

MENDOCINO COUNTY

# WORKING ON WELLNESS

## Spring *Nourish* Wellness Challenge

The six-week *Nourish* challenge wraps up on April 14<sup>th</sup>, offering County employees an opportunity to interact across departments while they encourage each other to improve their wellbeing. The *Nourish* challenge provides a platform to build and reinforce healthy eating, sleep, exercise, and mindfulness habits.

Throughout the challenge, 238 individuals have joined, with 100 choosing individual involvement and 138 opting for team participation. There are 22 teams, each sporting creatively crafted names. Participants receive daily emails featuring wellbeing tips, gain access to a variety of nutritious recipes, and contribute to a wellness wall facilitating interaction, connection, and support.

Participants who cultivate at least 20 virtual plants during the challenge will receive 4,000 Wellness Incentive Points towards earning up to \$500 off their 2025 County health plan premium. As of April 1<sup>st</sup>, 82% of the participants have reached this goal!

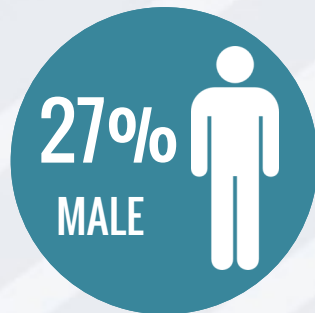
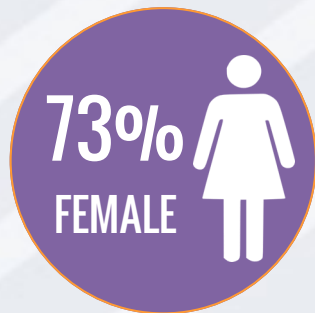
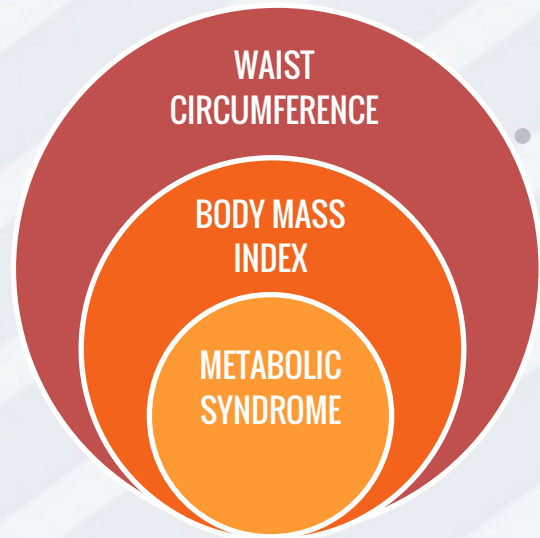
## Mendocino County Working on Wellness (MCWOW) Progress Report for 2023

The following MCWOW Progress Report presents the outcomes of the 2023 biometric screenings, as well as pertinent statistics regarding participation in the Virgin Pulse platform during the same year. MCWOW uses this information to improve our program and focus on areas for enhancement. Participation in the Wellness Program continues to grow with 87.1% of the County employees participating in at least one MCWOW program!

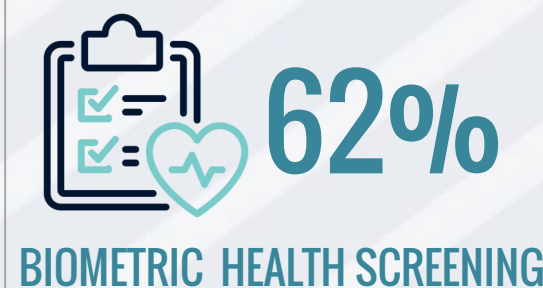


# CY 2023 MCWOW PROGRESS REPORT

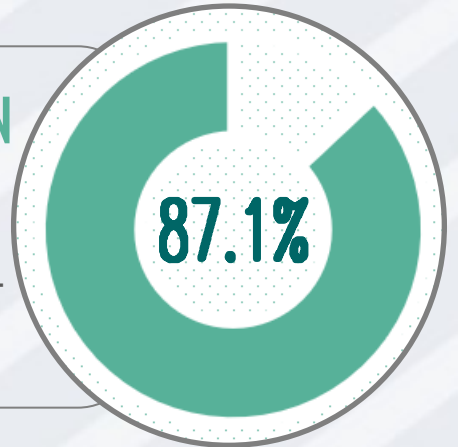
OUR TOP 3 MEDICAL RISK FACTORS  
BASED ON HEALTH SCREENING DATA PROVIDED BY EHEALTH



PERCENTAGE OF EMPLOYEES  
COMPLETING A HEALTH  
ASSESSMENT OR SCREENING



PARTICIPATION  
PERCENTAGE OF COUNTY  
EMPLOYEES WHO  
PARTICIPATED IN AT LEAST  
ONE MCWOW PROGRAM...



THE FOLLOWING REPRESENTS A COHORT OF 177 PARTICIPANTS CLASSIFIED AS HIGH RISK IN 2022 AND THEIR SUBSEQUENT IMPROVED RISK STATUS (TO LOW OR MODERATE RISK) IN 2023.

