

418A

**SUBMITTAL TO THE BOARD OF SUPERVISORS
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**



FROM: Community Health Agency -
Department of Public Health

SUBMITTAL DATE: Sept. 9, 2003

SUBJECT: 5 A Day Week Proclamation to promote "Workplace Wellness"

RECOMMENDED MOTION: 1) Move that the Board approve and proclaim the week of September 21 – 27, 2003 as 5 A Day Week; and 2) Present the proclamation to Gayle Hoxter, Public Health Program Chief for Nutrition Services, and Durreen Qureshi, Supervising Nutritionist for the California Nutrition Network program.

BACKGROUND: During the Week of September 21 – 27, 2003, a *National 5 A Day Week* campaign will be conducted in conjunction with the National Cancer Institute and the Produce for Better Health Foundation, a non-profit group whose mission is to create a healthier America through increased consumption of fruits & vegetables. The 5 A Day campaign will promote eating five or more servings of fruits and vegetables every day and being physically active at least 30 minutes a day as the foundation for a comprehensive Workplace Wellness Program.

Susan Harrington
Director

GH:jd

FINANCIAL DATA:

CURRENT YEAR COST: \$ 0
NET COUNTY COST: \$ 0

ANNUAL COST: \$ 0
IN CURRENT BUDGET: N/A
BUDGET ADJUSTMENT: N/A FOR FY: 03/04

SOURCE OF FUNDS: N/A

C.E.O. RECOMMENDATIONS:

APPROVE

County Executive Officer Signature:

Department Recommendation: Consent Policy
Per Executive Office: Consent Policy

**National 5 A Day Week
September 21 – 27, 2003**

“Workplace Wellness”

WHEREAS, September is National 5 a Day Month and Americans are urged to take action to promote good health by eating more colorful fruits and vegetables every day; and

WHEREAS, eating five or more servings of fruits and vegetables has been scientifically proven to reduce the risk of cancer and other chronic diseases, including cardiovascular disease, obesity and diabetes; and

WHEREAS, research shows that only 27 percent of Californians eat five or more servings of fruits and vegetables each day; and

WHEREAS, inactivity and obesity leading to chronic disease is a rapidly growing epidemic that costs California an estimated \$24.6 billion a year in lost productivity, medical and workers' compensation costs; and

WHEREAS, employee absenteeism from lifestyle and nutrition-related illnesses is costing companies billions of dollars annually. Experts suggest that 90 percent of all medical expenditures are spent in treating preventable diseases; and

WHEREAS, poor nutrition and physical inactivity cause 14 percent of California's preventable deaths, second only to tobacco; and

WHEREAS, optimum health of employees in a workplace can improve productivity, staff morale and general well being; and

WHEREAS, workplace health promotion programs, including healthy eating, improve health knowledge, health behaviors and underlying health conditions; and

WHEREAS, employers can promote a positive health culture in the workplace by providing opportunities for their employees to eat 5 or more servings of fruits and vegetables and to engage in physical activity for thirty to sixty minutes everyday for better health; and

WHEREAS, the California 5 a Day for Better Health (Workplace Wellness) campaign has the opportunity to reach the California workforce and its families with behavior change programs and systems that reduce both the burden of disease and health disparities.

NOW, THEREFORE, the Riverside County Board of Supervisors, on this _____ day of September, 2003 hereby proclaim the week of September 21 – 27, 2003 as National 5 a Day week and encourage all employees and their families to eat 5 or more servings of fruits and vegetables every day.