



2009 CERTIFIED HEALTHY WORKPLACES

Silver

- Athelas Institute
- Baltimore Aircoil Company
- BoxTone
- CarMax
- The Columbia Bank
- Harmony Hall
- Healthy Howard, Inc.
- The Hotel at Turf Valley
- Howard Community College
- Howard County Government
- Howard County Public School System
- Humanim
- Jolles Insurance
- Lorien Nursing and Rehabilitation Center
- MedStar Health
- Merkle
- THRIVE
- Tower Federal Credit Union*
- Verizon Wireless
- W.R. Grace & Co.

Bronze

- Aegis Mobile
- British American Auto Care
- Howard County Chiropractic Spine and Sport Rehabilitation
- Howard County Library
- Mettler-Toledo AutoChem
- Oakland Mills Interfaith Center
- Old Town Construction*
- Smith Mechanical

* Denotes Innovation Award Winner

Healthy WORKPLACES

Certifying local businesses for health policies, programs, and promotional activities for employees

According to national estimates, the average company spends over \$9,000 per employee on health care costs per year. The individual employee's share of health care costs has increased by almost 60% in just the past five years. The good news—close to 70% of health risks and chronic diseases can be prevented. The workplace is an ideal location for intervention. Given that over half of an individual's day is spent in the workplace, Health Officer Dr. Peter Beilenson explains that "employers have a unique opportunity to address living and working conditions that impact the overall health and well being of employees as well as their families."

Many employers see worksite wellness programs as a smart investment that will not only reduce health care costs, but will also improve workers' health, productivity and satisfaction. In support of this growing trend, the Howard County Health Department created an accreditation program to certify local businesses as Healthy Workplaces.

In 2009, 28 workplaces were awarded Bronze and Silver designations. These designees represented a wide range of industries and business models, including local, regional, national, and global organizations ranging in size from 2 to 250,000 employees. In addition, The Horizon Foundation offered two \$1,000 Innovation Awards. Old Town Construction was recognized in the small business category for their superior efforts to support on-site physical activity, and Tower Federal Credit Union won the large business award for their program allowing employees to earn wellness "points" for engaging in healthful behaviors, in exchange for which Tower makes a contribution to the employee's Flexible Spending Account.



The next call for applications to become a certified Healthy Workplace will be in late Spring 2010. Businesses of any size are eligible to apply. Interested in applying? The Health Department can help!