

**FW: Support of Council Bill 17-2015**

Sigaty, Mary Kay

**Sent:** Thursday, July 30, 2015 12:20 PM**To:** CouncilMail

Colleagues,

I just received this email and am passing it on.....MK

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Mary Kay Sigaty

Howard County Council Member

District 4

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410-313-2001

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**From:** Henry Posko <[hposko@humanim.com](mailto:hposko@humanim.com)>**Date:** Thursday, July 30, 2015 at 12:14 PM**To:** Mary Kay Sigaty <[mksigaty@howardcountymd.gov](mailto:mksigaty@howardcountymd.gov)>**Subject:** Support of Council Bill 17-2015**Dear Councilwoman Sigaty,**

Thank you for your support of Council Bill 17-2015, an important step in making Howard County a healthier place to live, work, and play. As a member of the Board of Trustees of the Horizon Foundation, I applaud your working crafting a reasonable, evidence-based measure that promotes health and balances the wide-ranging community input you have received.

I am writing today, however, as President and CEO of Humanim. With nearly 500 employees — most of whom are located in Howard County — Humanim is committed to providing a positive, healthy workplace for its staff. We have long been committed to workplace wellness. However, order to keep healthcare costs from continuing to rise we've investigated ways that we could both support employee wellness and mitigate cost increases.

After reviewing our claims information for prescription medicine, we noticed that seven of the 10 most expensive prescription drug costs we faced were for medications to manage diabetes. Knowing the direct link between excessive sugar consumption and diabetes, we took steps to enhance our employee wellness program to focus on improving nutrition.

Among the steps we took include education to our employees about how to find "hidden" sugar in the food and drinks they purchase and consume and how to make healthier choices when at the grocery store or preparing meals at homes.

But we know that education alone wasn't enough, so we took active steps to improve the nutrition of food and drink sold on our property by reducing sugary drinks in our vending machines.

While we are currently evaluating data from the last year to measure our progress towards improving health, we know that anecdotally employees are responding positively to our wellness program and the changes we've implemented.

As employers, we are responsible for providing an environment where our employees can thrive. By taking reasonable steps like providing educational opportunities and improving the food environment, we are helping our employees be healthier and more productive.

Again, I would like to thank you for working to support the health of county employees and residents, and I hope that you will again show this support on Friday when faced with the opportunity to again vote for CB17.

Sincerely,

Henry Posko  
President and CEO  
Humanim

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