



MENDOCINO COUNTY EXECUTIVE OFFICE

NEWS RELEASE

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TO: MENDOCINO COUNTY NEWS MEDIA
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County of Mendocino Receives National Platinum and Gold Employee Wellness Awards

The Mendocino County Working on Wellness (MCWOW) program, was again honored with not one, but two national awards for health improvement efforts and for creating a culture of wellness in the workplace in 2013. The County of Mendocino was recognized for demonstrating progressive leadership and by going above and beyond when it comes to employees' health.

The MCWOW program was recognized by the American Heart Association with the Platinum "Fit-Friendly Worksite" Award. Platinum Award recipients must fulfill criteria such as offering employees a number of physical activity and nutrition programs at work, as well as promoting wellness within the workplace. Recipients must also demonstrate at least one behavior change specified by the American Heart Association, achieve at least one cost savings outcome, or have achieved a positive return on investment as documented by supporting data.

The County wellness program was also honored by the American Specialty Health with the Gold "Fit Company" award. The County received this recognition by being a leader in the area of employee wellness and preventive health care and demonstrating a commitment to wellness by offering exceptional employee wellness benefits and services.

MCWOW continues to strengthen its position as a wellness leader within the community by again partnering with four major employers within Mendocino County to offer a county-wide Biggest Loser Weight Loss Challenge to employees and their families who work and live in this community. Last year's program was extremely successful, with employees from participating organizations losing a combined total of 2,400 pounds. This community partnership has allowed all organizations to provide an aligned approach to the weight loss epidemic while utilizing pooled resources to provide the program.

"The overwhelming support the County received from the community helped make this program a success. It's clear that in a nation struggling with the obesity epidemic, Mendocino County is one community that supports proactively doing something about it," said Mendocino County CEO Carmel J. Angelo.

More information about the county's wellness program can be found by visiting www.co.mendocino.ca.us/hr/mcwow.

Released by:

A handwritten signature in blue ink that reads "Carmel J. Angelo".

Carmel J. Angelo
Chief Executive Officer