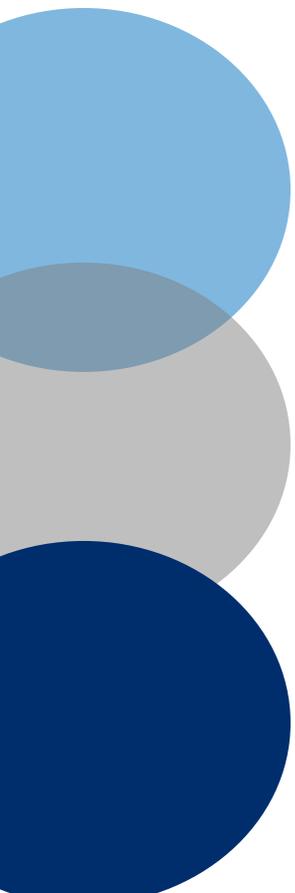


FIND YOUR FIT

Take Action Guide

Organizational Pledge

OBESITY, NUTRITION & PHYSICAL ACTIVITY





Organizational Pledge

Obesity, Nutrition & Physical Activity

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Organizational Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthytricity.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

We pledge to take an active role in the health and well-being of our organization's employees, their families, and their communities.

We pledge to make health and well-being a cornerstone of our organization's culture.

We pledge to provide safe and reputable education and resources to our employees regarding health topics associated with our work and their lives.

We pledge to hold our organization accountable as a key stakeholder in our employees' healthcare outcomes.

Healthy Tri-County

Mission: Improve the health and well-being of every person and community within the Tri-County region

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.

Available Services

- Sponsor an organization cookbook filled with healthy recipes from your employees/members
 Annually
- Sponsor health-related activities during work hours to make education and participation accessible (fitness competition, healthy food cook-offs, replacing smoking breaks with walking breaks, etc.)
 Ongoing

Culture

- Hold walking meetings when possible
 Ongoing
- Promote healthy habits through fun, constructive competitions and initiatives
 Ongoing
- Promote regular physical activity as part of your organization's wellness culture
 Ongoing
- Replace meals provided in meetings with healthier alternatives, i.e. replace pizza lunches with salad bars
 Ongoing
- (Business Sector Only) Create a confidential suggestion box for employees to recommend ways that the office could help improve nutrition and outlets for physical activity as means for reducing obesity
 Ongoing
- (Faith-based Groups Only) Use weekly service announcements as an opportunity to remind people of the importance of regular physical activity and healthy eating habits
 Weekly



Available Services

- Consider converting unused space into a wellness center for employees
 Discretionary
- Host a pop-up farmer's market on-site
 Monthly
- Install water bottle refill stations
 As needed
- Provide employees with standing desks
 Discretionary
- Talk to employees about their issues with accessing nutritious food options like quality produce – try to achieve solutions in the context of their work environment and/or office culture
 Annually
- (Academia and Education Sectors Only) Hold a student forum to educate students on healthy eating habits and options on low-budgets
 Semesterly
- (Academia and Education Sectors Only) Talk to students about what challenges they are facing outside of school with access to nutritious foods (physical and financial access)
 Semesterly
- (Faith-based Groups Only) Provide healthy food options like fresh/frozen produce, low-fat dairy products, high-protein meats or nuts to members living with food insecurity
 Weekly or monthly

Insurance

- Review health insurance incentives for improving employee health through weight loss
 Annually



Policy

(Academia and Education Sectors Only) Reduce sodium and sugars in school-prepared meals

 Discretionary

(Education (k-12) Sector Only) Add food literacy classes to curriculum

 Discretionary

(Education (k-12) Sector Only) Do not use loss of recess privileges as 'punishment' for poor behavior

 Discretionary

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Developing Find Your Fit has been a long and intentional process, and required many individuals and organizations to come together.

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Access to Care Sub-Committee of the Tri-County Health Improvement Plan

Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact FindYourFitCampaign@tuw.org

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact HTCsupport@tuw.org for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact volunteer@tuw.org