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Health Department Announces Seven New Live Well Allegheny Designations

PITTSBURGH – The Allegheny County Health Department (ACHD) announced that five additional workplaces - Raion Zou Holistic Healing, Donnelly-Boland and Associates, Human Services Administration Organization, the Alliance for Infants and Toddlers, and Go Ape Tree Top Adventure - and two additional restaurants - Salvatore’s Pizza House and the Lions Den Cafe and Deli - have been designated as part of the Live Well Allegheny campaign.

“We are very excited to welcome another seven partners to our Live Well Allegheny campaign,” said Health Department Director, Dr. Karen Hacker. “Now, a total of 59 communities, 46 restaurants, 23 workplaces and 14 school districts are making health a priority in Allegheny County, and there is room for many more. Earning the Live Well designation is easy, and we encourage you to apply today if you haven’t already done so.”

Live Well Allegheny Workplaces

• Through a variety of initiatives, Raion Zou Holistic Healing is encouraging physical activity and nutrition among its employees. In addition to hosting a weekly walking group, the workplace will support stretching and physical activity breaks, organize fitness classes, and provide access to outdoor trails and an on-site area for exercise. Additionally, Raion Zou Holistic Healing will provide its employees with healthy food options, a private breastfeeding area, and standing or walking desks.

• Donnelly-Boland and Associates will be establishing a tobacco-free workplace policy that includes tobacco cessation resources for employees. In addition, it will provide a private breastfeeding area, and will give its employees access to an on-site fitness area. Donnelly-Boland and Associates also promises to offer health screenings for BMI, obesity, cancer, blood pressure, and numerous other biometrics, and will remind its employees about the importance of regular checkups.

• Providing access to an on-site fitness area, ensuring that employees have access to comprehensive health insurance, and developing a policy that supports breastfeeding employees are some of the initiatives Human Services Administration Organization (HSAO) is putting in place. Furthermore, HSAO promises to support stretching and physical activity breaks during work hours, and to make health and wellness educational resources available to all employees.

• The Alliance for Infants and Toddlers has promised to ensure well-lit, safe stairwells, to provide access to a water fountain, water dispenser, or water cooler, and to provide access to an on-site fitness area. It has also committed to allowing paid time off for preventive cancer screenings, to ensuring that employees have access to comprehensive health insurance, and to making health and wellness educational resources and activities available to all employees.

• Having a space for a workplace garden that employees can build and maintain, negotiating health-club discounts or subsidized membership at local fitness centers, and making health and wellness educational resources available to employees is the vision set by Go Ape Tree Top Adventure. It will also support stretching and physical activity breaks during work hours, and to locate safe and accessible outdoor walking or running paths and trails.
Live Well Allegheny Restaurants

- **Salvatore’s Pizza House** will be promoting healthier beverage options, and will offer smaller portions of sugar-sweetened beverages. It has also promised to provide healthy side dishes in lieu of higher fat, sugar, or salt options, and to eliminate trans-fat oils in its cooking.

- Eliminating trans-fat oils in its cooking, being smoke-free, and offering low-calorie options have been promised by the **Lions Den Cafe and Deli**. It has also committed to offer vegetarian/vegan fare options and to provide healthy side dishes, including fruits and vegetables.

*Live Well Allegheny* was launched in January 2014 by County Executive Rich Fitzgerald as a comprehensive and innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Allegheny County Board of Health and Dr. Hacker.

Participants in the *Live Well Allegheny* campaign work with the Health Department’s staff. While monetary resources are not part of the initiative, participating workplaces can receive materials, information and collateral items to promote the campaign and their individual efforts to live well. For more information on the campaign, including details on how to earn the *Live Well* designation, visit [www.LiveWellAllegheny.com](http://www.LiveWellAllegheny.com).

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