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Blue Cross Blue Shield of Mississippi Foundation Awards More Than \$300,000 to the Mississippi Community College Foundation for Employee Wellness Initiative

JACKSON - The Mississippi Community College Foundation has received a \$300,700 grant from the Blue Cross & Blue Shield of Mississippi Foundation for its “Community Challenge for Change” (C3) initiative. The grant will allow the Mississippi Community College Board and C3 partners to develop and deliver a comprehensive wellness program to more than 500 employees who work within the Education Research Complex in Jackson.

“I am grateful to the Blue Cross & Blue Shield of Mississippi Foundation for selecting C3 for the award,” said Dr. Andrea Mayfield, Executive Director of the Mississippi Community College Board. “Studies show that a healthy workforce is a productive workforce, and these funds will be used to offer opportunities to improve the health of employees. Mississippi benefits when people are healthy and productive.”

With multiple agencies located at the Education Research Complex, employees will benefit from wellness programs focused on health education, health assessments and physical fitness opportunities. Entities eligible to participate include America Reads - Mississippi, Institutions of Higher Learning, Mississippi Automated Resource Information System (MARIS), Mississippi Community College Board, Mississippi Community College Foundation, Mississippi Department of Information Technology Services, Mississippi Humanities Council, Mississippi Library Commission, Mississippi Public Broadcasting, Phi Theta Kappa International Honor Society, University Press of Mississippi, and Volunteer Mississippi.

“We look forward to partnering with the other agencies in the complex to promote the health and wellness needs of employees and families throughout Mississippi,” said Ronnie Agnew, Executive Director of Mississippi Public Broadcasting.

The goals of the C3 initiative include:

- Health education for participants, including workshops and biometric screenings for blood pressure, weight, cholesterol and blood sugar
- Engaging employees in a variety of physical activity classes and activities

- Establishing a C3 leadership team to strengthen community partnerships by sharing health and wellness resources
- Motivating Mississippians to participate in C3 through fundraising and awareness efforts through local media, a dedicated website and strategic marketing resources

Dr. Glenn Boyce, Commissioner of Higher Education, added “the Challenge will provide our employees with the opportunity to achieve their own personal health and fitness goals, which will in turn help our agencies to be more productive.”

“The Blue Cross & Blue Shield of Mississippi Foundation is proud to partner with the Mississippi Community College Foundation to improve the health and well-being of its employees,” said Sheila Grogan, Executive Director of the Blue Cross & Blue Shield of Mississippi Foundation. “Worksite wellness initiatives are making a positive impact in our state, and we are excited to support the Community Challenge for Change.”

The Blue Cross & Blue Shield of Mississippi Foundation is working to build a healthy Mississippi through targeted funding aimed at supporting schools, communities, colleges and universities. Learn more about the efforts of the Foundation at www.healthiermississippi.org.