

“WINNING WITH WELLNESS”

The Marathon County Wellness Team developed a county-wide employee wellness initiative recently introduced to county leadership. The purpose of the wellness policy supports that Marathon County is proactive in promoting a healthy work environment for its employees and providing wellness initiatives within its corporate culture. The Wellness Resolution was approved by the Employee Resources Committee, Board of Health, and the Marathon County Board of Supervisors in February. The following is the content of the Wellness Resolution. The signed copy is available at the County Clerk's Office.

RESOLUTION R-8-08

To Approve an Employee Wellness Initiative

WHEREAS, the Center for Disease Control states that physical inactivity and unhealthy eating contribute to obesity and a number of chronic diseases, including some cancers, cardiovascular disease, and diabetes; and

WHEREAS, the Marathon County Community Health Assessment 2006-2010 has identified obesity and related disorders as a top health priority in Marathon County; and

WHEREAS, the workplace is where employees spend substantial time and this setting provides ample opportunities for nutrition and physical activity interventions; and

WHEREAS, American diets are low in fruits, vegetables and whole grains and are high in refined carbohydrates, total fat and saturated fat; and

WHEREAS, it is the vision of Marathon County that its Government lead and is proactive in enhancing health;

NOW, THEREFORE, the County Board of Supervisors of the County of Marathon does hereby ordain and resolve the following recommendations to implement wellness initiatives within the organization and functions of the County of Marathon:

- Promote offerings of fruit and/or vegetables at County-wide meetings
- Provide low-fat, low-calorie, and low-sodium foods and beverages
- Provide foods made from whole grains (wheat, rice, and oats)
- Provide foods free of trans-fats and low in saturated fat
- Ensure there are healthy food and beverage choices in vending machines and label those choices as such
- Encourage employees to bring healthy choices in their lunches, snacks, or for sharing with others
- Provide employee education on the importance of good health
- Provide opportunities to be physically active

BE IT FURTHER ORDAINED AND RESOLVED, that the Marathon County Wellness Team be authorized to implement and execute the oversight of promoting wellness practices within the organization and functions of the County of Marathon. The Wellness Team should continue to evaluate practices including wellness assessments, development of individual action plans, health screenings and healthy lifestyle choices and make recommendations for changes in County policies that would foster wellness in the workplace and the County.

DATE: February 19, 2008

Fiscal Impact: To promote reduction of Marathon County health care expense