



NILES COMMUNITY HEALTHY BUSINESS AWARDS FACT SHEET
Applications Due August 31, 2014

We believe that employers are in a unique position to make a positive impact on the health and wellness of workers in our community that will not only improve the lives of individuals, but could also improve the rate of absence, presenteeism and the associated costs impacting the economic health of our local businesses. It is vital to our community to create a healthy work environment.

We encourage employers to participate to become recognized as a Healthy organization in our community. With your help, you and your employees can be on the way to better health. There's no better benefit to offer your employees than helping them have healthier, longer lives.

WE NEED YOUR PARTICIPATIONS

In 2011 an estimated that 63% of deaths are caused by heart attacks, strokes, cancer, diabetes and chronic respiratory disease. Unhealthy behaviors are costing business a lot of money in missed days of work (absenteeism) and not 100% productive (presenteeism) when at work do to coming to work sick or taking care of a family member who is sick significantly negatively impacting their bottom line.

According to the Department of Labor in 2012 the **Top 10 Health Conditions Driving Annual Costs for Employers per Employee (Medical + Prescriptions + Absenteeism + Presenteeism)** were Depression (\$350), Obesity (\$300), Arthritis (\$280), Back/Neck Pain (\$280), Anxiety (\$250), GERD (\$200), Allergies (\$190), Cancer (\$180), Other Chronic Conditions and Hypertension (\$180).

These Top 10 medical conditions are preventable. These conditions are influenced by behaviors and lifestyle choices – not exercising regularly, eating a poor diet or smoking are all 'risk factors' that make us 90% more likely to experience these diseases.

While most people think they know what they need to do to improve their health, they often lack the information, education, strategies that work, time and motivation to make the necessary changes. As employers you have a unique opportunity to help your workforce by helping them to understand the key risk factors affecting their health and your organization by taking steps to address them.

WELLNESS IS A SMART BUSINESS STRATEGY

Studies demonstrate that by starting a company initiative to promote physical activity, healthy eating program and promoting a culture of activity, employers can:

Increase productivity • Reduce absenteeism • Reduce Presenteeism • Increase Productivity
Lower turnover • Reduce healthcare costs • Increase engagement • Reduce work related accidents

YOUR COMPANY'S BOTTOM LINE

Absenteeism & presenteeism combined due to the TOP 10 Medical Conditions is costing your company an estimated \$1,685 - \$7,500 per employee per year.

WE ARE LOOKING TO AWARD EMPLOYEERS WHO ACT IN THE BEST INTERESTS OF THEIR EMPLOYEES.

Complete your application. Review the requirements. **Begin your healthy business intuitive** during the period of June 1 – August 30th to qualify for the Four Flags Healthy Business Award. Beginning August 2014 the Four Flags Chamber Healthy Business Award will be presented at the annual meeting each September.

The application fee is \$25 for organizations 1 – 50 employees, \$50 for organizations 51+ employees. Application fees go to supporting these awards and the Four Flags Chamber.

Companies will be divided according to the number of employees: 1 - 15, 16 - 31, 32 - 46 47 - 62, 63+ The application deadline is August 30, 2014.

COMMUNITY RECOGNITION

Recognition on the Four Flags Chamber website. Recognition by Four Flags Chamber at local events and annual meetings. The right to use the program's annual recognition seal for internal communications to employees and external communications related specifically to employment recruitment. An official recognition letter and recognition certificate sent by the Four Flags Chamber. For businesses who qualify assistance with application process to for the American Heart Association Fit Friendly Award.



WE WOULD LIKE TO AWARD YOUR COMPANY FOR YOUR BEST EFFORTS.

Chamber Award - This award is for businesses that are **just getting started** encouraging, educating and supporting health and wellness activities for themselves, their employees and support staff. **Criteria:** Develop a plan to encourage and support wellness activities for those around you. Your wellness plan can include but is not limited to healthy eating, physical activity, stress management, financial wellness, and smoking cessation



Silver Award – This award is for businesses that are **ready to implement wellness activities** and fulfill the Chamber Award criteria. **Criteria:** Implement wellness activities to support at least 1 physical activity option during the work day, and 1 healthy eating activity at work, implement a no smoking policy and promoting a wellness culture at work through planning to participate or have participated in at least 1 community health and wellness activity.



Gold Award – This award is for businesses **that have already implemented wellness** activities as part of their wellness programming and fulfill all the Gold Level and are in compliance with the Chamber Award & Silver Awards. **Criteria:** Must have had wellness initiatives in place for at **least 6 months**.

WE WOULD LIKE TO SEE ANYTHING YOU ARE DOING THAT SHOW YOU ARE LOOKING AFTER THE HEALTH AND WELL-BEING OF YOUR EMPLOYEES SUCH AS:

Workplace risk assessments • Encourage employees to eat healthily • Encourage healthy work and home life balance • Gym facilities or gym membership discounts • Bike to work • Encourage your employees to get Flu Shots • Free fruit days • Financial wellness • Well-being strategies • No smoking policy • Encourage your employees to participate in a blood drive • Attend health fairs & fun runs • Health related seminars/webinars • Stress reduction therapies/classes • Healthy lifestyle newsletters • health challenges • Encourage your employees to participate in local health challenges • Allow for fitness activities during the work day • Have a no junk food policy • Provide water for employees and encourage hydration • Provide education / information on healthy eating strategies • Provide a weight loss program • Encourage preventive medical examinations • Schedule cholesterol and glucose screenings • Walking clubs • Employee healthy life newsletters • Join online healthy community • Provide and/or attend health and wellness education programs • Volunteer for community service activities

The Niles community Four Flags Chamber Healthy Business Awards is to honor innovative organizations that promote workplace wellness, improving both their bottom line and the overall health of our community. These awards are co-sponsored by C2 Your Health LLC (www.CindyCohenRN.com).

