



# HEALTH IMPACT STATEMENT

## Food Service Guidelines/Nutrition Standards in Illinois (IL) Worksites

### I. PROBLEM

In 2015, five IL counties—DuPage, Kane, Kankakee, Lake, and Will—located in suburban Chicago received grant funding through the *State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health*, referred to as the Chronic Disease and School Health (CDASH) grant. This same year adult obesity in the five CDASH counties, as reported in the County Health Rankings<sup>1</sup>, ranged from 24-31 percent of the adult population. The percent of adult obesity in IL fell within this range at 27 percent. According to the State Nutrition, Physical Activity, and Obesity Profile<sup>2</sup>, in 2015, 36.7 percent of adults reported consuming fruit less than once a day, and 24 percent reported consuming vegetables less than one time daily. In 2015, the combined population of CDASH counties was 2,929,664, and just under half of these were employed adults.<sup>3</sup> According to the American Time Use Survey<sup>4</sup>, employees spend 7.6 hours a day on average at work. IL law requires that employers provide a meal break to employees who work at least 7.5 continuous hours. Worksites, particularly those in the five CDASH counties, are therefore a very important part of the food environment. CDASH counties aimed to improve healthy eating behavior and reduce obesity in adults by putting food service guidelines into action at worksites. Interventions were focused in the health care, social assistance, and education industries that employed 18.0-26.8 percent of all employees in 2015.

### CDASH COMMUNITY EMPLOYMENT

#### CHARACTERISTICS, 2015

County	Population Size	Total Worksites	Total Employees	n (%) employees in Healthcare, Social Assistance, & Education Industries
DUPAGE	916,924	33,932	598,889	120,976 (20.2%)
LAKE	706,462	19,817	323,110	63,975 (19.8%)
WILL	677,560	14,918	214,642	52,436 (21.7%)
KANE	515,269	12,685	182,018	32,762 (18.0%)
KANKAKEE	113,449	2,325	36,552	9,795 (26.8%)
<b>TOTAL</b>	<b>2,929,664</b>	<b>83,677</b>	<b>1,355,211</b>	<b>279,944 (20.7%)</b>

Sources: 1) U.S. Census Bureau 2010. Retrieved from <https://www.census.gov/quickfacts/fact/table/US/PS1045217> on 08/02/2018. 2) American Community Survey 1-year estimate, 2015. Retrieved from <https://datausa.io/> on 08/02/2018.

### II. INTERVENTION

Local Health Departments (LHDs) in the five CDASH counties worked with 11 worksites to complete the CDC Worksite Health Score Card (HSC). The HSC is a tool designed to help employers assess whether they have implemented science-based health promotion and protection interventions in their worksite. Five (45.5 percent) of the 11 total worksites completing the HSC were local health departments (45.5 percent). Of the remaining six worksites, four (36.4 percent) were hospitals and medical centers. The remaining two worksites (18.1 percent) were a pharmaceutical company and a school district. In the first year of implementing the scorecard (2016), seven worksites participated. The following year (2017), an additional four worksites were added, increasing the number of participating sites by 52.7 percent (from 7 in 2016 to 11 in 2017). The number of worksites that indicated having nutrition supports in place increased across three areas: written and formal communication, nutrition education, and promotion of farmers markets. These increases are reflected in the table to the right. The HSC, and technical assistance provided by LHDs, have the potential to impact 13,226 employees at 11 worksites throughout CDASH communities.

### WORKSITE CHARACTERISTICS



HSC Criteria	2016 Worksites (n=7)	2017 Worksites (n=11)
Written or formal communication in place to support healthier food and beverage choices during meetings when food is served.	3 (42.9%)	7 (63.6%) <b>+20.7%</b>
Provide series of educational seminars, workshops, or classes on nutrition.	5 (71.4%)	10 (90.9%) <b>+19.5%</b>
Offer or promote on-site or nearby farmers markets where fresh fruits and vegetables are sold.	4 (57.1%)	9 (81.8%) <b>+24.7%</b>

Sources: CDC Worksite Score Cards\*, 2016-2017 (data provided by individual counties)



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### III. HEALTH IMPACT

Nutrition policies are being implemented across each of the five CDASH counties. LHDs and participating worksites have tailored the policies to meet the needs of their employees. For LHDs, these policies (see LHD nutrition policies in box below), have impacted 1,806 LHD employees. Because many of these policies apply to all LHD sponsored events, these policies might not only impact employees, but also community members that attend these events. By implementing workplace nutrition policies and modeling them in the community, LHDs and their partners are positioned to improve eating behavior of many individuals in the community in the future.

#### LHD NUTRITION POLICIES

**KANE:** mandates that all food and beverages served at LHD events be nutrient-dense and free of empty calories to support a culture of wellness

**KANKAKEE:** provides general guidance on the distribution and awareness of healthy foods, beverages, and nutrition education provided by the LHD

**LAKE:** recommends that water and healthy food choices be available and promoted at all organization activities (at least as many healthy foods as fried, creamy, or sweetened foods)

**WILL:** recommends that healthy options be provided at staff meetings, lunch and learn presentations, and client events and meetings

Sources: Lake, Kane, Kankakee, Will county nutrition policies as of 08/02/2018 (data provided by individual counties)

### IV. SOURCES

<sup>1</sup> County Health Rankings and Rankings and Road Maps, 2015. Retrieved from <http://www.countyhealthrankings.org/> on 08/02/2018.

<sup>2</sup> Illinois State Nutrition and Physical Activity Profile, 2015. Centers for Disease Control and Prevention Retrieved from <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/profiles/pdfs/illinois-state-profile.pdf> on 08/01/2018.

<sup>3</sup> U.S. Census Bureau, 2010 for Retrieved from <https://www.census.gov/quickfacts/fact/table/US/PST045217> on 08/02/2018.

<sup>4</sup> American Time Use Survey, 2015. Bureau of Labor Statistics. Retrieved from <https://www.bls.gov/tus/charts/work.htm> on 08/03/2018.

### V. FOR MORE INFORMATION:

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