

June 04, 2024

MOTION BY SUPERVISOR JANICE HAHN

2024 Countywide Wellness Challenge - Rancho Los Amigos National Rehabilitation Center

The County of Los Angeles (County) has always been committed to sharing information and resources about healthy lifestyle habits that promote the well-being of its employees. Over the years, the Department of Human Resources (DHR) has hosted the popular Countywide Fitness Challenge - a series of events at local parks that featured wellness walks, healthy snacks, fitness classes, healthy lifestyle education, and

family-friendly activities. These events created an opportunity for County employees to learn ways to improve their physical health and fitness and participate in activities that support an active lifestyle. Following a brief hiatus during the COVID-19 pandemic, DHR was proud to resume this program in person in 2023. The newly rebranded Countywide Wellness Challenge (CWC) was updated and expanded to reflect a scope of wellness education and activities beyond traditional activities to reflect a more holistic approach to total well-being. The CWC events offer access to preventive healthcare services and resources, health screenings, activities that encourage positive mental health and

self-care routines, art experiences, and physical activities, including dance and Tai Chi, are designed to motivate employees and their families to adopt and sustain lifestyle practices that can help reduce the risk and the incidence of chronic conditions.

MOTION

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DHR is excited to announce its next in-person CWC event for employees and their families on Saturday, July 20, 2024, at the Rancho Los Amigos National Rehabilitation Center in Downey. The theme for this season's first CWC is "Journey to Better Health," which focuses on addressing chronic conditions and illness prevention through activities, education, and employee health screenings.

Chronic diseases, including heart disease, cancer, and diabetes, are the leading causes of death and disability - and when left undiagnosed or unmanaged, can be disabling and reduce a person's quality of life. In Los Angeles County, cardiovascular disease accounted for 5,467 deaths in 2022; that same year, strokes claimed over 2,001 lives. In 2023, lung cancer accounted for an overall death rate of 20.3 per 100,000 people, and as of 2021, diabetes affected about 12% of people in the County. Kaiser Permanente is the County's largest healthcare provider, offering care to approximately 67% of our workforce. According to Kaiser's most recent annual clinical reports, as of June 2023, approximately 7.5% of County employees have diabetes, 4.6% suffer from hypertension, and 0.7% have been diagnosed with heart failure. Fortunately, many chronic diseases can be prevented or mitigated through lifestyle changes, early detection, and access to healthcare. The Centers for Disease Control and Prevention (CDC) cites smoking cessation, healthy eating, regular physical activity, regular health screenings, good dental hygiene, and adequate sleep as effective ways to combat chronic conditions.

The CWC event was designed with all these practices in mind. The County understands the importance of educating our workforce about wellness and taking advantage of the preventative

care resources, health screenings, and self-care activities offered during the CWC that support lowering the risks of chronic conditions when practiced regularly. Employees can access valuable health screenings for cholesterol, glucose, blood pressure, carotid artery and thyroid ultrasounds, bone density, and vision. The event will also offer healthy snacks, nutrition education, dance and stretching classes, Tai Chi, sound bath sessions, and more. As with past events, representatives from the County's health plans, Kaiser Permanente, UnitedHealthcare, Anthem Blue Cross, and Cigna, are sponsoring the screenings, providing education, resource information, and giveaways to encourage employee participation and improve employee well-being, support employee health, and reduce healthcare costs through early detection and prevention.

I, THEREFORE, MOVE that the Board of Supervisors:

- 1) Encourage Department Heads and Wellness Managers to support attendance at this year's first Countywide Wellness Challenge event:
 - a. Saturday, July 20, 2024, at Rancho Los Amigos National Rehabilitation Center, 7601 Imperial Highway, Downey, CA 90242, from 8:00 a.m. to 12:00 p.m.; and
 - b. Authorize the Director of Personnel to incur incidental expenses above her delegated authority to pay for event and promotional items for the Countywide Wellness Challenge event at a cost not to exceed \$1,000.00.

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JH:jm