OFFICE OF THE GOVERNOR
HAGÅTÑA, GUAM
U.S.A.

EXECUTIVE ORDER NO. 2012-07

RELATIVE TO IMPLEMENTING A GOVERNMENT OF GUAM WORKSITE WELLNESS PROGRAM

WHEREAS, the overall health and wellness of each Government of Guam employee is vital to the Island's collective health, productivity, and quality of life; and

WHEREAS, statistics show that the health status of Guam's population continues to be adversely affected by unhealthy lifestyle practices such as poor nutrition, lack of physical activity, increased stress levels, and obesity; which lead to highly preventable diseases including heart disease, stroke, diabetes, and cancer; and

WHEREAS, healthcare costs continue to rise, largely due to chronic diseases which can otherwise be prevented by adopting healthy lifestyle practices such as engaging in physical fitness and wellness activities; and

WHEREAS, the Department of Public Health and Social Services, through the American Recovery Reinvestment Act 902 of 2009: Communities Putting Prevention to Work grant has taken the lead in improving policies leading toward a Comprehensive Worksite Wellness Program; and

WHEREAS, several Government of Guam agencies currently implementing worksite wellness programs have demonstrated the health benefits to be gained by participants of such programs; and

WHEREAS, the continuation of physical fitness and wellness programs will benefit the government, its employees, and the community as a whole;

NOW, THEREFORE, I, EDWARD J.B. CALVO, *I Maga'Lahen Guåhan*, Governor of Guam, by virtue of the authority vested in me by the Organic Act of Guam, as amended, do hereby order, as follows:

1. This Executive Order supersedes Executive Orders 98- 21 and 2009- 08, and reestablishes the Government of Guam Worksite Wellness Program.

2. The Department of Public Health and Social Services, in partnership with the Guam Governor's Council on Physical Fitness and Sports, the Department of Administration, and the Office of the Governor is tasked to develop a Worksite Wellness Program Steering Committee which shall oversee the Government of Guam Worksite Wellness Program to ensure:

a. That physical fitness and wellness activities are promoted and afforded to all government employees;

b. The Program is given reasonable support to ensure that each agency can successfully implement and sustain their respective programs;

c. That a strategic plan is developed and implemented for short, medium, and long-term goals, objectives, and activities for the Program;

d. The Program is evaluated at least every two years;

e. Improvement plans are developed and implemented based on evaluation results; and

f. All other duties and responsibilities stated in the Government of Guam Worksite Wellness Program are adhered to.

3. Each agency head shall designate at least one Health Coach for their respective agency. The Health Coaches will spearhead the finalization of their agency's physical fitness and wellness program based on the guidelines stated in the Government of Guam Worksite Wellness Program. Names of the Health Coaches will be submitted to the Worksite Wellness Steering Committee.

4. Government of Guam employees who choose to participate in the Program are expected to strictly comply with the policies and procedures outlined in the Government of Guam Worksite Wellness Program, which shall be promulgated by the Worksite Wellness Program Steering Committee.

SIGNED AND PROMULGATED at Hagåtña, Guam this 8th day of **March, 2012**.

EDWARD J. B. CALVO
I Maga'lahen Guåhan
Governor of Guam

COUNTERSIGNED:

RAYMOND S. TENORIO
I Segundu na Maga'lahen Guåhan
Lieutenant Governor of Guam