

RESOLUTION No. 36781

Establish a Wellness Strategic Plan with the vision of creating an organizational culture that supports wellness and provides City employees the opportunity to share in the responsibility to minimize preventable health risk factors by improving and maintaining their health and wellness. (Resolution)

WHEREAS, health benefits are a significant component in City costs and incorporating strategic initiatives related to wellness may improve the health of plan participants and reduce long-term health care costs; and

WHEREAS, collaboratively, Commissioner Fritz, the Bureau of Human Resources, union representatives and the Citywide Wellness Committee have worked to develop a Wellness Strategic Plan that incorporates organizational, participation and health benchmark goals and strategies; and

WHEREAS, the Wellness Committee believes the key to sustaining health behavior improvements among employees is to create a “culture of wellness” within the City that is thoroughly supported by City Council, Bureau Directors, Union leaders and Managers; and

WHEREAS, the Wellness Committee understands the importance of measuring and tracking participation in its programs, and will report annually on participation levels by bureau as well as in total; and

WHEREAS, participation depends on improving accessibility of activities, education and supportive tools; and

WHEREAS, the Wellness Committee recommends that the most important health benchmark of the wellness program is reducing City employees’ obesity rates; and

WHEREAS, with success in reducing obesity, it is expected that cardiovascular health, back and joint health, stress and depression incidences and cancer risk factors will be improved among plan participants; and

WHEREAS, various City wellness efforts, including citywide work-site blood screening, and location or bureau specific activities such as stretching and exercise programs for employees have increased the promotion of a healthy balanced lifestyle; and

WHEREAS, working with its health care vendors, the City has implemented programs such as coaching for specific chronic health issues to encourage supportive assistance to plan participants in a confidential HIPAA compliant model; and

NOW, THEREFORE BE IT RESOLVED, that a strong Wellness Program supporting the health service and related vendors relationships are of significant value to the City in its efforts to manage long term health care costs; and

BE IT FURTHER RESOLVED, the City shall continue to provide support and resources to motivate employees and other plan participants in taking personal responsibility to minimize preventable health risk factors through approval of this resolution and adoption of the Wellness Strategic Plan; and


BE IT FURTHER RESOLVED, that City Council is committed to working with Bureau Directors and other stakeholders to ensure wellness strategies are implemented within their assigned Bureaus.

Adopted by the Council: APR 21 2010

Commissioner Amanda Fritz
Prepared by: Cathy L. Bless
Date Prepared: April 9, 2010

LaVonne Griffin-Valade
Auditor of the City of Portland

By


Deputy

Agenda No. **36781**
RESOLUTION NO.
 Title

Establish a Wellness Strategic Plan with the vision of creating an organizational culture that supports wellness and provides City employees the opportunity to share in the responsibility to minimize preventable health risk factors by improving and maintaining their health and wellness.
 (Resolution)

<p style="text-align: center;">INTRODUCED BY Commissioner/Auditor: Commissioner Fritz</p>	CLERK USE: DATE FILED <u>APR 16 2010</u>
<p style="text-align: center;">COMMISSIONER APPROVAL</p> <p>Mayor—Finance and Administration - Adams</p> <p>Position 1/Utilities - Fritz <i>Tom Bigelow</i></p> <p>Position 2/Works - Fish</p> <p>Position 3/Affairs - Saltzman</p> <p>Position 4/Safety - Leonard</p>	<p style="text-align: center;">LaVonne Griffin-Valade Auditor of the City of Portland</p> <p>By: <i>[Signature]</i> Deputy</p>
<p style="text-align: center;">BUREAU APPROVAL</p> <p>Bureau: Human Resources Bureau Head:</p>	<p>ACTION TAKEN:</p>
<p>Prepared by: Cathy L. Bless Date Prepared: April 9, 2010</p>	
<p>Financial Impact Statement</p> <p>Completed <input type="checkbox"/> Amends Budget <input type="checkbox"/> Not Required <input checked="" type="checkbox"/></p>	
<p>Portland Policy Document If "Yes" requires City Policy paragraph stated in document. Yes <input type="checkbox"/> No <input checked="" type="checkbox"/></p>	
<p>Council Meeting Date April 21, 2010</p>	
<p>City Attorney Approval</p>	

AGENDA
<p>TIME CERTAIN <input checked="" type="checkbox"/> Start time: <u>9:30</u></p> <p>Total amount of time needed: 45 min (for presentation, testimony and discussion)</p>
<p>CONSENT <input type="checkbox"/></p>
<p>REGULAR <input type="checkbox"/> Total amount of time needed: _____ (for presentation, testimony and discussion)</p>

FOUR-FIFTHS AGENDA	COMMISSIONERS VOTED AS FOLLOWS:		
		YEAS	NAYS
1. Fritz	1. Fritz	✓	
2. Fish	2. Fish	✓	
3. Saltzman	3. Saltzman	✓	
4. Leonard	4. Leonard	✓	
Adams	Adams	✓	