

For immediate release
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As part of the celebration of National Public Health Week, April 4 – 8, the Washtenaw County Public Health Department will recognize 5 local businesses that are creating a healthier workplace for their employees. The 2nd Annual Healthy Workplace Awards will be presented at the Washtenaw County Board of Commissioners meeting on April 6, 2005.

The health of the U.S. economy, as well as our state and local economy, depends on a healthy and productive workforce, according to Steps to a Healthier Workforce, a website developed by the U.S. Department of Health and Human Services. Since Americans spend an average of 8 – 12 hours a day at work, the workplace is an ideal locus for developing a healthier workforce.

The 2005 Healthy Workplace Awards will be given in Platinum, Gold, and Silver levels to the following area businesses:

Platinum – Mfit Health Promotion Division, University of Michigan Health System

Gold – Eastern Michigan University and Nu-Step, Inc.

Silver – Generations Together and American Cancer Society Huron Valley Service Center

“Some very innovative approaches to a healthier workplace and workforce are being used by these award winners”, says Sharon P. Sheldon, MPH, Program Manager for the Health Promotion / Disease Prevention Division at the Washtenaw County Public Health Department.

“For example, a small business like Generations Together is able to provide memberships to Curves, a women’s fitness facility, to encourage its employees to be active. Nu-Step has an on-site ice rink for employees and Mfit encourages employees to be active while raising money for community organizations through its Charity Challenge Program”, says Sheldon.

For more information about the Healthy Workplace Awards, please contact Sharon Sheldon, 734.544-6781 or Jenna Bacolor, 734.544-2969.