Health Fest Celebrates Employees, Wellness

Did you know that the County’s Employee Wellness Program has been helping us lead healthier, happier lives for 34 years?

With that in mind, the Employee Wellness Program launched Global Employee Health and Fitness Month May 1st with Health Fest, a free wellness expo for employees and their families. Over 300 employees participated in the first-of-its-kind event which offered health resources from 25 vendors, healthy snacks, chair massages, CPR demos, yoga sessions and more!
Did you know that the County Employee Wellness Program was established in 1985 as a partnership between management, unions and staff to address employee health and safety needs? The program’s primary scope of services include:

- Providing health education and resources to help employees identify and reduce health risks by adopting healthier habits. This is done through workshops such as mindfulness meditation, cooking demos and fitness classes
- Offering risk reduction and condition management programs such as health screenings and referrals
- Facilitating policy and organizational support to promote healthy work environments such as the Healthy Food, Lactation in the Workplace and Smoke-Free Workplace Policies

You have likely noticed the expanding programs such as new, fun and informative workshops; group fitness classes, biometric health screenings, flu vaccines, the Schilling Place Fitness facility and an employee wellness committee.

Did you know feedback from employees drives the success of these programs and new offerings to meet your needs?

Check out the latest employee survey results below.

**Annual Employee Wellness Program Survey Results:**

(1,000+ employees responded!)

- 73% of staff made improvements in their eating habits
- 70% of staff made improvements in exercise habits
- 59% of staff made improvements to reduce stress and improve emotional well-being
- 52% of staff had a preventive screening done
- 40% of staff were seen by a healthcare provider

Staff at the Wellness Program is looking forward to another great year of serving you! Learn more about programs and resources available to you at [www.mtyhd.org/wellness](http://www.mtyhd.org/wellness).
Don’t Run? Eat For Relay!

You know it’s time for the American Cancer Society’s Relay for Life when signs go up for the Auditor-Controller’s Office Tostada Bar Lunch.

This was the 9th year for the fun lunchtime event which took place on May 9th, and it didn’t disappoint. Folks lined up for tostadas and all the trimmings, cold drinks and dessert all for a good cause. It was a very good year this year, raising $639.00 to benefit the Salinas Relay for Life.

Organizer Payroll Manager Idalia Ow gives a big shout out and thank you to everyone who attended and an extra special thank you to her Auditor-Controller colleagues who cooked and baked up an amazing lunch, donated supplies and helped with set-up and cleanup.

Salinas Relay for Life events will take place at the Salinas Sports Complex May 17th and 18th. Find a Relay event near you here.

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Natividad Focuses on Distracted Driving

Natividad doctors see the terrible consequence of distracted driving so the hospital’s Trauma Center hosted a program aimed at those most often linked to distracted driving: teens.
The program is 'Impact Teen Drivers,' a national campaign against the dangers of reckless and distracted driving, the nation's number one teen killer. The program brings teens and their parents together to hear from experts and those impacted by these tragedies.

Natividad's Chief Medical Officer Dr. Craig Walls was joined by Assembly member Robert Rivas (D - Hollister), Dr. Kelly Browning of Impact Teen Drivers, the California Highway Patrol which sponsored the event and Chris Salcido, who lost his daughter in a distracted driving accident.

First responders and medical staff told teens and parents their stories of how these accidents affect them and a parent shared the story of how he lost his daughter who died when friends in the car she was riding in were taking selfies and drove off the road at high speed.

Did you know that Monterey and San Benito Counties are ranked in the top ten counties in the state when it comes to teen driver fatalities?

Robert Rivas spoke about a new bill he has proposed extending the requirements to get a license such as training and driving restrictions be mandatory until age 21 instead of 18 in hopes of reducing teen fatality rates.