

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
ACTION AGENDA SUMMARY

DEPT: Chief Executive Office

BOARD AGENDA # *A-6.b

Urgent Routine

AGENDA DATE February 5, 2008

CEO Concurs with Recommendation YES NO
(Information Attached)

4/5 Vote Required YES NO

SUBJECT:

Approval to Proclaim the Week of February 11 Through February 15, 2008 as Stanislaus County Employee Wellness Week

STAFF RECOMMENDATIONS:

Proclaim February 11 through February 15, 2008 as Stanislaus County Employee Wellness Week.

FISCAL IMPACT:

There is no financial impact associated with this agenda item.

BOARD ACTION AS FOLLOWS:

No. 2008-084

On motion of Supervisor Grover, Seconded by Supervisor DeMartini
and approved by the following vote,

Ayes: Supervisors: O'Brien, Grover, Monteith, DeMartini, and Chairman Mayfield

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

1) X Approved as recommended

2) _____ Denied

3) _____ Approved as amended

4) _____ Other:

MOTION:

Christine Ferraro

ATTEST: CHRISTINE FERRARO TALLMAN, Clerk

File No.

Approval to Proclaim the Week of February 11 Through February 15, 2008 as Stanislaus County Employee Wellness Week

DISCUSSION:

The Stanislaus County Chief Executive Office is asking the Board of Supervisors to approve the week of February 11 through February 15, 2008 as Employee Wellness Week for all Stanislaus County departments. This week is designed to educate County employees on the simple things individuals can do to promote healthy lifestyle choices. This week will coincide with American Heart Month as Proclaimed by the President since 1963. This will be the third year that the County has celebrated employee health.

The Chief Executive Office is actively working with County Department representatives to develop policies related to employee wellness and drafting county-wide wellness initiatives to be presented before the Board of Supervisors later this calendar year.

POLICY ISSUE:

Increasing employee awareness of the benefits of healthy living addresses the Board's priority of a healthy community.

STAFFING IMPACT:

There is no staffing impact associated with this item.



CHIEF EXECUTIVE OFFICE

Richard W. Robinson
Chief Executive Officer

Patricia Hill Thomas
Chief Operations Officer/
Assistant Executive Officer

Monica Nino-Reid
Assistant Executive Officer

Stan Risen
Assistant Executive Officer

1010 10th Street, Suite 6800, Modesto, CA 95354
P.O. Box 3404, Modesto, CA 95353-3404

Phone: 209.525.6333 Fax: 209.525.4033

February 5, 2008

TO: Stanislaus County Employees

FROM: Richard W. Robinson
Chief Executive Officer

SUBJECT: STANISLAUS COUNTY EMPLOYEE WELLNESS WEEK

This year we are asking the Stanislaus County Board of Supervisors to designate the week of February 11 -15, 2008 as Employee Wellness Week. As you may recall last year the Health Services Agency and the County Human Resources Managers worked together to develop a week of activities to assist employees in a healthier lifestyle.

Currently the County offers a variety of classes. The County's employee assistance program (Workplace Wellness) offers an integrated approach, offering counseling and courses related to mental well-being, and partnering with other agencies such as Valley First Credit Union to offer classes of human interest, including preparation for retirement and investments. Additionally, the Health Services Agency offers smoking cessation classes within the County and to the community. The health care providers used by County employees also offer a variety of classes and web-based health information at little or no cost to the health plan member and their families.

This year the County has updated last year's Employee Wellness Intranet site and has created a new Internet site that can be accessed from the County's Human Resources home page on www.stancounty.com. Again, this year, the Health Services Agency has created a three month long Intranet campaign titled, "Healthy H.S.A. 2008" and is inviting all County employees to share in this event.

A healthier lifestyle benefits everyone. Simple things you can do to be healthier include:

- Get an annual physical exam
- Visit the dentist every six months
- Take advantage of health fairs and screenings
- Get a flu shot for yourself and family members
- Eat healthier foods and drink water
- Exercise, and
- If you have children, check with their doctor to ensure immunizations are up-to-date.

I encourage you to visit our on-line sites over the next few months to find out how you can make simple healthier choices in your everyday life.