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**SUBMITTAL TO THE BOARD OF SUPERVISORS  
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**



**FROM:** Human Resources Department

**SUBMITTAL DATE:**  
March 31, 2008

**SUBJECT:** County of Riverside participation in the American Heart Association's National Start Walking Day, Wednesday April 16, 2008.

**RECOMMENDED MOTION:** (1) Adopt the American Heart Association Proclamation naming April 16, 2008 "National Start! Walking Day" in the County of Riverside. (2) Encourage individuals in the community to take a 30 minute walk on April 16, 2008 and encourage County employees to walk during their break on April 16, 2008 so as to reach the goal of a "million steps walked in each community" and raise \$1 million across the nation.

**BACKGROUND:** The County of Riverside Wellness Program was established in 2006 to promote healthier lifestyle choices among County employees, reduce health risks, and reduce the excess and preventable costs associated with unhealthy lifestyles.

Barbara A. Olivier  
Asst. Human Resources Director

Departmental Concurrence

<b>FINANCIAL DATA</b>	Current F.Y. Total Cost:	\$0.00	In Current Year Budget:	N/A
	Current F.Y. Net County Cost:	\$0.00	Budget Adjustment:	
	Annual Net County Cost:	\$0.00	For Fiscal Year:	2007/08

<b>SOURCE OF FUNDS:</b> N/A	<b>Positions To Be Deleted Per A-30</b> <input type="checkbox"/>
	<b>Requires 4/5 Vote</b> <input type="checkbox"/>

**C.E.O. RECOMMENDATION:**

APPROVE

BY:   
Elizabeth J. Olson

**County Executive Office Signature**

- Consent
- Policy
- Consent
- Policy

Dep't Recomm.:  
Per Exec. Ofc.:

**Prev. Agn. Ref.:** | **District:** | **Agenda Number:**

2.8

## BACKGROUND (continued)

Data obtained from the California Department of Public Health shows that Riverside County's age adjusted death rate per 100,000 population for heart disease, 203.1, and stroke, 58.2, for the years 2003-2005 is higher than the California age-adjusted death rate for these two conditions (heart disease 163.1 and stroke 51.7). Additionally, it is also higher than the National age-adjusted death rate (heart disease 160.0 and stroke 50.0).

Based on data from the County of Riverside Healthy Lifestyle Rewards Program online health risk assessment, only 21% of the employees, who completed the assessment, engaged in moderate physical activity for at least 30 minutes per day. The United States Surgeon General's Healthy People 2010 target is to have 30% of adults engaged in moderate physical activity for at least 30 minutes per day. About 31% of the County employees who participated in this health risk assessment are overweight and 42% are obese. That places 73% of employees at moderate to high risk due to weight while the healthy 2010 target is to have less than 40% of the population be in the category of moderate to high risk in relation to weight.

Due to the field work that has been done by the Wellness Program, we are aware of over 25 sites at County facilities where employees are walking during their breaks. We are in the process of systematically identifying additional sites and promoting our employee based walking program. We are utilizing the American Heart National Start! Walking Day to launch this endeavor. Start! is a groundbreaking campaign of the American Heart Association that calls on Americans and their employers to create a culture of health and physical activity to live longer and more healthy lives. Sedentary lifestyles lead to obesity and preventable illnesses that ultimately cost billions of dollars each year in absenteeism, lost productivity, and rising healthcare premiums. By promoting a culture of physical activity, both public and private sector entities can decrease healthcare costs, increase productivity, and improve quality of life and longevity. Walking has the lowest drop out rate of any physical activity, and is the simplest positive change individuals can make to effectively to improve their heart health. The American Heart Association's Start! movement also provides many educational ideas for making walking part of our daily routine. Walking is great medicine for your heart. Studies have shown that for every hour of regular, vigorous exercise we do, like a brisk walk, we can live two hours longer.

We can support the fight against heart disease by participating in National Start! Walking Day, Wednesday, April 16, 2008. On this special day, County employees can:

- Show support by bringing sneakers to work.
- Walk during a break or lunch.
- Make a pledge to live a longer, healthier life.
- Commit to the goal of a "million steps walked in each community". Help raise \$1 Million across the nation on this day by donating on-line.

This year the Inland Empire Start! Heart Walk anticipates having over 2,500 walkers. Companies and families participate by forming teams of walkers, who obtain pledges on behalf of the American Heart Association. It is a great opportunity that combines a sense of fun, spirited competition, and physical fitness for all ages.

We encourage employees, and all citizens of the County to participate in the American Heart Association "National Start! Walking Day" on April 16, by walking during your break. We would also like to encourage employees to engage in their own personalized walking program or form walking groups at your worksite.

**PROCLAMATION  
AMERICAN HEART ASSOCIATION NATIONAL START! WALKING DAY**

**WHEREAS**, cardiovascular diseases, including heart disease and stroke, are the nation's leading cause of death and disability, with 1.2 million Americans suffering a new or recurrent coronary attack each year and 780,000 suffering a new and recurrent stroke; and

**WHEREAS**, direct and indirect costs of cardiovascular disease, including lost productivity, are estimated to be \$448.5 billion in 2008 and

**WHEREAS**, regular physical activity reduces cardiovascular disease risk and increases life expectancy; and

**WHEREAS**, regular walking has many proven benefits for an individual's overall health. Brisk walking for at least 30 minutes a day can lower both bad cholesterol (LDL) levels and high blood pressure. It can also help individuals who are overweight achieve and maintain weight loss, and reduce their risk of stroke and

**WHEREAS**, if ten percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved; and

**WHEREAS**, studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity, and improve the quality of life and longevity of the US workforce and

**WHEREAS**, on National Start! Walking Day, April 16th, the American Heart Association's Start! movement calls on everyone to bring their sneakers to work and Start! Walking and

**WHEREAS**, the purpose behind National Start! Walking Day is to get Americans to become more physically active by walking.

***NOW, THEREFORE, THE BOARD OF SUPERVISORS OF THE COUNTY OF RIVERSIDE, STATE OF CALIFORNIA, in recognition of the importance of regular physical activity, do as hereby proclaim April 16, 2008 as***

**"National Start! Walking Day"**

in the County of Riverside and urges all citizens to show their support for walking and the fight against heart disease and commemorate this day by taking part in the American Heart Association "Start with a Million Campaign." By increasing awareness of the importance of physical activity to reduce the risk for cardiovascular disease, we can save thousands of lives each year.