



MULTNOMAH COUNTY AGENDA PLACEMENT REQUEST

(Revised: 8/18/11)

Board Clerk Use Only

Meeting Date: 8/15/13
Agenda Item #: R.4
Est. Start Time: 9:45 am
Date Submitted: 8/8/13

Agenda Title: **Multnomah County Wellness Team Kickoff Presentation**

Note: If Ordinance, Resolution, Order or Proclamation, provide exact title. For all other submissions, provide a clearly written title sufficient to describe the action requested.

Requested

Meeting Date: 8/15/13 **Time Needed:** 15 mins

Department: Non-Dept. **Division:** District 1

Contact(s): Rolando Cruz

Phone: 85220 **Ext.** **I/O Address:** 503/6th

Presenter

Name(s) & Title(s): Rolando Cruz, Grace Neal, Kathleen Todd, Jeff Holland, John Cabrera, Lieutenant Derrick Peterson

General Information

1. What action are you requesting from the Board?

None

2. Please provide sufficient background information for the Board and the public to understand this issue. Please note which Program Offer this action affects and how it impacts the results.

Research is showing that by increasing your movement, especially in small, easily-accomplishable ways, you can enhance your health and well-being, elevate your mood and feel better too! We know that different things motivate us all and that finding ways to get out of your seat depend on your life, preferences and obligations. Some folks enjoy a stroll with co-workers for a quick break. Others play with their children or friends' kids for exercise. People of all ages and physical abilities love participating in and watching sports. We want to encourage County employees to explore some new moves and find out What Moves YOU.

Wellness Team Members will be promoting the following events at the Trimet sticker renewal sites:

The '[50 Moves Challenge](#)' coming your way August 25-October 30

The 'Get Up' campaign September 27-October 27

And the 'Wrap-Up Events' the week of October 28th

3. Explain the fiscal impact (current year and ongoing).

n/a

4. Explain any legal and/or policy issues involved.

n/a

5. Explain any citizen and/or other government participation that has or will take place.

County Wellness Team

Required Signature

**Elected
Official or
Department
Director:**



Date: 8/7/13