

**RESOLUTION
OF THE
CITY OF MINNEAPOLIS**

By Hodges

Establish a comprehensive Citywide Health and Wellness Program that affirms the City's commitment to employees' overall health and well-being.

Whereas, the City is committed to providing opportunities for employees to improve their health and quality of life; and

Whereas, the City continues to demonstrate a strong leadership role in seeking solutions to stabilize rising health care costs; and

Whereas, the City encourages employees to become better health care consumers as evidenced by past support of the medical plan changes in 2004 and subsequent council actions, including but not limited to, considering a commitment to health and wellness programming when selecting our health plan insurer; and

Whereas, the City's most prevalent and costly conditions such as cardiovascular, diabetes and mental health may be directly impacted by lifestyle factors, such as nutrition, physical activity and maintaining a healthy weight; and

Whereas, research shows that comprehensive health and wellness programs increase employees' overall health and productivity and reduce health care costs, absenteeism and workers' compensation costs; and

Whereas, the City will continue to partner with union representatives, benefit plan vendors, city council departments, independent boards and agencies and employees to identify and implement strategies and programs to assist employees lead healthier lifestyles and decrease rising health care costs.

Now, Therefore, Be It Resolved by the City Council of the City of Minneapolis:
That the City Council does hereby declare that it will assist employees in leading healthier lives by supporting activities associated with a comprehensive Health and Wellness Program to be extended to employees and retirees of the City and its independent boards and agencies with the goal of reduced health care costs and an improved quality of life at work and at home.

Be it Further Resolved that the City Council of the City of Minneapolis will support the formation of a Wellness Committee that will develop and promote a comprehensive Health and Wellness Program to address our most costly and prevalent areas of risk. Such committee will be composed of all levels of employees, both represented and non represented, from various departments across the City. The departments of Human Resources and Health and Family Support will establish and co-chair the committee.

Be It Further Resolved, that all departments will allow and encourage employees to participate in health and wellness activities.

Be It Further Resolved, that the Wellness Committee will report annually on the program participation and other findings to the Executive Sponsor, to include one Council Member, one union representative, the Director of Human Resources and the Commissioner of Health.