

4181 Staff Wellness

The district recognizes the benefits to both employers and employees of workplace programs that promote and support employee health and wellness. ~~Worksite~~ Wellness programs have been shown to increase productivity, reduce absenteeism and on-the-job injuries, and improve morale and the quality of life for employees. Wellness programs play an important role in containing health care costs for employers and employees.

~~Campbell County School District wellness programs have the greatest impact on improving the overall health status of a majority of employees.~~ Our primary focus is on preventing healthy employees from developing chronic diseases **by increasing awareness of their own personal risk factors.** ~~by reducing employee risk factors.~~ ~~Campbell County School~~ The District supports opportunities for employees to become more physically active, select healthier foods, avoid tobacco, and manage stress. ~~Our wellness programs offer education to employees with existing chronic disease conditions to help them better manage these conditions, and prevent the further progression of those diseases through disease management programs.~~ **Our wellness program seeks to support those with existing health concerns to return to wellbeing through education and opportunities to participate in disease management programs.**

ADOPTION DATE: July 21, 2010; Reviewed May 12, 2015; **Revisions December 13, 2022**

LEGAL REFERENCE(S):

CROSS REFERENCE(S):

ADMINISTRATIVE REGULATION: 4181-R