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Norman Regional on list of country's healthiest companies

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Norman Regional Health System has earned national recognition for its commitment to improving employees' health.

The Wellness Councils of America presented Norman Regional with the Gold Well Workplace Award and added the Health System to its list of America's Healthiest Companies.

Norman Regional Health System leads its regional community in the effort to become the healthiest community in Oklahoma and the entire Southwest, said David Whitaker, Norman Regional President and chief executive officer.

Whitaker said the Health System was the first business in Norman to earn the Certified Healthy Business designation from the Oklahoma Academy for State Goals and the Oklahoma Turning Point Council.

"We have established policies to create a healthy and safe environment for both the employees and visitors of the hospital. As a result, we know our employees are more productive and more satisfied," he said.

"It is imperative to not only encourage and promote wellness among our employees, but also to serve as role models as we strive to become the healthiest community in the Southwest."

Whitaker mentioned the onsite fitness center available to employees, the yearly walking program, the Wellness Works program and the tobacco-free policy as examples of the Health System's commitment to a well workplace. He also said the Healthy Community program takes internal health initiatives to area residents.

Council President David M. Hunnicutt praised Norman Regional's ability to meet rigorous health promotion standards.

"You have clearly demonstrated your commitment to improving the health and well-being of your most valuable asset -- your employees," Hunnicutt said. "In rapidly changing and highly competitive times, the importance of maintaining and enhancing your employees' health and productivity cannot be understated."

Norman Regional is one of about 600 companies nationwide to have earned a place on the Councils' list of America's Healthiest Companies.