



Employee Health & Wellness a Top Priority

New staff position created to ensure employee health is addressed and multiple improvements to healthy food and beverage choices have been made



Special attention has been given to improving the health and wellbeing of City employees by Lee County (FL) Parks and Recreation. Concentrating on improving staff wellness has brought about multiple changes within the department and within the County government. Most significant is the hiring of a fulltime Health & Wellness Coordinator for Lee County Employees. This dedicated position ensures the health of City employees will be a priority for the County. Additionally this staff person will be a vital link to grow current health partnerships which benefit the parks and recreation department as well as the County as a whole.

Policies Benefit Health of Employees

To reinforce the creation of a Health & Wellness Coordinator, several policies and practices have been enacted to support employees working toward healthier lifestyles. Lee County Parks and Recreation revamped internal meetings to include healthier foods and staff are encouraged to exercise during lunch, breaks and before or after work. The department gives out healthy snacks at programs while vending machines have been outfitted with healthier selections. In addition a walking program was implemented for County employees and within after school programs.

Programs Experience Nutrition Improvements

Besides assisting County employees improve their health, Lee County Parks and Recreation has improved programs and services to bring health and wellness to the forefront of the community they serve. Weekly planning sessions for after school programs always include discussions on how to include a nutrition, health, and/or exercise focus for youth in attendance. The department has found multiple methods to improve nutrition. They distribute fresh fruits and vegetables to families from locally donated produce throughout the year. Programs which include food follow current nutrition guidelines and nutrition classes are taught for home schooled children and children with special needs.



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NRPA PERFORMANCE EXCELLENCE RATING: Key Factors for Success

- P1 People**
Staff position for health & wellness
- P2 Partnerships**
Sports leagues, health department, university
- P3 Programs & Services**
Nutrition is emphasized
- P4 Public Visibility**
Local TV coverage, brochures
- P5 Places & Spaces**
New community centers
- P6 Policies & Practices**
Employee wellness and nutrition improvements
- P7 Performance Measures**
Online measurement tool



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