



MENDOCINO COUNTY EXECUTIVE OFFICE

NEWS RELEASE

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TO: MENDOCINO COUNTY NEWS MEDIA
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MENDOCINO COUNTY WELLNESS PROGRAM HONORED WITH NATIONAL FITNESS AWARD

The Mendocino County Working on Wellness program known as "MCWOW" has been named a Silver award winner in the Healthyroads Fit Company Awards[®] program. The Healthyroads Fit Company Awards[®] program recognizes organizations nationwide who are leaders in the areas of employee wellness and preventive health care, and who demonstrate their commitment to wellness by offering exceptional employee wellness benefits and services.

The county program offers voluntary worksite wellness to employees enrolled on the County's health plan which was implemented in 1994 and has achieved exponential growth since that date, reaching 54% participation. Chief Executive Officer, Carmel Angelo stated, "Thank you to Human Resources staff for their strong commitment to wellness and for developing MCWOW to award worthy status, to the Board for their ongoing support of MCWOW, and to our employees for their participation and the inspiration for MCWOW to thrive".

MCWOW challenges county employees to adopt healthier lifestyle habits and is currently partnering with Ukiah Valley Medical Center, Howard Memorial Hospital, and Mendocino Coast District Hospital in a Spring wellness campaign to offer a comprehensive county-wide "Biggest Loser" weight loss challenge for their employees. "The County saw a need to address the weight epidemic plaguing the nation, including Mendocino County. We are excited to share in the Biggest Loser Challenge for the health and well-being of our employees, their families and all members of the community." stated Board of Supervisors Chair Dan Hamburg.

More information about the County Wellness program can be found on MCWOW's webpage at www.co.mendocino.ca.us/hr/mcwow

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