



## Interagency Committee of State Employed Women (ICSEW) Policy

Policy: 500

Policy Name: Health and Wellness Subcommittee Policy

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### PURPOSE

- This policy provides information, general guidance, and expectations of the Health and Wellness subcommittee.
- The intent of this policy is to increase the overall wellness of all state employees through information sharing and activities.

### SCOPE

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

### POLICY

- The Health and Wellness subcommittee was established in 1994 when Governor Lowry endorsed the ICSEW's 2-year plan which established four 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 subcommittee was established as an ad hoc ICSEW committee.
- The Health and Wellness subcommittee shall remain an ad hoc committee as long as health and wellness issues remain a major concern to state employees.
- The subcommittee will fully support the conference subcommittee in the execution of the annual leadership conference, and all ICSEW subcommittees as needed.
- The Health and Wellness subcommittee shall research articles and/or write articles for the InterAct newsletter to promote health and wellness.
- The committee will promote health and wellness-related events through e-mail and the ICSEW website and coordinate activities and/or guest speakers for ICSEW general membership meetings to expand the knowledge of health and wellness topics.
- The Health and Wellness subcommittee may participate in and/or coordinate educational fairs to provide information to state employees.

### RELEVANT LAWS/RESOURCES

Executive order 13-06: Improving the health and productivity of state employees and access to healthy foods in state facilities.

Revised Date: 11/07/2016

Board Approved:

Committee Approved:

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