

CITY OF CLARKSTON

CLARKSTON CITY COUNCIL MEETING

ITEM NO: G3

HEARING TYPE:
Council

BUSINESS AGENDA / MINUTES

ACTION TYPE:
Resolution

MEETING DATE: October 1, 2013

SUBJECT: Adopt a Clarkston Employee Wellness Program

DEPARTMENT: Administration

PUBLIC HEARING: YES NO

ATTACHMENT: YES NO
Pages:

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PURPOSE: The City of Clarkston has applied for and received a GMA Health Promotion Grant award of \$2,000. The Health Promotion Grant Program is designed to assist members of GMA's health insurance fund to enhance their ability to conduct new or improve existing workplace health promotion

NEED/ IMPACT: The GMA Health Promotion Grant requires that awardees implement a Health and Wellness Policy to support the development of educational health initiatives. Most employees spend almost two-thirds of their waking hours at work and this can create challenges that make it difficult to eat healthy, get enough physical activity, manage stress effectively or engage in activities that will enhance their well-being. Organized Wellness Programs have been found to aid employees by promoting education on nutrition, exercise and making healthier choices. Staff recognizes the validity of these issues and supports the formation of a Clarkston Health and Wellness program to provide on-site educational materials and seminars for employees on topics of health, nutrition and exercise.

RECOMMENDATIONS: Staff recommends the adoption of the Clarkston Health and Wellness Program and the supporting Health and Wellness Committee.