



Executive Department
State of Idaho

The Office of the Governor
Proclamation

State Capitol
Boise

WHEREAS, the Centers for Disease Control and Prevention reports that more than one in three people in the United States has one or more chronic health conditions and that the treatment of those conditions accounts for 75 percent of U.S. health care costs; and

WHEREAS, medical professionals point out that many chronic diseases are preventable through a combination of reducing tobacco use, increasing physical activity, eating better and having regular health exams; and

WHEREAS, wellness programs that focus on encouraging these and other positive behaviors and creating a culture of health in the workplace are proven to improve worker health, well-being and productivity; and

WHEREAS, studies have shown that medical costs fall by more than three dollars for each dollar spent on wellness programs; and

WHEREAS, it's in the best interests of all Idaho companies to keep their health care costs in check and to create a culture of health in their workplaces; and

WHEREAS, all Idahoans can more fully enjoy all our great state has to offer with its unmatched travel and recreational opportunities if they are as healthy as they can be; and

WHEREAS, August is a prime month for hiking, biking, horseback riding, whitewater rafting and other healthy lifestyle activities in Idaho;

NOW, THEREFORE I, C. L. "BUTCH" OTTER, Governor of the State of Idaho, do hereby proclaim August 2014 to be

IDAHO WELLNESS MONTH



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this 5th day of August in the year of our Lord two thousand and fourteen and of the Independence of the United States of America the two hundred thirty-ninth and of the Statehood of Idaho the one hundred twenty-fifth.

C.L. "BUTCH" OTTER
GOVERNOR

BEN YURSA
SECRETARY OF STATE