**Nutrition / Diabetes Workplace Promotion Options**

* **Level 1 option:**
  + Monthly written / electronic communication: include a heart smart tip and recipe
* **Level 2 option:**
  + Increase written / electronic communication to weekly
  + Resources to assist with communication:
    - <http://www.bellinstitute.com/> : heart healthy
    - <http://www.heart.org/HEARTORG/> : click “Getting Healthy”; this section has many topics;
    - <http://www.choosemyplate.gov/>
    - [www.diabetes.org](http://www.diabetes.org) : click on “Are you at risk?”; “Type 2 Diabetes Risk Test”; “Start Test” takes about 10 seconds to complete; provides the individual with their risk score and resources to reduce their risk level
    - [www.eatright.org](http://www.eatright.org) : daily nutrition knowledge tips
* **Level 3 option:** 
  + Offer State of Delaware Diabetes program
    - <http://www.dhss.delaware.gov/dhss/dph/dpc/files/smpschedule.pdf>
    - <https://www.healthydelaware.org/Individuals/Diabetes>

**Resources:**

* Electronic communication monthly:
  + Include healthy recipes, bagged meal ideas, how to get up and move; utilize information from health and wellness websites
    - <http://www.getupanddosomething.org/>
    - <http://www.deheal.org/coalition/>
    - <http://www.eatright.org/>
    - <http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp>
    - <http://www.dlife.com/>
    - <http://www.choosemyplate.gov/>
* Education material available at no cost written in Spanish and English:
  + <http://www.learningaboutdiabetes.org/> : diabetes, healthy eating, physical activity, medication dosing
  + <http://www.bellinstitute.com/> : heart healthy
  + <http://www.heart.org/HEARTORG/> : click “Getting Healthy”; this section has many topics; top right corner you can change the language to “Spanish” and it will translate it for you
  + <http://www.choosemyplate.gov/> : click “Audience” and “Language” for Spanish; multiple handouts available

**Healthy Food & Vending Workplace Promotion Options**

* **Level 1 option**:
  + Work with the vending company to signage on beverage and snack machine healthier options: “Heart Smart” logo
    - <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Nutritional-Requirements-for-Certified-Meals-Foodservice_UCM_441055_Article.jsp>
  + Promote “Heart Smart” options in monthly newsletters/ information to employees
* **Level 2 option**:
  + Ensure 50% of snack and beverage options offered are healthy choices
* **Level 3 option**:
  + Add “fresh” options: fruit/ yogurt/ sandwiches/ salads
  + Vending company would give back a % of the profit so the business could use it for the Wellness programs: Lunch & Learns, free fruit weekly, monthly healthy meal

**Healthy Food Take Out/Restaurant Workplace Promotion Options**

* **Level 1 option:**
  + Monthly written communication on information board/Intra-website: “Dining Out” tips to include specific restaurant suggestions
* **Level 2 option:**
  + Offer 1 free healthy beverage purchase at specific location each month
* **Level 3 option:**
  + Offer 1 free healthy meal option at a specific location each month

**Resources:**

* Electronic communication monthly:
  + Include healthy recipes, bagged meal ideas, how to get up and move; utilize information from health and wellness websites
    - <http://www.getupanddosomething.org/>
    - <http://www.deheal.org/coalition/>
    - <http://www.eatright.org/>
    - <http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp>
    - <http://www.dlife.com/>
    - <http://www.choosemyplate.gov/>
* Education material available at no cost written in Spanish and English:
  + <http://www.learningaboutdiabetes.org/> : diabetes, healthy eating, physical activity, medication dosing
  + <http://www.bellinstitute.com/> : heart healthy
  + <http://www.heart.org/HEARTORG/> : click “Getting Healthy”; this section has many topics; top right corner you can change the language to “Spanish” and it will translate it for you
  + <http://www.choosemyplate.gov/> : click “Audience” and “Language” for Spanish; multiple handouts available

**General Wellness Workplace Promotion Options**

Education:

* **Level 1 option:**
  + Monthly written communication: include a heart smart tip and recipe, bag lunch ideas
* **Level 2 option:**
  + Increase written communication to weekly
* **Level 3 option:**
  + Offer a Lunch & Learn nutrition session to employees 2 times a year
  + Offer free fruit weekly
* Electronic communication ideas: utilize information from health and wellness websites
  + - <http://www.getupanddosomething.org/>
    - <http://www.deheal.org/coalition/>
    - <http://www.eatright.org/>
    - <http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp>
    - <http://www.dlife.com/>
    - <http://www.choosemyplate.gov/>

**Heart Healthy Workplace Promotion Options**

* **Level 1 option:**
  + Monthly written / electronic communication: include a heart smart tip and recipe
* **Level 2 option:**
  + Increase written / electronic communication to weekly
  + Resources to assist with communication:
    - <http://www.bellinstitute.com/> : heart healthy
    - <http://www.heart.org/HEARTORG/> : click “Getting Healthy”; this section has many topics;
    - <http://www.choosemyplate.gov/>
    - [www.diabetes.org](http://www.diabetes.org) : click on “Are you at risk?”; “Type 2 Diabetes Risk Test”; “Start Test” takes about 10 seconds to complete; provides the individual with their risk score and resources to reduce their risk level
    - [www.eatright.org](http://www.eatright.org) : daily nutrition knowledge tips
* **Level 3 option:** 
  + Offer State of Delaware Diabetes program
    - <http://www.dhss.delaware.gov/dhss/dph/dpc/files/smpschedule.pdf>
    - <https://www.healthydelaware.org/Individuals/Diabetes>

**Resources:**

* Electronic communication monthly:
  + Include healthy recipes, bagged meal ideas, how to get up and move; utilize information from health and wellness websites
    - <http://www.getupanddosomething.org/>
    - <http://www.deheal.org/coalition/>
    - <http://www.eatright.org/>
    - <http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp>
    - <http://www.dlife.com/>
    - <http://www.choosemyplate.gov/>
* Education material available at no cost written in Spanish and English:
  + <http://www.learningaboutdiabetes.org/> : diabetes, healthy eating, physical activity, medication dosing
  + <http://www.bellinstitute.com/> : heart healthy
  + <http://www.heart.org/HEARTORG/> : click “Getting Healthy”; this section has many topics; top right corner you can change the language to “Spanish” and it will translate it for you
  + <http://www.choosemyplate.gov/> : click “Audience” and “Language” for Spanish; multiple handouts available