



We value people and the pursuit of LivingWell.

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## **OBESITY RATES ARE DROPPING IN MANY LINCOLN BUSINESSES**

Jim Abel, Chairman and CEO of NEBCO, and Charlie Meyer, President of the Lincoln Saltdogs, will host a press conference at Haymarket Park, Diamond View Lounge on Thursday, July 7 at 1:30 p.m. to highlight the importance of worksite wellness programs to the health of employees. In his role as Chair of WorkWell, Inc., Mr. Meyer will discuss five year trends in health data gathered from local businesses that have dedicated efforts to improve their employees' health. Mr. Abel will share his company's experience with its wellness program and with WorkWell.

WorkWell, Lincoln's Worksite Wellness Council, was formed in 1986 as a partnership between business leaders and the Lincoln-Lancaster County Health Department to help businesses have healthier employees. WorkWell follows an evidence-based model providing health assessment, consultation, wellness planning, health resources, data collection and tracking, as well as networking opportunities. WorkWell currently serves 125 businesses in a wide variety of industries, impacting approximately 65,000 employees.

In 2006, WorkWell partnered with the Nebraska Department of Health and Human Services to develop the LiveWell survey, a comprehensive health risk appraisal to address risk for disease, help direct the development of worksite wellness plans, and align with public health goals. Thousands of employees take this survey each year to assess their personal health and help them set health goals. An aggregate report of all these surveys has been compiled each year since 2006. These aggregate reports provide an assessment of change in health indicators among those surveyed.

The trend data generated from these reports from 2006 to 2010 suggest that the wellness programs in place at WorkWell member companies have contributed to many improved health indicators among their employees. An example of this data is a reduction in the prevalence of obesity from 38% in 2006 to 29% in 2010. Many more positive health outcomes will be provided at the press conference.

Businesses that make the decision to implement effective worksite wellness programs are helping their employees improve their health which has a direct and positive impact on the employees, their families, the business, and the community.