

Appalachian District Health Department Rewarded for Wellness Efforts

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The Appalachian District Health Department has been given the Active at Work Community Award.

The cash award, presented by the Be Active-Appalachian Partnership in recognition of the ADHD's efforts to promote employee fitness and wellness in the worksite, will be used to support staff wellness activities.

The ADHD's self-implemented 20-week wellness program, called the Biggest Loser, encouraged staff members to become healthier through weight-loss. Those who participated lost more than 585 pounds as a whole.

The ADHD has also helped to make an impact in the community with the aid of a \$380,000 grant from the North Carolina legislature for the Watauga County Childhood Obesity Prevention Demonstration Project.

The project helped implement new worksite wellness activities for staff in 13 pre-school childcare centers, the Appalachian Regional Healthcare System, and Watauga County schools through training and memberships at the Wellness Center.