



MEMORANDUM

TO: Mayor & City Council

THRU: Kay Love
City Administrator

THRU: Michael Fischer
Deputy City Administrator

FROM: Dan Roach *DR*
Director of Human Resources

DATE: May 14, 2014

I wanted to take this opportunity to notify you that the City of Roswell was recognized this morning at the Greater North Fulton Chamber of Commerce (GNFCC) Health and Wellness Symposium as the Health and Wellness Champion for 2014! This award is given to the organization that has increased the well-being of the North Fulton community through the provision of health care services, services that support the Health Care Industry, or those who lead the way in bending the Health Care Cost Curve through technology or wellness support. The City of Roswell was nominated for this award on the basis of our early efforts with our Employee Wellness Program. Specific accomplishments mentioned in the award nomination included:

- Our Weightwatchers @ Work Program, which produced a collective weight loss of 120 pounds through April of this year;
- Our Walk Around the World Program, in which City employees walked 100,484 miles in 17 weeks;
- Our Maintain Don't Gain Challenge, which resulted in an average of 1.6 pounds LOST per participating employee during the difficult holiday months;
- Our Wellness Wednesdays educational offerings, which enhance employee understanding of health and wellness related topics; and
- Our Karelia Risk Reduction Program, which generated the following outstanding results:
 - 82% of eligible employees voluntarily participating in the program;
 - 77% improved total cholesterol by an average of 34 points or 12.6%;
 - 66% improved LDL cholesterol by an average of 30 points or 17.2%;

- 82% of the High Risk Diabetes group improved their risk with an average reduction in HbA1c of 1.1 or 11.5%;
- 70% of the High Risk Diabetes group lost weight with an average weight loss of 9 lbs.;
- 51% of the group (High BMI Group) lost weight with an average loss of 12 lbs.; and
- Total weight loss of 230.5 lbs.

Healthier employees make better employees, and our citizens will enjoy better and more efficient services provided by healthy employees. In addition, while time will tell the full story, we believe our wellness efforts will generate significant cost savings by reducing claims and controlling medical costs.

The results shared above indicate that City employees have rallied around the call for more healthy lifestyles. Each and every employee who has participated in one or more of our wellness programs should share in the recognition that comes with being identified as a Health and Wellness Champion by the Greater North Fulton Chamber of Commerce. Please join me in celebrating our employees' success!

Thank you for your ongoing support of our wellness initiatives!