

Health and Wellness Committee Minutes
February 22nd, 2018 @ 3:00PM
LEC Conference Room

Members present: **Matthew Ung**, County Supervisor; **Melissa Thomas**, Human Resources Director; **Michael Clayton**, Treasurer; **Dan Heissel**, Conservation Director; **Michelle Skaff**, Auditor/Recorder; **Joseph Bukovich**, Sheriff Deputy; **Cathy Warner**, Attorney Administration; **Tonia Abell**, Human Resources; **Debra Twyford**, Mercy Business Wellness Coordinator

Health Insurance Fund Updates:

Currently there is a \$3 million Health fund balance. This shows is an increase of \$400,000 due to the 8% to the fund last year.

Woodbury County Wellness Summary 2017: Deb Twyford Mercy Business Health

- The number of Wellness participants increased 16% in 2017 from 312 employees and spouses to 364. This is due in large part to more participation by Law Enforcement employees. Total 263 employees and 102 spouses completed the screen
- 50 sit2stand desks were distributed throughout the County to create a healthier work environment
- Naturally Slim Program was a big success. 26 employees completed the Naturally Slim weight loss program.
- Employees took advantage of the additional screenings with the Point System, roughly 70% participated in the additional screens of body composition, posture screen and derma scan.
- Held quarterly Wellness Committee meetings/held annual Health Fair
- Educational Workshops: Prediabetes, Fitness Education and Injury Prevention

Recommended Wellness Solutions for 2018: Deb Twyford Mercy Business Health

- Communicate Executive Summary highlights
- Continue Wellness Committee meetings, points system 2018, offering wellness activities at Health fair and offering blood pressure screening throughout the year
- Consider walking club, increasing the premium discount incentive, community garden and tobacco cessation resources
- Encourage and promote physical activities (January 2018 Stair Challenge) and take advantage of the 3 free seminars

Items for Future:

- Lifeline screenings counting toward quarterly wellness coaching
- 2nd round Naturally Slim
- Phone Apps tracking workout and encouraging physical activities
- Tobacco cessation resources

Meeting adjourned at 3:50 PM