



**For Immediate Release:**  
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## **News Release**

### **UDOH Honored as a Bicycle-Friendly Business<sup>SM</sup>**

(Salt Lake City, UT) – Today, the League of American Bicyclists recognized the Utah Department of Health (UDOH) with a Bronze Bicycle Friendly Business (BFB<sup>SM</sup>) award, joining more than 800 visionary businesses from across the country. The UDOH was honored for promoting biking as a way to improve employee health and productivity by increasing physical activity levels and enhancing mental well-being. As the state's leading health entity, the focus on biking sets the example for other businesses.

As a result of this designation, the UDOH is able to receive technical assistance on how to improve its standing. "It is our hope to share what we learn through this experience with other agencies and organizations throughout the state," said Tania Charette, Health Program Specialist, UDOH.

To earn the designation, UDOH completed a detailed assessment outlining everything the Department has implemented throughout the years to encourage employees to bike to work. Most important have been a policy encouraging use of transit during red air days, including bicycling, and construction of secure areas to store bicycles.

"I love that UDOH not only supports my desire to ride to work, but actually makes it easy. It helps me to stay healthy and I feel more productive when I do it," said UDOH employee Brad Belnap.

The League of American Bicyclists is leading the movement to create a Bicycle Friendly America for everyone.

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*