

Arkansas Municipal League Healthy Workplace Planning Program

The Arkansas Municipal League Healthy Workplace Planning Program is designed to promote fitness, health and well-being among qualifying volunteer cities and towns within the State of Arkansas. Once implemented, the program seeks to reduce employee sick leave, health insurance claims and premiums among cities and towns. It is also the aim of the program to create awareness, understanding and solutions for lifestyle risk factors that can contribute to health-related issues such as obesity, cancer and cardiovascular diseases.



**Sponsored by the
Arkansas Municipal League**

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Employers are consistently seeking ways to reduce employee-related costs. One area of concern is the rising cost of healthcare. According to *Partnerships for Prevention*, www.prevent.org, U.S. healthcare costs doubled from 1990 to 2001, and the costs are predicted to double again by the year 2012. Ongoing and recent studies have shown that a number of health-related issues such as cardiovascular disease, obesity and some forms of cancers can be prevented or at least delayed by practicing more positive “lifestyle” behaviors.

Furthermore, a study by the U.S. Department of Health and Human Services found that worksites with physical activity programs reduced healthcare costs from 20% to 55%, reduced short-term sick leave by 6% to 32%, and productivity increased up to 52%.

Employees spend a large amount of their day within their organization’s environment, therefore the work culture exerts a tremendous influence over an employee’s behavior. The municipal culture can be either conducive or unfavorable to a healthy, positive, active lifestyle. Municipalities are encouraged to provide a healthy

workplace that is geared toward wellness.

The **Healthy Workplace Planning Program** provides member municipalities, who participate in the Municipal Health Benefit Fund, with several opportunities to help become proactive in the health and wellness of their employees. The program's highlights are:

- **Facilitated group healthy workplace planning training** features:
 - ✓ Train-the-trainer
 - ✓ Hands-on fitness instruction
 - ✓ Wellness program development, which includes:
 - Assessment
 - Planning
 - Promoting
 - Implementing

- The **program's facilitator** is a certified personal trainer and wellness coach from the elite Cooper Aerobic Institute of Dallas, Texas, with 10 years of experience in wellness coaching, personal training, fitness guidance and nutritional guidance.

- **On-line and telephone support** is provided for member municipalities that desire to begin a wellness program and ongoing support when necessary.

Municipalities that want to utilize the services of the Healthy Workplace Planning Program may call the Arkansas Municipal League, 501-374-3484, Ext. 110, or e-mail David Baxter at dbaxter@arml.org.