



# PUBLIC HEALTH WEEK

## Changing Our Future Together

### DAY 2:

## LA County Health and Wellness Expo

Tuesday, April 03, 2018

Los Angeles Grand Park

200 N. Grand Ave,

Los Angeles, CA 90012

11:00am-2:00pm

Every year, the Department of Human Resources launches the Countywide Fitness Challenge in April during Employee Health and Fitness Month. The launch event is held in conjunction with the Department of Public Health during Public Health Week.

### Wellness Program


The Fitness Challenge is part of a broader Employee Wellness Program aimed at increasing employee morale and engagement, improving health and productivity, and reducing health-related costs.

### Why is Employee Health Important?

According to the 2014 Aon Hewitt Health Care Survey, 91 percent of employees report that the opportunity to impact employee health exists with comprehensive wellness programs by changing behavior through workplace environment and culture. Further, employee wellness programs are a recognized best practice in employee retention and job satisfaction.

### What are the Benefits of the County Wellness Program?

Since 2010, the County Wellness Program has contributed to a **reduction** of:

 **5%** decrease in high/borderline blood pressure

**7.6%** decrease in cholesterol



**0.7 %** drop in employee overweight/obese rate of 75.8%.



**1.7%** drop in dependents/family overweight/obese rate of 39.3%.

The program has gained participation each year and the numbers are expected to continue to improve.

