

FULTON COUNTY



Accomplishments in 2016

- The Wellness Committee continued its “Fuel Your Day“ initiative by providing healthy snacks in the workplace to encourage healthy workplace snacking. Vegetable trays and hummus were delivered to County offices in May; random acts of water were delivered in June and August; apples from a local orchard were given in September and clementines were provided in December. Local resources were used to fill the orders.
- The Fulton County Wellness Committee was recognized by the Ohio Department of Health and the Healthy Ohio Business Council for their walking program. ODH spotlighted Fulton County by including the program in their “Pump Up Your Workforce” webinar; HOBC had wellness committee members present the program at the Northwest Region General meeting in Maumee, Ohio.
- 5 Lunch and Learns were held. Topics included: The Sitting Disease (moving more during the work day), Massage Therapy and Stress Reduction, Caring for Yourself while Caring for Others, Mindfulness, and Yoga Mythbusters. Educational sessions are recorded and placed on the employee intranet for employees who are unable to attend.
- Hosted three organized walks (one indoor and two outdoor) using one mile walking paths. Introduced a “virtual walk” for employees who could not attend organized walks. Indoor walking routes were added to the employee intranet to encourage walking during inclement weather.
- Ten-minute chair massages were offered to employees in December.
- 111 participants received onsite biometric screenings & body fat composition measurements.
- Offered a Waist Watchers Weight Management Program. A local hospital provided 30-minute on-site instruction to ten employees once per week for five weeks.
- Three members of the Wellness Committee received a Wellbeing Champion Certification offered through ComPysch, Fulton County’s Employee Assistance Program.
- Communications. Employees received monthly emails containing wellness information, reminders and StayWell promotions on various topics. Educational flyers were updated seasonally in 40 frames throughout County departments.

The mission statement of the Fulton County Wellness Program is “to provide all members with the tools and support to become healthy, productive individuals in work and life.”