing; making the healthy choice the easy choice.

STANDARDS

1. BOPDHB will include strategies to improve nutrition and physical activity in the annual Health and Safety Plan.
2. BOPDHB will set standards and develop an action and evaluation plan for workplace nutrition (Protocol 1) and workplace physical activity (Protocol 2).
3. All BOPDHB contracted services will be made aware of the BOPDHB Workplace Nutrition and Physical Activity policy and encouraged to adopt it.

EXCLUSIONS

- This policy excludes the patient food service and patient physical activity.

ASSOCIATED DOCUMENTS

- Bay of Plenty District Health Board policy 5.4.9 protocol 1 Workplace Nutrition
- Bay of Plenty District Health Board policy 5.4.9 protocol 2 Workplace Physical Activity