

JACKSON COUNTY

Accomplishments in 2018

- 286 county employees participated in various activities, programs and events the program offered.
- Completed 6 fitness/weight loss challenges; **879** total pounds lost over the course of the year!
- 95 employees and 18 spouses completed the Wellness Program.
- 175 exercise classes were held for all county employees and the general public.
- 15 health and nutrition classes were held.
- 10 “Wellness” challenges were offered.
- 2 Lunch & Learns were offered.
- Monthly blood pressure checks were provided.
- Conducted a Health Fair and a Halloween themed 5K.
- 4 onsite health evaluations were offered and 6 safety meetings were held.
- The Wellness Committee met six times in 2018 for planning purposes.
- The wellness program continued the health and wellness log program. Each employee tracks all wellness activity throughout the month and earns “wellness cash.” Wellness cash is deposited into their individual wellness accounts and can be spent at the “Wellness Auction” that is held each January. Wellness cash is used like “real money” at the auction. The auction consists of a live auction and a silent auction. Items that can be purchased are health and wellness related.

