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PRESS RELEASE

For Immediate Release

City of Douglasville Earns Third 'Healthiest Employer' Nomination

(Douglasville, GA) – For the third year in a row, the City of Douglasville has been nominated for the Atlanta Business Chronicle's Healthiest Employer Award for a medium sized agency (100 – 499 employees), winning the 1st place award in 2017 and 2018.

The City's Wellness Program, 'D-Fit', began in 2015 as an objective set forth by the Douglasville Mayor, Council, and City Manager Marcia Hampton and assigned to the Human Resources Department.

"The 'D-Fit' Wellness Program started as a method to reduce costs associated with health insurance coverage for our employees," Human Resources Director Teaa Allston-Bing explained, "our Wellness Program, the buy-in we've received from City leadership, employee engagement and assistance from our insurance broker, ShawHankins, have all helped us achieve and exceed that goal."

To begin the program, a Wellness Committee was formed and included representatives from each of the City's departments. The function of this committee is to brainstorm wellness initiatives that bring the idea of health and wellness into the workplace in a fun and interactive way.

As a result, the City has held wellness challenges to encourage its employees to get active and maintain healthy habits. Some of the highlights of these challenges include the annual Biggest Loser Challenge, an ongoing Weight Watchers group, and, in 2018, held the first 50/50 Challenge where employees were challenged to walk 50 miles in 50 days.

Additionally, the Douglasville Human Resources Department also holds an annual Employee Health Fair and an annual Wellness Week. The Employee Health Fair allows employees to visit over 50 vendors who offer health and wellness services, get health screenings, and even chair massages. Wellness Week offers a different health initiative for an entire week to include 'A Taste of Wellness', physical activity and an educational training class.

“It’s been amazing to see the growth of the Wellness Program,” Human Resources Chairman and Douglasville Mayor Pro Tem Richard Segal said, “thinking back to when it first started, to all of the amazing programs we have available to employees now, it is a true success story.”

The Atlanta Business Chronicle will be presenting their awards to Atlanta’s Healthiest Employers on Thursday, May 2nd from 11:30 am to 1:30 pm on the Rooftop Terrace at Ponce City Market located at 675 Ponce De Leon Ave NE.