



Washington Health Foundation presents the

HEALTHIEST BUSINESS CHALLENGE

Participating Organizations Creating Healthy Challenges:

Examples of Ways to Make the Healthiest Business Challenge Succeed in Your Organization

Working To Create A Healthy Workplace: Health & Recovery Services Administration (HRSA)

How is this for success – two first place finishes and one second in the past three Governor’s Health Bowl events! The Health & Recovery Services Administration (HRSA) is extraordinarily proud of that accomplishment and equally proud of its healthy workplace plan that makes it easy for employees to make healthy choices. From lunch hour workouts to incentives for using stairs instead of elevators and healthy snack options, HRSA is setting an example of how to create an employee wellness plan that encourages participation and produces results.

A Statewide Departmental Challenge: Washington State Patrol

The Washington State Patrol formed teams within their organization, and all branches around the state are challenging each other this summer. The teams are logging miles at HealthiestState.org. State agencies can compete in similar challenges during the 2009 Governor’s Health Bowl September 18–November 1, 2009... just have your agency’s Healthiest State Campaign contact form teams at HealthiestState.org and start logging those miles!

Combining Healthy Systems and Healthy Living: Washington State Department of Corrections

The DOC began a “Biggest Loser” challenge in January, 2006. The goal was to encourage the staff at the Monroe Prison to form teams, get active, and lose weight. The challenge was a huge success, and in conjunction with this Healthy Living activity, the DOC also had walking trails put in on their grounds so employees would have a safe, accessible place to walk during the work day. This Healthy Systems work serves the DOC employees well and is an outstanding example of what can be done with staff creativity and perseverance.

Becoming the Healthiest County: Mason County

Mason County continues to have enthusiasm from employees as they participate in their second county-wide challenge: a summer walking program. The Mason County Department of Health Services and the Mason County Employees Group sponsored an 8-week walking program to encourage employees to include physical activity as part of their daily routine. They also encouraged employees to log these miles at HealthiestState.org and contribute to Mason County’s miles. Mason County currently has 160 Champions in the Healthiest State Campaign and has logged more than 5,000 miles!

A Hospital/Community Partnership: Get Fit Ephrata

Columbia Basin Hospital in Ephrata set a goal to get their community moving, and to encourage residents to log miles. In a partnership with their local Chamber of Commerce and local businesses, residents of Ephrata log miles and turn in weekly reports of their progress. These miles are then turned in to the Healthiest State Campaign and credited to the hospital.

A Board vs. Staff Challenge: Greater Seattle Chamber of Commerce

During the 2005 Governor’s Health Bowl, the Chamber staff took on the board members. Even though the staff is bigger, the board won! The board took this challenge seriously and earned more miles per capita. This year the Greater Seattle Chamber of Commerce is a key sponsor in the Healthiest Business Challenge. Businesses all over Washington State are encouraged to participate and to challenge each other during the 2006 Health Bowl!

All participants in the Healthiest Business Challenge are encouraged to contact the Washington Health Foundation for more ideas or to brainstorm ways your business can participate! Contact us for more information: 206-734-6975 or HeatherP@whf.org.

