City of Mountain View
Healthy Community = Healthy City
August 2015
Mountain View Businesses

- Google
- REI
- Mozilla Firefox
- LinkedIn
- Petsmart
- Intuit
- Walmart
- Synopsys
- Best Buy
- Microsoft
- Complete Genomics
- 23andMe
- Omnicell
- Target
- Symantec
- Bed Bath & Beyond
Community Outreach
Community Outreach – Health Goals

• Increase access to:
  - open space
  - healthy foods
  - medical services
  - public transit
  - safe active transportation
  - affordable housing

• Encourage complete neighborhoods

• Promote safe neighborhoods & public spaces

• Strengthen environmental quality

For more information visit: www.mountainview2030.com
Bike Transportation Plan

The Mountain View City Council has identified improving bicycle and pedestrian mobility as a major City goal. In support of this goal, more than $3.5 million has been programmed into the City’s capital improvement planning process since June 2013 to improve the bicycle and pedestrian environment in Mountain View, including an update to the City’s Bicycle Transportation Plan.

This Bicycle Transportation Plan (BTP) Update will build on the 2008 Bicycle Transportation Plan and provide a vision, strategies, and actions for improving and encouraging bicycle travel in and through the City of Mountain View.

The BTP Update will also expand on the City’s 2030 General Plan mobility goals by more specifically addressing bicycle-related needs of the community.

For more information visit: www.bikemountainview.com
CALIFORNIA STRATEGIC PLAN ON SUICIDE PREVENTION:
Every Californian Is Part of the Solution

BICYCLE/PEDESTRIAN ADVISORY COMMITTEE

CITY OF MOUNTAIN VIEW
Employee Wellness History

The City of Mountain View formed its first Employee Wellness Committee and introduced its first Employee Wellness Program in July 2011.
Why Wellness?

Culture

People

Cost

IT HAS BEEN SAID THAT THE MORE COLOR YOU HAVE ON YOUR PLATE, THE HEALTHIER THE MEAL... ...I'M GOOD WITH THAT!

Historical Change in Medical Premiums and Revenue

- General Operating Fund Revenue
- General Operating Fund Healthcare Costs

GOF Revenue
GOF Healthcare Costs
I am so much more aware of my diet and exercise.

I think it helps to have healthy choices available in our vending machines.

We’re cooking healthier meals.

We’re drinking more water.

We keep it moving every day!
Spring Forward 5K/10K

March Madness Basketball Tournament
Birthday Celebrations…

- Yogurt parfait
- Salad bars

…we are hoping it is the new norm and that cakes are ‘so last year’.
Firefighter Mike Robbins hosted “Intro to Gardening”, taught participants how to start their own backyard garden.
64% of employees surveyed said the wellness program helped them make healthier lifestyle choices.

65% of employees surveyed said the wellness program motivated them to do something to improve their health or wellness.
Build On the Work of Others

HEAL
League of California Cities
Kaiser Permanente
Health Department
Let’s Move
Fit-kit California
Health Insurers
BANPAC
ICMA
WELLNESS SUCCESSES

• 10% reduction in sick leave usage
• 25% of sick leave is now planned
• Kaiser Data Between 2011 & 2013
  – 2% drop in depression rates
  – 5 employees/dependents quit smoking
  – Adult obesity rate was lowered by 3%
  – 3% population normalized their in blood pressure
WHAT’S COOKING IN 2015

• Incentive Program
• Passport to Health
• Personal training session
• Community Run/Walk
• March Madness
• Walking Meetings
• Bike to Work Week
• Move with a Mover & Shaker
• Stairwell Campaign
• “Fresh Food not Fast Food”

• PD Programs
• Tobacco Cessation Class
• Lunch & Learns
• Flu Shots
• Health Screenings
• Monthly Snacks
• MOC Gym Upgrades
• PD Gym Upgrades
• Biggest Loser Round 5
• Movember
• Safety Day/Health Fair
City of Mountain View was recognized as one of the healthiest employers by the Silicon Valley Business Journal in Silicon Valley for 2014. We ranked 11 out of 17 in the large employer category (500 - 1,999 employees) and were the only municipality on the list!

AND for 2015, rank will be announced later this year.
Be Patient
Thank you
Kim Castro
&
Rebecca Wolfe