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## **CITY OF GLENDALE RECOGNIZED AS HEALTHY ARIZONA WORKSITE EMPLOYER**

GLENDALE, ARIZ.--- The Arizona Department of Health Services (ADHS) has named the City of Glendale as a 2017 recipient of its Silver Award of Excellence in Worksite Wellness.

The Healthy Arizona Worksite Award recognizes business and government employers that are making proactive efforts to positively affect the health and well-being of their employees, their employees' families and their community at large.

In addition to participation in Healthy Arizona Worksite Program training, award-winning employers are required to demonstrate their commitment and successful accomplishments through the development of comprehensive worksite wellness initiatives, as well as the implementation of new policies or organizational changes focused on employee health.

"Most employees spend nearly half of their waking hours at their jobsite," said Glendale Human Resources and Risk Management Director Jim Brown. "This naturally makes the workplace the perfect setting for promoting healthy behaviors that benefit us all. Moreover, these learned behaviors extend beyond the workplace -- they carry over to home and leisure activities."

According to ADHS officials, effective and sustainable worksite wellness initiatives also contribute to a reduction in shared employer/employee healthcare costs and a return of up to \$6 per \$1 invested in wellness programs has been realized by some organizations.

The Healthy Arizona Worksites Program is a public health initiative offered by the Arizona Department of Health Services and the Maricopa County Department of Public Health. The program assists participating employers successfully implement worksite wellness initiatives to improve the health of their employees. For more information about the Healthy Arizona Worksite Program, visit [www.healthyazworksites.org](http://www.healthyazworksites.org).

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