

Interagency Committee of State Employed Women (ICSEW)
Committee Policies and Procedures

5.02 Health and Wellness Committee

Date of Original Issue: October 1, 2004

Date Modified: May 12, 2009

PURPOSE

This policy provides information, general guidance, and expectations of Health and Wellness Committee members.

INTENT

The intent of this policy is to increase the overall wellness of state employed women through information sharing and activities.

SCOPE

This policy applies to all ICSEW members including those on the Health and Wellness Committee.

POLICY

The Health and Wellness Committee was established in 1994 when Governor Lowry endorsed the ICSEW's 2-year plan which established 4 standing committees: Education, Communications, Membership, and Budget. In the same year, ICSEW members polled coworkers in their respective agencies to determine the top issues affecting women in state government. The ICSEW received a 76 percent response rate where health and wellness was an issue of major concern. The Health and Wellness Committee was established and shall remain an ICSEW committee as long as health and wellness issues remain a major concern to state employed women.

PROCEDURE

The Health and Wellness Committee will coordinate, sponsor, and/or promote the following items:

- Research articles and/or write articles for the InterAct newsletter to promote health and wellness.
- Promote health and wellness related events through e-mail and the ICSEW website.
- Coordinate guest speakers for the ICSEW General Membership meetings to expand the knowledge of health and wellness topics.

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- Collaborate with health care agencies to produce a yearly Women's Health Fair event during National Women's Health Week.
- Assist state employees in coordinating education health fairs within their own agencies.
- Participate in national and state awareness events for specific health issues.
- Promote the Governor's Health Bowl.
- Promote preventive health care benefits and discounts.
- Participate in policy discussions regarding women's health issues and make policy recommendations on wellness activities in the workplace.
- Monitor legislation that may affect the health of state employed women.

Board Approved:
April 14, 2009

Committee Approved:
May 12, 2009