

RESOLUTION NO. RS2020- 174

A Resolution encouraging employers in Davidson County to provide a workplace wellness program for their employees.

WHEREAS, according to the 2019 Nashville Community Health + Well-being Survey, 66 percent of the Davidson County adult population is overweight or obese; and

WHEREAS, these obesity rates remain high among all Nashvillians regardless of education and income; and

WHEREAS, the most recent Coordinated School Health data for Davidson County estimate that over 35 percent of school children were overweight or obese in 2014; and

WHEREAS, being overweight is a risk factor for chronic illnesses, including hypertension and diabetes, as well as adverse events such as heart attacks and strokes; and

WHEREAS, according to the Centers for Disease Control and Prevention, chronic physical and mental health conditions such as heart disease, depression and musculoskeletal disorders (e.g., back pain) are the leading cause of direct medical costs and lost productivity to U.S. employers; and

WHEREAS, chronic and mental health conditions represent approximately 90% of the nation's \$3.3 trillion annual health care expenditures; and

WHEREAS, effective workplace wellness programs can reduce the risks of chronic disease, increase productivity, and improve the wellbeing of employees and their families; and

WHEREAS, a healthier workforce can lower insurance costs, reduce absenteeism, reduce injuries, increase retention/recruitment, and increased productivity and moral; and

WHEREAS, studies show that employees who have actively participated in a wellness program show significant improvements in lost work time, saving an average of \$353 per person per year; and

WHEREAS, the Metropolitan Council should encourage employers in Davidson County to implement workplace wellness programs.

NOW, THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE METROPOLITAN GOVERNMENT OF NASHVILLE AND DAVIDSON COUNTY:

Section 1. The Metropolitan Council hereby goes on record as encouraging all employers in Davidson County to provide a workplace wellness program for their employees.

Section 2. The Metropolitan Clerk is directed to send a copy of this Resolution to Nashville Area Chamber of Commerce.

Section 3. This Resolution shall take effect from and after its adoption, the welfare of The Metropolitan Government of Nashville and Davidson County requiring it.

INTRODUCED BY:

Sharon Hurt
Member of Council

Electronic Signature Page

(Attach to Legislation Pursuant to Rule 8 of the Council Rules of Procedure)

Sharon W. Hurt

Sharon Hurt
Council Member, At-Large