

**Contact: Kelly Faulkner**  
Franklin County Human  
Resources Director  
Phone: (919) 496-3182  
Fax: (919) 496-2683

113 Market Street  
Louisburg, NC 27549  
[www.co.franklin.nc.us](http://www.co.franklin.nc.us)

**FRANKLIN COUNTY**

---

# PRESS RELEASE

## Franklin County Works for Wellness

*County works to promote healthy living and reduce health care costs*

**Louisburg, October 29, 2007:** Franklin County is taking a proactive approach to curtailing rising healthcare costs by the initiation of a Wellness Committee directed toward providing healthy living resources to the county's employees. The committee plans to provide employees access to resources providing physical, mental and dietary plans directed toward healthy lifestyles which is proven to increase employee morale, productivity and a decrease in absenteeism and/or sick days. The program is to be implemented in early 2008, following a promotional period informing the county's employees of the program's healthy benefits.

According to the Blue Cross Blue Shield of North Carolina, inactive, unhealthy employees can affect a company's performance. Reportedly, the average stress-related workers' compensation claim costs employers more than \$13,000. Statistics show that each sedentary employee can cost upwards of \$1,500 annually. Statistics also show that for every dollar spent on worksite health promotion programs, employers benefit from \$2 to \$5 in cost savings.

The Wellness Committee contends that workplace programs not only benefit organizations financially, but more importantly they provide a positive long-term impact on the lives of individual employees.

For additional information, contact Franklin County Human Resources Director Kelly Faulkner at (919) 496-3182 or visit [www.co.franklin.nc.us](http://www.co.franklin.nc.us).

*Franklin County Government is committed to effective and innovative public services for all Franklin County citizens and businesses.*