WHY GREENVILLE?

- Greenville County’s obesity rate is higher than both the State of South Carolina and the national average.

WHAT IS IT? AT WORK WORKGROUP

- Supports employers by offering a variety of tools, information, and resources to encourage employees to live well at work.
- Encourages implementation of worksite wellness opportunities.
- Supports local employers in making the healthy choice the easy choice for their employees.
- Overall aim is to impact obesity in Greenville County as a whole.

RELATIONSHIP BETWEEN WORK & HEALTH

- Increased Absenteeism
- Decreased Productivity
- Negative Work Environment
- Loss of Mental Energy & Creativity
- Affects on Bottom Line
- Increased Levels of Stress & Burnout
- High Cholesterol
- High Blood Pressure
- Increased Risk of Obesity
- Increased Risk of Stroke
- Increased Risk of Heart Attack
- Increased Mental Health Illnesses—Anxiety & Depression

ANNUAL SYMPOSIUM

- Provides six educational sessions, best practices, and connections to critical resources to those championing wellness efforts in their workplace.
- Tailored to companies well on their way in their wellness efforts and those just getting started.
- Provides companies with resource guides to enhance wellness efforts.

WORKPLACE AWARDS

- Designed to recognize comprehensive workplace wellness programs.
- Provides companies with feedback on their wellness practices.
- Gold, Silver, and Bronze Level Awardees.
- Scored all 17 of the awards applications for May 2016 Annual Symposium.

ONLINE TOOLKIT

- Five step toolkit offering resources for small to mid-size businesses interested in initiating or refining workplace wellness offerings.
- Worked to develop handouts from previous Roundtables to be included on Online Toolkit.

MOVING FORWARD

- Creation of a comprehensive handout describing the goals, initiatives, and successes of LiveWell Greenville’s eight individual workgroups to better assist companies in understanding LiveWell’s mission.
- Find a way to help employees move beyond workplace wellness and expand health practices into the home.
- Increase the reach of the At Work Workgroup to include more key players in the Greenville community.

Kathryn Garcia • kristen.garcia@furman.edu • (817) 343-9161