RESOLUTION NO. 2007-46

A RESOLUTION, of the City of Wenatchee Authorizing the Establishment of a City Employee Health Promotion Program

WHEREAS, the City of Wenatchee recognizes that the health of its employees is very important; and

WHEREAS, the benefits of helping our workforce stay healthy are substantial as it enhances the lives of our employees and their families as well as reducing the number of workdays lost to illness thereby lowering health care costs; and

WHEREAS, wellness is a way of living that emphasizes such preventive measures as eating a healthy diet, making exercise an enjoyable part of your life, and making self-care decisions that will improve the quality of life; and

WHEREAS, the premise of wellness is that you can live a long, healthy, and active life. All you need is the desire to do so and the right information on which to base your actions; and

WHEREAS, health promotion programs are an organized effort intended to foster awareness, influence attitudes, and identify alternatives so that individuals can make informed choices and change their behavior to reach an optimal level of wellness.

WHEREAS, the City of Wenatchee wishes to support and encourage participation in a wellness program with the goal of making Wenatchee one of the healthiest communities in the state.

NOW, THEREFORE, be it resolved by the City Council of the City of Wenatchee as follows:

Section 1. Scope.

Employee Health Promotion Program. The purpose of the City Employee Health Promotion Program is to develop, promote and carryout those policies, programs and activities that improve the health and well being of City employees, contribute to a healthy work environment and provide employees with sufficient information to make informed decisions. To the extent permissible under the Fair Labor Standards Act, the programs of the City Employee Health Promotion Program may be extended to participation by volunteers working side by side with City employees. In some instances, the health promotion programs may also be offered to the public.

1. Voluntary Participation. Participation in the programs and activities of the City Employee Health Promotion Program shall be strictly voluntary.

2. Program Coordinator. In order to ensure successful coordination of the City Employee Health Promotion, a Program Coordinator is necessary. The Program Coordinator will be selected from representatives on the City Health Promotion Team and serve in that capacity. The Program Coordinator will lead the City Health Promotion Team, which may be comprised of a volunteer representative from each department.

3. City Health Promotion Team. Each Department Head is requested to notify the Program Coordinator of a volunteer department representative who will serve as a member of the Health Promotion Team, hereinafter referred to as "Team". Representatives will be encouraged to rotate participation among other interested departmental personnel in order to assure full participation in the program and to provide new perspectives to the team.

4. Meetings. To promote active participation in the City Health Promotion Program, the Program Coordinator shall schedule quarterly meetings or more frequent meetings, if needed. At this meeting, the Team will review the annual operating plan and timeline, plan programs and activities, provide departmental employee input.

5. Resources. Resources are available, at no cost, through the Association of Washington Cities. Existing resources within the City, which are available to the general public, will also be considered for utilization by the Team in preparing their plans.

6. Program Liability and Consent. Any employee who engages in exercise or fitness programs and activities of the Employee Health Promotion Program shall be encouraged to undergo fitness evaluations and screening by their physician. Consent forms shall be utilized to provide participants in programs which may be strenuous or otherwise pose a hazard to the unprepared employee with information regarding the program, and, in appropriate situations, to require the

employee to place on file with the Program Coordinator a completed consent and waiver form.

7. Program Evaluation. The program will be evaluated for participation and program success on an annual basis. The program will be modified to reflect the changing needs and desires of staff.

PASSED BY THE CITY COUNCIL OF THE CITY OF WENATCHEE, at a regular hearing thereof this 13 day of Sept., 2007.

CITY OF WENATCHEE, a Municipal Corporation

By: _____
DENNIS JOHNSON, Mayor

ATTEST:

By: _____
VICKI REISTER, C.M.C.
City Clerk

APPROVED:

By: _____
STEVE D. SMITH, City Attorney