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#### **(Neb)-Chadron Hospital Among Governor's Wellness Award Winners**

By: John Axtell Posted at: 08/24/2019 01:58 PM

LINCOLN - Four Panhandle organizations are among the 42 representing 24 communities that are this year's recipients of the Governor's Wellness Award, which recognizes evidence-based worksite wellness programs.

Awards are presented annually and are good for three years. They come in three categories, including one that is new this year, the Harvester Award for those showing documented value and return on investment.

The Sower Award recognizes workplaces that established quality wellness programs in the past year while the Grower Award honors those demonstrating significant improvement in employee health behaviors.

The Panhandle recipients were in the Sower and Grower categories. The Sower Award went to two school districts, Banner County and Hay Springs, while receiving the Grower Award were Chadron Community Hospital and Health Services and the Panhandle Public Health District.

In the 12 years of the state recognizing those that dedicate leadership, resources, and time to wellness efforts in the workplace, 466 total awards have gone out. Governor Pete Ricketts says he applauds the recipients because their efforts help grow a healthier population in Nebraska.

This year's award winners increased the percentage of employees meeting the Surgeon General's Guidelines for Physical Activity by more than 11%, reduced tobacco use by 19%, and increased those meeting fruit and vegetable consumption guidelines by 4% - all while managing stress and improving their overall culture of wellness.

Awards will be presented at three official ceremonies - Omaha on October 8, York on October 16, and as part of the Panhandle Safety and Wellness Conference and Trade Show at the Gering Civic Center next month on September 12th.