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Worksite Wellness Expands to Keep Putnam County Healthy

Brewster, NY— Small businesses are often unable to offer their employees wellness opportunities. Now the Putnam County Department of Health is expanding its services and providing a variety of programs to businesses, as part of County Executive MaryEllen Odell's desire to support and encourage the local business community. Lunchtime presentations, health and wellness displays, employee blood pressure screenings and flu vaccines, exercise and smoking cessation programs are some of the components that the Health Department has developed in its own worksite wellness model, and is now offering to others.

Three local businesses, Dunmore Corporation, Unilock, and Akzo Nobel, have taken the first step to partner with the Health Department. One "Lunch & Learn" which has already generated considerable interest among corporate employees, covered the topic of preventing Lyme disease and other tick-borne illness. A healthy eating cooking demo and shopping on a shoestring budget are other topics in development by Putnam County Department of Health wellness staff.

"Research has shown that a well-constructed worksite wellness program can increase productivity, reduce health expenditures and enhance morale," says Allen Beals, M.D., Commissioner of Health. "If targeted to the specific needs of a business and its employees, wellness programs educate about health and influence positive behavioral change. Worksite Wellness programs are

aimed at employees, but the benefits may trickle down to family members, reaching an even larger audience.”

For more than ten years, the Putnam County Department of Health has developed and implemented a wellness program for its own county employees. Thousands have participated in activities that have enhanced their wellness and productivity. Health Department staff will assist businesses in developing a custom-made program based on this experience. For more information regarding this initiative, businesses are encouraged to contact the Health Department at 845-808-1390, ext. 43258.

The Health Department’s mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, environmental health protection, family health promotion and health education. For more information, please visit our website at www.putnamcountyny.com/health; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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