

2014 Central District Health Department (CDHD) Policy Agenda

To ensure that the residents within the CDHD service area will have increased access and opportunities to engage in **healthy eating**, CDHD will pursue the following policy objectives:

- Increase the number of child care homes and centers adopting and implementing nutrition standards for meals and snacks served, and providing accommodations for breastfeeding onsite.
- Increase the number of hospitals pursuing baby-friendly hospital designations or adopting and implementing policies to increase the initiation of breastfeeding among new mothers and limiting the promotion of formula.
- Increase the number of worksites adopting and implementing comprehensive worksite wellness policies to increase access to healthy foods in the work environment and throughout the work day, including but not limited to: nutrition standards for vending and meetings, offering healthy options in on site cafeterias and providing accommodations for breastfeeding in the workplace.

To ensure that residents within the CDHD service area will have increased access and opportunities to be **physically active** in the community, CDHD will pursue the following policy objectives:

- Increase the adoption and implementation of Complete Streets policy language in comprehensive plans, ordinances, resolutions, city policies, design guidelines or executive orders.
- Increase the number of child care homes and centers adopting and implementing minimum time requirements for physical activity for children throughout the day, and limiting sedentary screen time.
- Increase the number of schools and community organizations utilizing written joint use agreements conditions for shared use of public property or facilities.
- Increase the number of worksites adopting and implementing comprehensive worksite wellness policies and practices.

To ensure that residents within the CDHD service area will have increased access to **tobacco free environments**, CDHD will pursue the following policy objectives:

- Increase the number of tobacco free campuses, including but not limited to primary and secondary schools, colleges and universities.
- Increase the number of cities that ban or restrict smoking in public places and worksites.
- Increase the number of smoke free multi-unit housing establishments.
- Increase the number of worksites adopting and implementing comprehensive worksite wellness policies to include policies that prohibit smoking and/or tobacco use.
- Increase the number of tobacco free outdoor areas.
- Increase the number of tobacco free community events.

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