

State of Ohio

Healthy Ohioans

Bob Taft
Governor
State of Ohio



Program Overview

- Number of employees: 58,937

Program Goals

- Increase physical activity.
- Improve nutrition.
- Reduce/prevent use of tobacco.



Program Components

- *Buckeye Best Healthy Schools* awards: provides recognition to schools that offer healthier environments for students and staff through increased physical activity, healthier food choices in school cafeterias and vending machines, and tobacco prevention/cessation education efforts. In 2004, 1,000 of Ohio's 5,000 schools applied for the *Buckeye Best Healthy Schools* awards program.
- Healthy Ohioans Business Council: encourages more Ohio businesses to offer worksite health and wellness opportunities. In 2004, the council hosted its first worksite wellness conference and released the publication, *Doing Well by Being Well: designing win-win employee wellness programs*. In 2005, the council will add five regional councils covering the state.
- State Employee Wellness Committee: established by executive order of Gov. Taft, requires each state agency to develop and implement a worksite wellness program for its employees.
- *Healthy Ohioans-Healthy Community* awards: created in 2005, recognizes communities partnering with businesses, parks and recreation agencies, schools, and community groups to provide healthy activities for residents.

Key Findings

- Currently evaluating new initiatives; results forthcoming.

“As Governor, I am concerned about the health of Ohioans. In 2001, Ohio had the fifth highest adult smoking rate in the nation, more than 57 percent of our adults were overweight, and more than 30 percent participated in no physical activity.

“In response, we created *Healthy Ohioans* with elements focusing on schools and communities, and a two-pronged workforce effort reaching Ohio employers and state employees.

“Sixteen exemplary Ohio businesses were appointed to the Healthy Ohioans Business Council (HOBC) to spearhead our worksite health promotion efforts. In 2004, the HOBC released a guide to developing workplace wellness programs, and five regional business councils are planned in 2005.

“Today, state employees can access a variety of health enhancement opportunities. We annually recognize state employees who have adopted a healthier lifestyle and state agencies that have developed exemplary wellness plans. The bottom line of these efforts is to reduce Ohio's chronic disease rates and the cost of health care.”

THE BOTTOM LINE

“We needed to develop a statewide health promotion program to reach all Ohioans where they live, work, or play.”

