



How Workplaces May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-wide plan to improve child health. It spreads a common message throughout children's communities: where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



5 or more servings of fruits and vegetables

2 or fewer hours of recreational screen time⁺

1 or more hours of physical activity

0 sweetened beverages

⁺review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)

Workplaces are good settings to target the parents of Military children and other leaders and role models within the Military community. When workplaces prioritize and encourage a healthy lifestyle, they support influential adults who can model and promote healthy behaviors for youth. With that in mind, the resources assembled in this toolkit are designed to help workplaces promote healthy eating and an active lifestyle among working adults.

The following materials are available for workplaces:

1. **Tips For The Workplace handout** – targets adults in the workplace and provides them with tips to increase fruit and vegetable consumption, decrease screen time, increase physical activity, and decrease sweetened beverage consumption.
2. **Tips For The Workplace posters** – includes enlarged versions of the Tips For The Workplace handout that are available in two sizes (27" x 40" and 38" x 56") to hang in highly visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.
4. **Healthy Food And Beverage Guidelines For Meetings And Occasions handout** – provides guidelines for healthy meals and snacks at meetings and celebrations.
5. **Alternatives To Food Rewards handout** – suggests healthy ways to celebrate workplace successes.
6. **Instituting Vending Guidelines** – describes how to modify the contents of vending machines to make sure that workplaces offer healthy choices.
7. **Smarter Workplace Cafeterias handout** – outlines strategies to modify cafeteria environments so that healthier choices are easy to make.
8. **Active Meeting Guidelines** – provides easy ways for meeting leaders to incorporate movement breaks into their meetings.
9. **Walking Meeting Guidelines** – describes how to prepare for and conduct walking meetings as opposed to seated meetings.
10. **Promote Taking the Stairs materials** – gives ideas to promote stair use by employees.

11. **Healthy Messaging materials** – lists quick, short, and long health messages that may be embedded into various workplace communications.

We recommend hanging the Tips For The Workplace poster in highly visible locations in the workplace, for example in common areas, cafeterias, break rooms, near vending machines and water coolers, and in restrooms. In addition, we advise placing the Tips For The Workplace handouts in common areas, so they are likely to be seen and used. Administrators or other employees who wish to take a lead in improving the work environment may use the various guidelines documents to increase activity and improve the workplace food environment. Signs to promote stair usage may be placed at all locations where employees and visitors must decide between stairs and elevators, and signs to encourage stair users may be placed in the stairwells. Healthy messages may be embedded into inter- and intra-office communications. Digital versions of all materials are available and may be inserted into newsletters or emails and uploaded to workplace websites and via social media.

For more information, visit the Clearinghouse for Military Family Readiness at Penn State online at 5210.healthymilitarychildren.psu.edu or call 1-877-382-9185. We will be happy to answer your questions!



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