



Healthy Ohioans

small steps, big strides

614/466-0041 • www.healthyohioans.org

Governor's Healthy Ohioans Business Council

Can a game of Ping-Pong improve your company's bottom line? Consider this: An employee burns 67 calories reading e-mail for 30 minutes. That same employee will expend 150 calories during a casual half-hour game of Ping-Pong during the lunch hour.

Research by Traveler's Corp. shows a **\$3.40 return for every dollar invested** in health promotion programs. In addition, DuPont Co. saw its worker **absenteeism rate drop 41 percent** after the company invested in workplace health promotion.

From large corporations to the corner deli, business owners welcome ways to boost productivity and reduce worker absenteeism. The Healthy Ohioans program was developed by the Ohio Department of Health at the direction of Governor Bob Taft to help improve the lives of all Ohioans – including your employees. Whether an employee wants to improve eating habits, reduce stress, quit smoking, or become the company's Ping-Pong champ, small, healthy lifestyle changes can mean big rewards for employee morale, overall productivity, and even the company's bottom line!

In addition to physical and emotional consequences, unhealthy lifestyles also present an economic burden on families, businesses and the overall economy in healthcare costs and lost productivity due to illness and untimely death. Chronic diseases such as heart disease, cancer, stroke and diabetes, account for more than 60 percent of the nation's total medical care expenditures. This further highlights the importance of you, as a business owner or manager, assisting your employees in eliminating unhealthy habits and adopting healthy ones.

Because of its commitment to helping corporate partners promote healthy lifestyle changes among its employees, the Ohio Department of Health has created a number of programs for Ohio businesses. Best practices among Ohio corporations will be recognized through appointment to a position on the Governor's Healthy Ohioans Business Council. In addition, the Healthiest Businesses in Ohio program will inspire and motivate businesses and their employees to become healthier. Working together with the Healthy Ohioans initiative, these programs will help Ohio's corporations move their employees one step closer to leading healthier lifestyles.

Now you can be the one that helps your employees – and even yourself – make changes toward a healthier lifestyle. Start with your own simple small step: Learn how you and your company can get involved in the Healthy Ohioans Initiative by calling 614-466-0041.

Ohio Department of Health

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Columbus, Ohio 43216-0118

Bob Taft, Governor • J. Nick Baird, M.D., Director of Health

Governor's Healthy Ohioans Business Council

The council is comprised of statewide representation from leading companies, both large and small, that have demonstrated a commitment to health and wellness programs in the workplace. The council is responsible for the development of the criteria for the Healthiest Businesses in Ohio program and will provide recommendations, and help promote health and wellness initiatives for Ohio businesses.

2003 Members

Governor's Healthy Ohioans Business Council

Anthem Blue Cross and Blue Shield

Bonne Bell Inc.

GE Aircraft Engines

Grange Insurance

Honda of America Mfg. Inc.

The Longaberger Company

LuK Inc.

MFD Lordstown Metal Center

Nationwide

Ohio Department of Administrative Services

OhioHealth

Ross Products Division of Abbott Laboratories

TriHealth

Westfield Group

Worthington Industries Inc.

Y.M.C.A. of Central Ohio

Y.M.C.A. of Greater Toledo

Healthiest Businesses in Ohio

Using criteria developed by the Healthy Ohioans Business Council, awards will be presented to those Ohio businesses demonstrating a commitment to innovative health and wellness programming in the workplace.

An equal opportunity employer.