

COUNTY OF VENTURA	2005 ADMINISTRATIVE POLICY MANUAL		GENERAL OPERATIONS CHAPTER VIII (A) Employment & Recruitment
Originating Agency	Last Issued	Revised	<u>Policy No. Chapter VIII - 7</u>
Policy: BOS	N/A	2005	EMPLOYEE HEALTH AND WELLNESS
Procedure: CEO	N/A	2005	
Forms (if any): CEO	N/A	N/A	
Policy Change Requires:	<input type="checkbox"/> CEO Consultation with Board of Supervisors <input checked="" type="checkbox"/> CEO Approval		
Procedure/Forms Change Requires:	<input checked="" type="checkbox"/> CEO Approval		

POLICY

The Board of Supervisors supports and is committed to the good health and well being of its employees. A healthy workforce results in a more productive workforce with less absenteeism, fewer accidents, lower health care demands and greater overall savings by reducing the incidence of disease and disability. County employees are encouraged to participate in education classes and health screenings that help identify and reduce health risks before serious health problems occur or allow better management of existing health conditions.

GUIDELINES

Through the County Wellness Program employees are able to access classes, screenings and special follow-up assistance to identify and manage health issues and preventable illnesses.

The County encourages healthy lifestyles by:

- A. Encouraging the inclusion of healthy food options at meetings, potlucks and special events.
- B. Supporting the availability of healthy food options in vending machines, snack bars and cafeterias operating at the workplace.
- C. Encouraging employees to utilize breaks for walking, stretching or other physical activity.
- D. Incorporating exercise breaks into meetings when practical.
- E. Promoting the use of stairs and walking paths.
- F. Providing educational resources/classes that promote exercise, good nutrition and health lifestyles within and outside the workplace.
- G. Encouraging participation in the County Wellness Program. For more information contact the Wellness Program at 654-2628.