

**FOR IMMEDIATE RELEASE:  
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### Healthy Businesses Awarded

April 5 – 11 is National Public Health Week across the nation. As part of our local Public Health Week activities, the Washtenaw County Public Health Department and the Washtenaw County Board of Commissioners are recognizing local businesses that have made a significant contribution to promoting physical activity in the workplace. The first annual “Healthy Workplace Awards” will take place at this week’s Board of Commissioners meeting on Wed, April 6, 2004 at 6:30 pm at the Washtenaw County Administrative offices at 220 N. Main, Ann Arbor, Michigan

The 2004 Healthy Workplace Awards will be given to four businesses: Glacier Hills, M-Fit Employee Wellness Program (University of Michigan Health System), Saline Parks and Recreation Department and the Ann Arbor Police Department. Each worksite completed an application describing how they have implemented innovative programs and policies to encourage their employees to be physically active throughout the workday. “Increasing physical activity in the workplace has been shown to increase employee productivity, reduce health care costs and health risks such as obesity and contribute to employee retention”, stated Sharon P. Sheldon, program manager for the Washtenaw County Public Health’s Health Promotion and Disease Prevention Division. “These four businesses represent a good cross-section of business and employee groups in the county. Each business has implemented “evidence based” practices as well as some very creative approaches as part of its overall strategy”, says Sheldon.

The Healthy Workplace Awards will be an annual award and the next round of applications will be solicited in the late fall, 2004. For more information on the Healthy Workplace Awards, contact Sharon P. Sheldon, MPH at Washtenaw County Public Health at (734) 544-6781.