



2024 Wellness Report

County of Ventura
Board of Supervisors' Meeting
April 8, 2025



Wellness Program

County Executive Office - Human Resources Department

- The County of Ventura Wellness Program provides and encourages workplace programs, practices, and policies that promote the overall health and well-being of all County employees. Specific objectives include:
 - Provide education, resources, and opportunities to help employees and their spouses/significant others reduce health risks before serious problems occur.
 - Enable a culture and environment supportive of healthy behaviors.
 - Increase participation and engagement in Wellness programs.
 - Improve accessibility to Wellness programs and resources.

Activity and Event Recognition



Golden Sneaker
Inter-Agency Competition



Employee Softball Tournament



Employee Bowling Tournament



Be Well Golden Sneaker Competition

Golden Sneaker Competition – Agency Winners

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





Employee Softball Tournament

Softball Tournament Results

	First Place	Second Place
Agency	Human Services Agency	County Executive Office

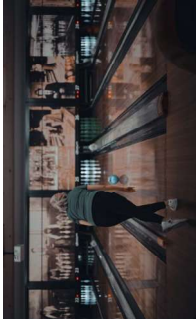




Employee Bowling Event

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



Conclusion

- The County of Ventura Wellness Program prides itself in providing the County's workforce with a comprehensive variety of resources, activities, programs, and events to maintain and/or improve their well-being.
- We continually strive to offer innovative, healthy, and fun activities to engage our workforce to be physically active, mentally well, and healthy.

