

# HARDIN COUNTY

## Accomplishments in 2018

- Held an onsite health screening for employees and spouses while providing one-on-one assistance with signing up for the CEBCO wellness program.
- Hosted a county wellness event where participants received yoga balls and demonstrations on proper use. Also offered health screenings in partnership with Ohio Health and Ohio Northern University Health Wise.
- Provided Lunch & Learn events titled Eating Healthy at the Fair, Sun Safety, Mindfulness, Generation Rx-Proper Prescription Use, and Preventive Health.
- Participated and promoted Interactive Health's Water Works Challenge.
- Promoted OSU Extension's "Super Powers for a Super You" and "Calm Down for the Holidays" challenges.
- Delivered fruits and vegetables to all employees for a snack break, called Food for Fuel.
- Offered information and encouraged enrollment in the OSU Extension online class, Dining with Diabetes: Beyond the Kitchen.
- Partnered with the Hardin County Chamber and Business Alliance to promote the wellness activities they sponsored throughout the year.
- Provided bike helmets to all who participated in the Buggy Ride, a bicycle ride through Amish Country.
- Held Zumba and Aqua Zumba classes for employees.
- Hosted two County Health Fairs.
- Installed two water coolers at different locations to encourage employees to drink more water.
- Promoted Women's Health and Fitness Festival sponsored by Ohio Health.
- Partnered with ONU to offer the Health Wise Tobacco Cessation Program.
- Promoted local fitness, wellness, and nutrition events that occurred throughout the county.
- Held quarterly meetings of the county employees Wellness Committee.
- Started a REMIND text message group for wellness reminders and messages.