



## MHFC Workplace Partner Certification & Mayor's Workplace Awards

### Overview

As an extension of the **Mayor's Health and Fitness Council (MHFC) Workplace Partner Certification**, the **Mayor's Health & Fitness Awards** recognize Austin/Travis County's top organizations that excel at creating a culture of health and well-being. Technical assistance to workplaces applying for the award programs and for MHFC Workplace Partner Certification is provided by **Austin Public Health**.

### Who can apply?

Current MHFC Certified Partners (or organizations seeking MHFC Workplace Partner Certification) within Austin/Travis County are eligible to apply for the Mayor's Workplace Awards. Both applications can be submitted at the same time.

There is only one application for the Mayor's Workplace Awards, which is used to determine winners for the **Mayor's Healthiest Workplace** and the **Moving the Needle Awards**.

### Award Categories

#### **Mayor's Healthiest Workplaces (MHW):**

Awards recognize organizations that implement employee engagement programs that support employee health and well-being. This award has two subcategories:

- organizational size (Up to 250 employees, 251 – 1,000 employees, 1,001 – 5,000 employees, Over 5,000 employees)
- school district/government organization.

\*Winners are determined based on the total points earned from the MHFC Workplace Partner Certification application and the Mayor's Healthiest Workplace application (5 out of 6 pillars of wellness must be completed).

#### **Moving the Needle Award (MTNA):**

Award honors the workplace(s) that has implemented and supported an outstanding employee health initiative(s) aligned with the MHFC Pillars of Wellness (Tobacco-Free Living, Physical Activity, Nutrition, and Health Education/Preventive Services). Additional award categories, such as Emotional/Mental Well-being, Innovation, Community Engagement, Social Connectedness, Champion Network may be determined annually by the ABGOH Review and Steering Committee.

\*Organizations applying for the Moving the Needle Award only need to complete the sections related to the pillar of wellness they wish to compete in, not the entire application. Applicants must be MHFC Partner Certified to be eligible.

### When will awards be given out?

Awards will be given out at the annual Mayor's Health & Fitness Awards Ceremony held each September during Texas Obesity Awareness Week.

### What is the application deadline?

Applications are due by close of business on July 31<sup>st</sup> each year.



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### MHFC Partner Certifications & Mayor's Healthiest Workplace Awards Participation 2016-2022

Year	# of new or recertified MHFC Partner Certifications	Total # of MHFC Partner Certifications (Cumulative)	# of Mayor's Workplace Awards applicants	# of employee & volunteers impacted (Cumulative)
2016	2	2	-	387
2017	35	37	35 (MHW)	93,836
2018	7	44	26 (MHW)	94,669
2019	35	44	22 (MHW)	139,050
2020	--	--	--	--
2021	--	--	22 (MTNA)	--
2022	18	47	7 (MHW) 46 (MTNA)	84,607

\*NOTE: All programming was placed on hold in 2020 due to the COVID-19 pandemic. The Moving the Needle Award (MTNA) was launched in 2021 to recognize organizations/individuals that pivoted to meet the health and well-being needs of their workplaces, schools, and communities.

#### 2022 Measurements & Review Committee Members

Tammy Killebrew (Chair)	Gina Akin	Sheree Bailey	Bianca Enriquez
Nossè Ovienmhada	Susan Thompson	Chris Vykukal	Kyle Yarkosky

**APH support staff** = Cristina Garcia (outreach & technical support)



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### 2022 Partner Certification & Award Summary

2022 New or Recertified Partner Certifications			
Mayor's Healthiest Workplace Applicant/Organization Name	MHFC Partner Certification Level	Size	Total Number of Employees & Volunteers
City of Austin	Silver	Xlarge	17,092
HealthCode	Silver	Small	7
Huston-Tillotson University	Silver	Small	125
Marvell	Silver	Small	90
Workers Assistance Program, Inc.	Silver	Small	44
YMCA of Austin	Silver	Large	1,880
Ascension Seton	Gold	Xlarge	14,305
Austin Community College	Gold	Xlarge	5,573
Austin Trauma Therapy Center	Gold	Small	11
Ballet Austin	Gold	Small	270
Capital Metro Transportation Authority	Gold	Large	2,000
Foundation Communities Inc.	Gold	Medium	3,482
Texas Health & Human Services Commission (HHSC)	Gold	Xlarge	32,504
Integral Care	Gold	Large	985
NI	Gold	Large	2,300
People's Community Clinic	Gold	Medium	312
Pflugerville Independent School District	Gold	Large	3,608
Powell Law Group, LLP	Gold	Small	19
<b>Totals</b>	<b>Gold: 12 Silver: 6</b>	<b>Number of Employees Impacted</b>	<b>84,607</b>



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2022 Moving the Needle Award Winners		
Award Category	Workplace/Organization	Program Highlights
<b>Tobacco-Free Living</b>	Capital Metro Transportation Authority	Cap Metro demonstrates their <b>dedication to instituting a Tobacco-Free Workplace Policy that supports employee and public health</b> . Tobacco cessation classes, education, and literature are offered <b>free of charge</b> to employees, contracted employees, household members, <b>and the community</b> . <b>Cap Metro employees who quit tobacco receive a \$250 bonus each year they remain tobacco-free.</b>
<b>Physical Activity</b>	Austin Community College	Among the many physical activity programs, ACC offers an annual ten-week exercise incentive program called <b>“Become an ACC Exercise Star”</b> that features individual tracking of exercise minutes with a campus-to-campus competition, which boasts a <b>65% completion rate for participants</b> for each of the past 2 years!
<b>Nutrition</b>	Capital Metro Transportation Authority	The <b>“Fresh Boxes to Go”</b> initiative provided employees with <b>convenient access to fresh fruits and vegetables</b> while providing education and guidance to help build healthy habits. Post-participation surveys showed <b>increase in focus, alertness, and energy amongst participating employees</b> (which has a direct impact on <b>worker safety!</b> )
<b>Health Education/Preventive Services</b>	Foundation Communities	One <b>priority area</b> for Foundation Communities is <b>ease and convenience for employees to participate</b> with vital health screenings and prevention programs. Onsite health screenings and immunizations are offered to employees and have shown <b>73% completion rate for health assessments and 63% onsite biometric screenings in the past year.</b>
<b>Emotional/Mental Health and Well-being</b>	Marvell	<b>Highlights of Marvell programs that support mental health and work-life balance include:</b> <ul style="list-style-type: none"> <li>• <b>Quarterly Recharge Weekends</b> – where all employees are encouraged to take a Friday and Monday off allowing employees to unplug, rest and recharge.</li> </ul>



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		<ul style="list-style-type: none"> <li>• <b>Mental Health Campaigns</b> – including the “Stronger You Stronger Us” campaign with encouraged focusing on mental health you can support others around you. This campaign included manager talking points and best practices for having conversations with employees around mental health.</li> </ul>
<b>Championing Wellness</b>	Pflugerville Independent School District	<p>PfISD engages with their workforce via <b>Wellness Champs</b>. These Wellness Champs work closely with their sites or campuses to:</p> <ul style="list-style-type: none"> <li>• Learn about specific areas of needs/focus that is being requested by employees</li> <li>• Communicate important health and wellness education to the employees</li> <li>• Give and receive support for health and wellness initiatives throughout the district</li> <li>• Promote and participate in campus and district wellness activities, including health challenges</li> </ul> <p>Employee surveys have shown an increase in members leading a more active lifestyle that has nutrition as a foundation.</p>
<b>Social Connectedness</b>	NI	<p>When NI launched their new brand in 2020, they included 3 new core values: <b>Be kind, Be bold, and Be Connectors</b>. These are the center of the Core Value Shout Outs recognition program, which was developed to help to <b>support the NI wellbeing community</b> and provides employees an opportunity to <b>post recognition to each other</b> on their wellbeing platform. The Core Value Shout Outs have seen over 500+ shout outs to date in each of the core value areas.</p>



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2022 Healthiest Workplace Award Winners	
Award Level	Workplace/Organization
<b>X-Large</b>	City of Austin
<b>Large</b>	Capital Metro Transportation Authority
<b>Medium</b>	Foundation Communities
<b>Small</b>	Ballet Austin

### 2022 Healthiest Workplace Award Winner Profiles & Highlights

**Ballet Austin (Small category)** – Tobacco-free campus, Standing desks, Flexible schedules, Family-friendly worksite policy including onsite designated room for childcare and nursing, Dedicated webpage for wellness, including Eat Well recipe page for employees to submit & swap healthy recipes, “Hi, How Are You” check-ins for emotional and mental health. Ballet Austin **developed a walking map of downtown Austin** for staff & visitors. This map shows **time, distance, and number of steps** to several favorite downtown Austin destinations!

**Foundation Communities (Medium category)** – Tobacco-free campus, Texas Mother-Friendly Worksite, Flexible Work Arrangements for telework, Healthy Meetings & Healthy Vending standards, American Cancer Society Cancer CEO Gold Standard accredited, Personalized employee wellness incentive program, Offering onsite & virtual fitness classes, Employee feedback guides wellness programming offerings & design. **Stress management** and **mental well-being** are topics that employees consistently identify as areas of interest for wellness programming. Therefore, **Foundation Communities** has implemented a variety of emotional/mental well-being initiatives.

**Capital Metro Transportation Authority (Large category)** – Tobacco-free campus, Texas Mother-Friendly Worksite, American Cancer Society Cancer CEO Gold Standard accredited, Healthy Food Coupon Program & Fresh Boxes To-Go initiative, Drive engagement by providing ongoing opportunities for employees to be involved with activities/events, Department leaders send health communications. One example for how **Cap Metro** supports employee emotional/mental well-being is by offering programs such as **“Zen in 10,”** which is a **daily virtual mindfulness session that involves breathing techniques and mindfulness practices**. All employees have access to these sessions and are encouraged to join.

**City of Austin (XLarge category)** – Texas Mother-Friendly Worksite, Physical Education Program, including free onsite group exercise classes or at local fitness studios, Healthy Vending standards, PE Anytime Program to allow employees to participate on their own time, Diabetes Control Program, Employee incentives for completing wellness activities (annual exams, educational seminars, and wellness challenges). To reach their **large field population** with limited access to the internet, HealthyConnections goes across the City to promote its programs. Wellness staff and the onsite Health Coach **visit various field sites throughout the year** during onsite health screening events to **discuss wellness programs** and **provide presentations** on health issues affecting City employees.