



# News Release

CALIFORNIA DEPARTMENT OF HEALTH SERVICES

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## **STATE SERVES AS MODEL FOR WORKSITE WELLNESS**

### ***California Department of Health Services and California Certified Farmers' Markets Bring New Farmers' Market***

SACRAMENTO – In an effort to set a good example of worksite wellness, the California Department of Health Services (CDHS) has partnered with Certified Farmers' Markets to establish a new farmers' market in Sacramento on Tuesdays to provide fresh produce for downtown workers and neighborhood residents. The new market, which opens July 12 at Fremont Park, 1515 Q St., stemmed as part of the Step UP Employee Wellness Study at CDHS' East End Complex three blocks from the park. The new market is open to the public.

“CDHS is setting an example of what California employers can do to improve the health of their employees,” said State Health Director Sandra Shewry. “The farmers' market will provide convenient access to California's delicious fresh fruits and vegetables and enhance the overall goal of Step UP's efforts to provide a work environment where healthy foods and physical activity are available, encouraged and supported.”

The new farmers' market was developed through the efforts of CDHS employees. The volunteer three-year Step UP study will measure improvements in employee health status before and after the introduction of workplace changes designed to improve nutrition and increase physical activity.

Earlier this year, CDHS released “Economic Costs of Physical Inactivity, Obesity and Overweight in California Adults,” which indicated that by the end of 2005, physical inactivity, obesity and overweight could cost California employers as much as \$28 billion in direct and indirect medical care, workers' compensation and lost productivity.

“Providing a healthy work environment can greatly improve employees' lives,” Shewry said.”

Dan Best, coordinator for Certified Farmers' Markets, said, “We are happy to be able to organize this market to provide fresh fruits and vegetables for workers at the East End Complex and benefit small farmers with an outlet for their agricultural products.” Noting that the market will also offer flowers and hot food items for lunch, Best added: “We're also looking forward to the study of the health and wellness benefits for workers and their workplaces.”

The Step UP study is being funded by the federal Centers for Disease Control and Prevention and is a cooperative venture between CDHS, the University of Michigan and the Center for Health Improvement.