

MOTION BY SUPERVISOR ZEV YAROSLAVSKY

May 18, 2010

A recent report by a County-sponsored medical plan found that 75 percent of their County employee enrollees are overweight or obese, and that 7.3 percent have diabetes, compared to only 5.4 percent of their other Southern California counterparts. These statistics are disconcerting.

To help employees improve their health, the Department of Human Resources (DHR) is launching a "Countywide Fitness Challenge," a five-month wellness program, beginning in June. The challenge brings together many partners, including: the Parks and Recreation Department, County-sponsored medical plans, the American Heart Association, the American Cancer Society, the Coalition of County Unions, and SEIU Local 721.

The "Countywide Fitness Challenge" includes a wide range of activities, including the following.

- The Parks and Recreation department will showcase its 145 facilities to encourage employees to get outdoors and be active.
- Medical plans will host different activities each month including walking, hiking, learning swim safety techniques, and healthy eating guidance at local farmers' markets.

MOTION

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- DHR will sponsor an eight-week “Biggest Loser” weight loss contest among the 37 departments to achieve the weight loss goals with prizes and Board recognition for the winners.
- DHR will introduce the American Heart Association’s online walking program, “Start Walking!” that tracks daily physical activity and calorie intake.
- Finally, the program includes a charitable component, the “Pound for Pound Challenge.” Participants will pledge weight loss goals online and participating corporations will donate \$0.14 per pound to local area food banks.

I, THEREFORE, MOVE that the Board of Supervisors:

1. Proclaim June 2010 as “Wellness Month” in the County of Los Angeles and launch the “Countywide Fitness Challenge” employee campaign, and encourage Department Heads and Wellness Managers to support and market the program to their employees and strive for 100% participation;
2. Encourage County employees to participate in the June 1, 2010 Kick-Off event at the Civic Center Mall and the June 26, 2010 event at Whittier Narrows Recreation Area in South El Monte; and,
3. Waive parking fees in the amount of \$2,000 for 100 cars in the Music Center Garage (Parking Lot 14) for the participants of the kick-off event on June 1, 2010; and \$1,200 for 200 cars for the anticipated overflow parking at the Whittier Narrows Recreation Area on June 26, 2010.