



County of Monterey

Board of Supervisors
Chambers
168 W. Alisal St., 1st Floor
Salinas, CA 93901

Board Report

File #: 12-315, **Version:** 1

Accept an oral presentation from the Wellness Coordinator regarding the Monterey County Employee Wellness Program, outlining its history, progress and plan for continuous improvement.

RECOMMENDATION:

It is recommended that the Board of Supervisors:

Accept an oral presentation from the Wellness Coordinator regarding the Monterey County Employee Wellness Program, outlining its history, progress and plan for continuous improvement.

SUMMARY/DISCUSSION:

The Employee Wellness Program was created in 1985 by the Board of Supervisors as a partnership between management, unions and employees to address three main areas: Employee health and safety; Health insurance costs; and Workers' Compensation claims. Current programs and services cover seven areas:

Healthy Eating and Weight Management
Physical Activity
Smoking Cessation
Stress Management/Resiliency
Healthy Pregnancy and Parenting
Managing Work and Life; and
Managing My Health

This presentation will address the program's history, progress and future plan to ensure a continuation of success in providing County employees with the education and tools necessary to improve their quality of life.

OTHER AGENCY INVOLVEMENT:

None

FINANCING:

There is no impact to General Fund with receipt of this presentation.

Prepared by: Kathy Robinson, Management Analyst, 1286

Approved by: Ray Bullick, Director of Health, 4536