

**TILLMAN COUNTY**  
**BOARD OF COUNTY COMMISSIONERS**  
**RESOLUTION # 1405**

**BE IT REMEMBERED** that on the 1<sup>st</sup> day of October, 2018, at a regular meeting of the Board of County Commissioners of Tillman County, the following resolution was presented, read and adopted:

**WHEREAS**, the health, safety, and well-being of the employees of Tillman County are critical for a prosperous and sustainable County; and

**WHEREAS**, research shows that 50% of adults in Oklahoma report eating fruits less than once a day and 27% of adults in Oklahoma report eating vegetables less than once a day; and

**WHEREAS**, research shows 80% of adults do not participate in the recommended amounts of physical activity; and

**WHEREAS**, poor diet and lack of physical activity are key contributors to obesity; and

**WHEREAS**, obesity is a chronic condition associated with heart disease, stroke, cancer, and diabetes—preventable diseases that are among the leading causes of death in the United States; and

**WHEREAS**, Oklahoma has one of the highest rates of type 2 diabetes in the country; and

**WHEREAS**, a higher percentage of Oklahoma adults smoke than the national average; and

**WHEREAS**, tobacco use is the number one cause of preventable death in the United States, killing more than 7,500 Oklahomans every year; and

**WHEREAS**, tobacco use causes cancer, heart disease, and respiratory illnesses; and

**WHEREAS**, tobacco smoke contains at least 250 harmful chemicals and at least 69 known carcinogens, and there is no safe level of exposure to secondhand smoke; and

**WHEREAS**, many vapor products have been shown to emit chemicals known to cause cancer; and

**WHEREAS**, approximately 24% of adults in Oklahoma have tried vapor products, and vapor product use has the potential to expose children, youth, pregnant women, and other people to aerosolized nicotine; and

**WHEREAS**, chronic diseases place a high burden on the economy due to illness-related loss of productivity, compromised employee performance, and increased health costs; and

**WHEREAS**, Oklahoma has spent more than \$1.7 billion in a single year, or \$588 per adult, on obesity-related costs; and

**WHEREAS**, Oklahoma has spent \$1.62 billion in a single year on smoking-related medical care and lost \$2.1 billion in one year due to smoking-related lost productivity; and

**WHEREAS**, tobacco use annually costs employers at least \$5,800 per person who smokes in direct health care expenses, lost productivity due to sick days and smoke breaks, and lower productivity because of nicotine addiction; and

**WHEREAS**, health care costs for inactive adults are approximately \$1,400 higher than the costs for active adults; and

**WHEREAS**, the state of Oklahoma is already implementing a workplace wellness program for state employees; and

**WHEREAS**, more than 55 peer-reviewed research studies have shown that tobacco-free policies reduce tobacco use, exposure to secondhand smoke, and tobacco-related illnesses and death; and

**WHEREAS**, the Centers for Disease Control and Prevention's review of nearly 200 peer-reviewed research studies found that multicomponent worksite obesity prevention programs and tobacco-free policies are cost-effective and improve health within 5 years; and


**WHEREAS**, employee participation in workplace wellness programs has been found to increase exercise frequency, decrease smoking, and improve weight control, all of which help to reduce the risk of developing chronic diseases, such as hypertension, heart disease, type 2 diabetes, and obesity; and

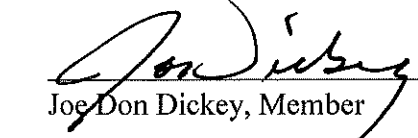
**NOW THEREFORE BE IT RESOLVED** that Tillman County adopts the following Workplace Wellness Policy, attached hereto and incorporated herein as Exhibit A, to help improve the health and wellness of its employees by creating a wellness team, committee, or champion and by providing and promoting healthy food and beverage options, opportunities for physical activity, and tobacco-free and vapor-free environments. This Resolution is not intended not to expand, reduce, or otherwise alter any municipal activities already regulated by federal or state law.

**ADOPTED** by the Tillman County Board of Commissioners this 18 day of October, 2018.


BOARD OF COUNTY COMMISSIONERS  
TILLMAN COUNTY, OKLAHOMA

  
\_\_\_\_\_  
Jimmie C. Smith, Chairman

  
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Kent Smith, Vice-Chairman

  
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Joe Don Dickey, Member

ATTEST:

  
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Cacy Caldwell, County Clerk

