



# COUNTY of VENTURA

COUNTY EXECUTIVE OFFICE  
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County Executive Officer

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Assistant County Executive Officer

**Scott Powers**  
County Chief Financial Officer

**Danielle Keys**  
County Human Resources Director  
Labor Relations

April 8, 2025

County of Ventura Board of Supervisors

**Subject: Receive and File a Presentation on the County's Wellness Program.**

## **Recommendation**

It is recommended that your Board receive and file a presentation on the County of Ventura's Wellness Program's activities and competitions for March - December 2024.

## **Discussion**

The County Executive Office – Human Resources is pleased to present to your Board a report on the various Wellness Program events held during the 2024 calendar year, recognizing the achievements of employees and agencies/departments that participated in team competitions throughout the year. We would also like to acknowledge the winners of the Golden Sneaker Inter-Agency Competition and the annual Employee Softball Tournament and Bowling Event for 2024.

The Wellness Program is a well-defined and comprehensive program aligned with the County's Strategic Plan. In the Summary of Strategic Priorities, your Board recognizes the importance of promoting a culture of connection, health, and well-being among all County employees to support a diverse and innovative workforce dedicated to service excellence.

Be Well, one of the Wellness Program's most popular resources, is a socially interactive physical activity engagement platform that allows participants to track their physical activity. Participants can log their activity manually or sync it with devices such as FitBits or smartphones to join challenges and competitions throughout the year.

One of these competitions is the Golden Sneaker Inter-Agency Competition that took place from July 10 to October 22, 2024. This annual competition aims to encourage physical activity and camaraderie within each agency/department. For this event, agencies/departments are grouped into categories by employee population size: Large, Medium, and Small. Using the Be Well platform, employees are able to monitor both individual and agency/department progress throughout the event. This was the eighth year of the Golden Sneaker Competition and we are excited to report that we observed

an increase of 890 participants (58.9%) from 2023. Countywide, a total of 2,378 employees collectively accumulated over one billion steps in the three-month period.

The agency/department in each category with the highest aggregate step average for all their participating employees wins a trophy to keep for the year after their win. The following agencies completed the highest step/activity average and will be awarded the Golden Sneaker Trophies. This perpetual award has rotated between winning agencies in past competitions.

#### **Golden Sneaker Competition – Agency Winners**

	<b>Small Agency</b> (1-199 employees)	<b>Medium Agency</b> (200-599 employees)	<b>Large Agency</b> (600+ employees)
<b>Agency</b>	Ventura County Employees' Retirement Association	Assessor's Office	Ventura County Fire Department
<b>Average Steps/Day</b>	12,434 steps	13,151 steps	8,028 steps

Throughout the year, the Wellness Program also facilitates several tournament events to promote camaraderie within each agency, while providing participants the opportunity to meet fellow employees from other agencies/departments.

The sixth annual Employee Softball Tournament was held the first week of October 2024. The tournament featured eleven agencies/departments, including: Agriculture/Weights and Measures, County Executive Office, County Clerk-Recorder, Ventura County Fire Department, General Services Agency, Harbor Administration, Health Care Agency, Human Services Agency, Public Health, Public Works Agency, and Resource Management Agency.

Based on survey feedback, 99% of respondents rated their experience as "excellent or good," and hope to have the tournament again next year.

The tournament consisted of all teams playing three round-robin games and a four-team playoff. All teams were seeded for the playoff based on their win/loss records and tiebreakers, with the top four seeds placed in the playoff. The Human Services Agency and County Executive Office won all their round-robin games and battled it out in the championship game. The Human Services Agency came out victorious and took home the first-place trophy. The perpetual trophies are passed on to each winning department or agency following their tournament victory.

### Softball Tournament Results

	First Place	Second Place
Agency	Human Services Agency	County Executive Office

In March 2024, the Wellness Program hosted the County's fifth annual Employee Bowling Event at Buena Lanes in Ventura. There were 28 teams and 168 employees, with each participant playing three games. Employees had the option to participate as part of a team or join the "Mixer," where participants rotated to a new lane each game, fostering connections with other County employees. These are the best performing teams and highest scorers:

### Bowling Event High Scores

Top Teams (Series Average)	High Games	High Series
Wrecking Ballz – 515	Scott Emerick – 219	Scott Emerick – 591
Against All AUDs – 403	Steven Suchy – 217	Julie Stuart – 588
Court Bowlerz – 399	Julie Stuart – 207	Steven Suchy – 572

The Wellness Program continues to strive to offer innovative, healthy, and fun activities to engage our workforce to be physically active, mentally well, and healthy.

### Fiscal Impact

There is no fiscal impact associated with this item.

### Strategic Plan

The recommended item supports the County's Strategic Priority to attract, hire, develop, and retain a diverse workforce empowered to meet the needs of our customers.

The County Executive Office, County Counsel, and the Auditor-Controller's Office have reviewed this letter.

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If you have any questions regarding this item, please contact Danielle Keys at (805) 654-2561.

Respectfully submitted,



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