

# SNAP-Ed Toolkit

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## California Fit Business Kit

### California Department of Public Health

## Overview

The California Fit Business Kit is a PSE change intervention designed to help employers develop and implement a workplace culture and environment that support healthy eating and physical activity among workers. This Kit contains 13 individual components, all of which contain tips and steps to implementing policies and programs conducive to a healthy lifestyle in the workplace. Most importantly, the tools can assist employers and employees who are interested in combating declining employee health and ever-increasing health care costs. **Target Behavior:** Breastfeeding, Healthy Eating, Physical Activity **Intervention Type:** PSE Change

## Intervention Reach and Adoption

California Fit Business Kit targets adults at worksites. The kit has been evaluated by a diverse mix of businesses from across the state of California and has been designed to be easily implemented at any worksite. These tools can be used individually or as part of a comprehensive worksite wellness program. **Setting:** Worksite **Target Audience:** Pregnant/Breastfeeding Women, Adults **Race/Ethnicity:** All

## Intervention Components

California Fit Business Kit includes 13 individual components and other supporting resources. These intervention components provide tips and steps to implementing policies and programs that provide an environment where employees can put healthy habits into practice. Examples include starting a worksite wellness committee, initiate a water drinking challenge, and promote the use of stairwells.

# Intervention Materials

California Fit Business Kit components provide you with the information, steps and tips to guide sustainable healthy worksite initiatives and to motivate and encourage employees to take advantage of worksite health benefits:

- Check for Health
- Wellness Committee
- Healthy Meetings
- Healthy Dining Menu Guidelines
- Go for H2O
- Farm Fresh Produce Delivery
- Healthy Vending Machines
- Starting a Farmers' Market
- Creating a Breastfeeding-Friendly Worksite
- Physical Activity Integration
- Physical Activity Clubs
- Improving Worksite Stairwells
- Take Action!
- Other Resources
- <https://www.cdph.ca.gov/Programs/CCDCPHP/DCDIC/NEOPB/Pages/Worksite.aspx>

## Intervention Costs

Materials are available at no cost.

## Evidence Summary

To fully understand what needs to be done to increase fruit and vegetable consumption and physical activity at worksites throughout California, the Worksite Program conducted formative research. This consisted of:

- An extensive review of the worksite literature and existing programs;
- Interviews and focus groups with business leaders; and
- Focus groups with low- and middle-income working adults.

Based upon the research, the three most promising strategies to promote healthy eating and physical activity at work are:

1. Improve access to healthy foods and physical activity at workplaces;
2. Foster supportive work environments that encourage healthy lifestyle choices; and
3. Establish public policies that bolster health promotion efforts at worksites.

The Worksite Program is pursuing these strategies by publicizing the results of the formative research to employers, public health professionals, the media, and policymakers throughout California. Included in the formative research report are specific recommendations on how best to shape worksite environments so that

fruit and vegetable consumption and physical activity are a natural part of the workday. **Classification:** Emerging

## Evaluation Indicators

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

	<b>Readiness and Capacity – Short Term (ST)</b>	<b>Changes – Medium Term (MT)</b>	<b>Effectiveness and Maintenance – Long Term (LT)</b>	<b>Population Results (R)</b>
Individual	<a href="#">ST1</a> , <a href="#">ST3</a>	<a href="#">MT1</a> , <a href="#">MT3</a>	<a href="#">LT1</a> , <a href="#">LT3</a>	
Environmental Settings	<a href="#">ST5</a> , <a href="#">ST6</a> , <a href="#">ST7</a>	<a href="#">MT5</a> , <a href="#">MT6</a>	<a href="#">LT5</a> , <a href="#">LT6</a> , <a href="#">LT7</a> , <a href="#">LT9</a>	
Sectors of Influence				

## Evaluation Materials

Currently, no evaluation tools or materials are available.

## Additional Information

**Website:** The California Fit Business Kit website (<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/Worksite.aspx>) includes all 13 components and other resources. **Contact Person(s):** California Department of Public Health Nutrition Education and Obesity Prevention Branch Phone (916) 449-5400 Email: [neopb@cdph.ca.gov](mailto:neopb@cdph.ca.gov)