

Health and Wellness Mission/Vision

Mission: The mission of the Health & Wellness Program (H&WP) is to provide opportunities for all employees to create and maintain healthy and active lifestyles. By improving employees' health, the H&WP's mission supports the organization's mission to provide a quality health care system to the employees of The Citadel.

The program's function is to provide opportunities for employees to improve cardiovascular health, lower stress levels, improve nutrition, and enhance quality of life by participating in regular physical activity as well as stress management and healthy eating. The H&WP serves to educate individuals and help them identify and reduce risk associated with heart disease and other preventable diseases. The H&WP also strives to provide information to employees so they can make informed choices about their health and lifestyle habits.

Vision: To create a culture that places the health of its employees among the highest priorities.

Focus Area's: Healthy Eating/Physical Fitness Activity

Goals:

- To promote healthier lifestyles among employees
- To increase educational awareness among employees about the benefits of physical activity and proper nutrition

Objectives:

- To have 25% of the employee population participating in the programs
- To have 45% of participants be knowledgeable on a variety of wellness topics

Timeline:

- 1 Year

Evaluation Method:

- Excel Database
- Quarterly Multiple choice test