

# COUNTY OF SUFFOLK



## **William J. Lindsay III**

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## **Legislator Lindsay III Creates Employee Wellness Task Force**

At the June 16th General Meeting of the Suffolk County Legislature, a resolution developing a task force aimed at creating a wellness program for county employees, introduced by Legislator Bill Lindsay III, was adopted unanimously by the Legislature. Introductory Resolution 1450 is aimed at improving the physical and mental health and fitness of county employees and would therefore reduce costs associated with health insurance.

Throughout the United States, the incidences of chronic diseases such as diabetes, heart disease, and lung conditions that can be caused by unhealthy lifestyles are on the rise and Suffolk County is no exception. Inactivity, poor nutrition, tobacco use, frequent alcohol consumption and other poor health habits can cause such chronic illnesses and also are a cause for higher healthcare costs at increasingly earlier ages.

Suffolk County employs over 9,000 men and women. Almost half of all large employers already offer wellness programs to its employees encouraging them to engage in healthy eating habits, chronic condition management and tobacco cessation habits.

“It is my hope that county employees will utilize the wellness program and engage in healthier lifestyle choices,” said Legis. Lindsay III. “I’m confident that our Task Force will create the most efficient and effective program that is keenly focused on reducing the County’s insurance claims while also promoting healthier and happier lifestyles for all employees.”

Wellness programs reduce absenteeism caused by illness, improve productivity, and save healthcare expenditures and insurance programs. Studies show that wellness programs produce \$3 in healthcare savings for every \$1 invested by employers. Employer wellness programs can also reduce employees’ out-of-pocket healthcare expenditures and insurance premiums.

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