



Board of County Commissioners
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FOR IMMEDIATE RELEASE

**Camden County Board of Commissioners
Receive *Gold Award* for
“2016 First Coast Healthiest Companies”**

WOODBINE, GEORGIA – April 18, 2016 – The Camden County Board of Commissioners will be recognized at the 8th Annual First Coast Worksite Wellness Conference on May 11, 2016 at the University of North Florida’s University Center as the 2016 First Coast Healthiest Companies *Gold Level Award* Winner.

The First Coast Worksite Wellness Council (FCWWC) awards and recognizes the 2016 Healthiest Companies whose organizations are making noteworthy strides in improving the well-being and productivity of their employees. Awards are based on efforts and best practices used in creating a health and wellness corporate culture formed on wellness initiatives and goals. These initiatives include senior level support, communication and engagement, company policies, know your numbers, healthy behaviors, safety, physical activity, nutrition/weight management, culture and prevention, and outcome measurements.



Established in 2008, the FCWWC is a community workgroup led by a partnership between the Florida Department of Health in Duval County and the City of Jacksonville Mayor’s Council on Fitness and Wellbeing. This workgroup was charged with impacting community health through the business community and creating a platform for local businesses to be recognized for excellence in their worksite wellness.

“Leadership that Listens”

STEVE L. HOWARD
County Administrator

JOHN S. MYERS
County Attorney

WILLIS R. KEENE JR.
Commissioner, District 1

CHUCK CLARK
Commissioner, District 2

JIMMY STARLINE
Commissioner, District 3

GARY BLOUNT
Commissioner, District 4

TONY SHEPPARD
Commissioner, District 5

With effective management of employee health and wellness programs, corporations have successfully slowed the rise in their health care costs. By working with resources such as medical plan carriers, insurance providers, brokers, community partners, etc., corporations continue to implement programs which demonstrate that employees are maintaining and improving their health and well-being. These impacts result in bottom line savings for many companies. Camden County Administrator Steve Howard said, "I am proud of our employees for making noteworthy strides to improve their well-being and overall health. This recognition re-affirms that we are creating a culture of health and wellness among our organization." Camden County Human Resources Director Katie Howard said, "This kind of recognition re-affirms to us that we are on the correct pathway in the journey to a total culture shift in how we approach wellness. Camden County could not be more proud to be the recipient of this Gold Level Award for worksite wellness."

The Camden County Wellness Program seeks to empower employees to improve overall health by achieving and maintaining the most current American Heart Association target ranges, partnering with employees in nicotine cessation, encouraging employees in health promotion through preventative screenings, and achieving overall reduction in health plan costs by educating and supporting employees to institute healthy lifestyle changes.

About Camden County: Located in the extreme southeast corner of Georgia, Camden County truly is "Georgia's Coastal Community of Choice." Originally formed in 1777, Camden County is best known for its rich history, natural scenic beauty and Southern hospitality. Our vision is helping to make this the best place to live by preserving and enhancing the history and quality of life, while promoting smart growth and providing an efficient, effective and responsive government.

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