

**EXECUTIVE ORDER**  
**2005-04**

**State Employee Wellness Advisory Council**

**WHEREAS**, the overall health and fitness of Arizona citizens, including State employees, is important to the State's productivity, collective happiness and quality of life; and

**WHEREAS**, studies have shown that Americans are experiencing higher rates of obesity and that overall levels of fitness have declined in recent years; and

**WHEREAS**, my Administration is launching "Take the Pledge for Fitness," a healthy employee, healthy family, statewide initiative to improve the health and fitness of Arizonans; and

**WHEREAS**, promoting healthy lifestyles, wellness, and better physical fitness for State employees will improve not only their health but their service to the citizens of our State;

**NOW, THEREFORE**, I, Janet Napolitano, Governor of the State of Arizona, by virtue of the authority vested in me by the Constitution and laws of the State, do hereby order the following:

1. The Arizona State Employees Wellness Advisory Council (the "Council"), is hereby created, consisting of the Directors of the following state agencies or their designee:

Department of Revenue  
Arizona Health Care Cost Containment System  
Department of Economic Security  
Department of Corrections  
Department of Health Services  
Department of Administration  
Department of Environmental Quality  
Department of Transportation  
Department of Juvenile Corrections

2. The Council shall be chaired by the Director of the Department of Administration.
3. The Council shall identify community partnerships and State agency resources that can:
  - a.) create or improve wellness programs for State employees and their families;
  - b.) provide consensus on measurements to gauge the effectiveness of wellness initiatives;
  - c.) identify models and opportunities for on-site wellness programs; and
  - d.) provide feedback for state agency health and fitness programs.

4. The Council shall communicate and promote wellness initiatives and programs to State employees by providing website links to the State Wellness programs, offering recognition for employee participation, and supporting preventative measures such as on-site health screenings and wellness materials.
5. The Council shall develop criteria for agencies to be awarded, on an annual basis, Bronze, Silver, or Gold levels of recognition by the Governor for their participation in Wellness initiatives and promotion of programs that focus on the health of their employees.
6. The Department of Health Services' Wellness initiatives may serve as a model for the Council and State Agencies in promoting a health conscious workforce.
7. Each Agency Director shall identify an individual Wellness Coordinator to spearhead that agency's efforts and to serve as the agency's liaison to the Department of Administration's Wellness program. Each agency shall offer its expertise and cooperation to educate all State employees on healthy life and fitness models.
8. Each agency shall participate annually in the National Employee Health and Fitness Week by promoting and offering employee health and fitness activities and recognizing throughout the week individuals or groups that exhibit healthy lifestyles.
9. All State employees and all other Arizonans are further encouraged to "Take the Pledge for Fitness," participate in a personal health care assessment, and track their individual progress.
10. The Department of Administration shall support this initiative by promoting wellness education to all state employees. The Department of Administration shall be responsible for conducting wellness fairs and health screenings for State employees at appropriate times and locations throughout the State, to include, but not be limited to, such things as blood pressure screenings, cholesterol checks, smoking cessation, weight management, and diabetes screenings.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona.

  
**GOVERNOR**

**DONE** at the Capitol in Phoenix this 2<sup>th</sup> day of February  
in the Year Two Thousand and Five and of the  
Independence of the United States the Two Hundred and  
Twenty Ninth.



**ATTEST:**

*Janice K. Brewer*

**SECRETARY OF STATE**