



“Building healthier lives for Douglas County employees by empowering lifestyle change through education and support.”

**MINUTES OF THE DOUGLAS COUNTY EMPLOYEES’ WELLNESS COMMITTEE
MAY MEETING
May 19, 2009**

Members present:

Kevin Colon	Kathy Goodman	Jan Johnson	Jennifer Beisheim
Lesley Boulton	Tina Acosta	Diane Battiato	Lee Lazure
Mike Boyle	Jane Faust	Connie Lehman	Pam Tusa

Absent Members:

MaryAnn Borgeson	Sam Ross	Brian Burleigh	Carol Jennings
------------------	----------	----------------	----------------

Also present was Matt Milan and Stephanie Nichols from United Healthcare

The meeting was called to order at 1:30p. Kathy Goodman reported to the committee that 423 employee/spouses participated in the Health Assessment campaign. There were 26 donated prizes for the drawing and each committee member drew a prize then drew a name of the employee/spouse for that prize until 26 names were drawn. Each committee member will deliver the prizes personally to the winners and the names and prizes will be published in the June Wellness newsletter. Kathy also informed the committee members that the \$5 Subway gift cards were order and should be available from deliver to the participates by the end of May.

Stephanie Nichols from United Healthcare reviewed the participation of the Health Assessment. Based on 2280 employees eligible to participate in the HAS there were 18.5% participation or 423 total completions. Each member was presented with the aggregate report results which listed the top three population health risks as 1) stress, 2) body weight, and 3) safety belt usage. The top three self-reported problems were 1) allergies, 2) high blood pressure and 3) back pain. The total wellness score was 82.3 out of 100. Based on the entire report results, Stephanie made some recommendations and goals for proceeding forward. The overall health assessment goals were to work toward 25% participation with a wellness score of 83. She also suggested increasing the low-risk factor from 54.4% to 56% for 2010. She also recommended decreasing the health risk goals for the risk population by 5% for body weight, stress and safety belt use. Stephanie also informed the committee of a new program through United Healthcare called “Loss to Win”. She will send the information to Kathy Goodman to be discussed at the next wellness meeting in June. She will also provide the committee with materials, flyers and other promotional health posters for whatever types of programs the committee would develop in the future. The committee will meet next month to discuss further programs, classes and incentives based on the recommendations.

Jennifer Beisheim updated the committee on the first wellness sub-committee meeting at the Health Center.

Tina Acosta from Corrections updated the progress of the Corrections wellness sub-committee.

COMMIT TO BE FIT



“Building healthier lives for Douglas County employees by empowering lifestyle change through education and support.”

Kathy Goodman updated the committee on the potential for health programs through Life Source. Further details will follow. No further business the meeting was adjourned with the next meeting will be June 16th at 1:30pm.