FOR IMMEDIATE RELEASE

Wednesday, May 07, 2014

FREDERICK BUSINESSES GET HEALTHY!

HEALTHY WORKPLACE CERTIFICATION AWARD WINNERS

Frederick, MD – On Thursday, May 1st, the first annual Healthy Workplace Certification Awards Program was held at Ceresville Mansion to recognize Frederick County workplaces that are committed to improving employee health and well-being. This year, 20 Frederick County workplaces were honored. The Healthy Workplace Certification Program (formally the Business Health Awards) is a joint venture between Frederick Regional Health System, Frederick County Health Department, and the Frederick County Chamber of Commerce.

Healthy Workplace Award Winners

* Photo is attached for your reference.

Front Row (L-R): Ken Coffey, Frederick Memorial Hospital; Gloria Bamforth, Frederick Memorial Hospital; Vickie Krolak, iHire, LLC; Nicole Verrier, AstraZeneca Supply Biologics; Cheryl Robinson, Equipment Development Company, Inc.; Mandi Runkles, Frederick County Bank; and Paul Frey, Frederick County Chamber of Commerce.

Back Row (L-R): Donate Gardner, U.S. Silica; Patricia Kingston, Legal & General America; Vita Laignel, McLaughlin Family Chiropractic; Jennifer Alcorn, The Plamondon Companies; David Esworthy, First-United Bank & Trust; Jessica Plowman, Aircraft Owners & Pilots Association; Molly McKay & Gretchen Smith, Country Meadows Retirement Communities; Tiana Haile, Frederick County Public Schools; and Paul Landon, Battelle National Biodefense Institute.

Criteria for Certification

The Healthy Workplace Certification Program follows the model developed by Healthy Howard, Inc. as it is based on a review of evidence-based worksite wellness activities and guidelines from existing efforts by the Centers for Disease Control and Prevention, the United States Office of Personnel Management, Partnership for Prevention, and Healthy People 2020.

The certification includes minimum, moderate and comprehensive steps that comprise five worksite wellness components: Health Education, Supportive Social and Physical Environments, Integration of Worksite Wellness Program into Organizational Structure, Linkage with Related Programs and Screening Programs. Points are award for wellness initiatives in each of these areas. Based on these points certification is awarded at three levels – Bronze, Silver and Gold.

Winners listed by Category

Bronze:

Frederick County Chamber of Commerce

Frederick Primary Care Associates, PA

Silver:

Aircraft Owners & Pilots Association

AstraZeneca Supply Biologics

Battelle National Biodefense Institute

Country Meadows Retirement Communities

Equipment Development Company, Inc.

Frederick County Bank

iHire, LLC

Legal & General America

McLaughlin Family Chiropractic

Nymeo Federal Credit Union

The Frederick News-Post

The Plamondon Companies

U.S. Silica

Gold:

Canam Steel Corporation

First United Bank & Trust

Frederick County Public Schools

Frederick Memorial Hospital

Leidos Biomedical Research, Inc.

Innovation Award Winners

The Innovation Award is designed to highlight a certification winner's specific program or policy that sets a worksite apart from the other applicants in an effort to support and promote a healthy life for its employees and their families.

Winners receive a $500 cash prize and agree to mentor worksites applying for certification next year along with submitting a brief follow-up report on how the award money was used to enhanced worksite wellness efforts.

Small/Medium **- Aircraft Owners & Pilots Association**

Aircraft Owners & Pilots Association offers a diverse wellness program. Among the various activities and wellness initiatives is an "Around the World" team challenge. Once a team reaches a new destination, they receive a postcard with fun facts and a healthy recipe from the location.

Large**- The Plamondon Companies**

Plamondon is always looking for new and fun ways to get employees engaged in their wellness programs. But their reach went out even to their Roy Rogers Restaurant and hotel guests. Plamondon's restaurants and hotel properties are completely smoke free. Employees and restaurant /hotel guests may not smoke within 25 feet of the property. So far they have not experienced any decrease in transactions.

In addition, Keynote speaker Rick Bradley of Rick's Quick Fit stressed the importance of movement. Rick's Quick Fit is dedicated to enabling companies of all sizes to help their inactive employees realize the overall health benefits of exercise through an easy, quick and safe program that adapts to any lifestyle. Through a daily 15-minute combination of aerobic activity, strengthening exercises and stretching that can be done at home or at work, the Quick Fit exercise program is designed to get people moving – one small step at a time – toward a healthier life.

For more information please contact, Angela Blair, Community Health Educator, Frederick County Health Department at 301-600-1861 or ablair@FrederickCountyMD.gov.

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