

League of California Cities Partners Program

In partnership with Kaiser Permanente, the Healthy Eating Active Living Cities Campaign (HEAL), and Keenan & Associates, the League of California Cities Partners Program is launching a workforce health initiative to support League cities in improving employee wellness.

A healthy, productive workforce is vital to your city's success. When you improve employee health, you'll see valuable results: Fewer sick days. Lower employee turnover. Higher performance. A positive work attitude. Together, these changes can add up to a powerful business advantage for your city.

In an effort to support and encourage your employees in taking an active role in managing their health, the Cities for Workforce Health Partners program provides access to innovative and cost-effective resources and tools that will help you engage your workforce and implement effective workforce health programming.

Get Started

Visit the [Cities for Workforce Health](#) page on the League of Cities website for more information about the program components and check out the easy-to-implement workforce health programs and resources as well as ideas on how to engage your employees and keep them motivated in making healthy behavior changes.

Access to a series of educational workforce health webinars and one-on-one engagements for select League cities with workforce health experts will be additional components of the Cities for Workforce Health program and the Partners Program Committee will offer 5 League cities each a \$5,000 grant to use towards workforce health program implementation.

For more information about the Cities for Workforce Health program, please contact Mike Egan at egan@cacities.org or 916.658.8271.

Roughly two-thirds of employers identify promoting employee accountability and implementing a culture of health among their top three health and prevention strategy components.

Source: The Road Ahead: Under Construction with Increasing Tolls, Aon Hewitt, 2010.

Healthy behaviors have a significant financial impact for employers. In a recent study, participants with positive health behaviors had lower annual lost workday costs and health care claims compared with those who didn't.

- \$389 lower costs for those who maintained desirable weight
- \$360 lower costs for those who coped better with stress
- A decrease of \$314 for nonsmokers
- \$174 lower costs for those who exercised regularly

Source: "ROI-based Analysis of Employee Wellness Programs," U.S. Corporate Wellness, Inc., January 2011.

Wellness programs can be good for productivity — 48% of all employers who offer wellness programs and 57% of employees who participate in their company's wellness programs say they're very effective at improving productivity.

Source: Study of Employee Benefits Trends: Findings from the National Survey of Employers and Employees, MetLife, 2010.

For more information about the Cities for Workforce Health program, please contact your League of Cities representative.