

# Creating a Healthy Office Environment

The primary care provider's office is a powerful tool that can be used to communicate healthy eating and active living messages. Some ideas include:

- Hanging 5-2-1-Almost None posters in waiting areas and examination rooms.
- Creating a 5-2-1-0 bulletin board with:
  - Monthly or quarterly updates to feature patient activities in your community
  - Resources and news articles for parents and children
  - Seasonal activities
  - Featuring a fruit or vegetable of the month
- Playing videos that show children taking part in nontraditional sports and other physical activities.
- Play videos of children trying new fruits and vegetables.
- Displaying books, puzzles and activity sheets that support healthy eating and active living to entertain children in your waiting room and examination rooms.
- Replacing lollipop and candy rewards with stickers, bookmarks and other non-food items.

## **Work with your staff to make healthy eating and active living a part of their lives.**

- Have a staff contest to create an office slogan or universal message about healthy lifestyles.
- Sample a fruit or vegetable each month.
- Select healthy items from different cultures to try.
- Host a healthy lunch.
- Provide a 10-minute physical activity or walk break during the work day.

