



# Shaping the Economy

A Monthly Newsletter from the West Central Workforce Development Board

February/March 2007

## Studies Prove that Physical Fitness Enhances Job Performance

A new study suggests that employees' levels of physical fitness have a significant bearing on the quality and quantity of work performed. The study, published in the January issue of the Journal of Occupational and Environmental Medicine, was conducted by Nicolas P. Pronk and experts of Health Partners, Minneapolis. The researchers analyzed health and lifestyle factors in 683 workers in various occupations completing a health risk assessment. Levels of physical activity, estimated physical fitness, and obesity were then compared with indicators of job performance, as rated by the workers themselves.

Interestingly, it was found that the workers' physical activity and physical fitness had a significant impact on their work performance and more physically active workers reported higher work quality and better overall job performance. With an increase in physical fitness, the quantity of work performed also took an upward turn. More fit workers needed to expend less extra effort to do their work.

The study also observed that obesity had a significant, but negative impact on work. Twenty-two percent of workers in the study were classified as obese, and 4.5 percent as severely obese. Obese employees reported more difficulty getting along with coworkers,

while severely obese workers missed significantly more days of work. "Lifestyle-related modifiable health risk factors significantly impact employee work performance," Dr. Pronk and coauthors conclude. Workers who are at least moderately fit and more physically active have higher work quality and better overall job performance. In contrast, obesity may affect relationships in the workplace while severe obesity leads to excess absences from work.

The March Brown Bag Seminar will focus on the topic of fitness and job performance. If you would like more information about physical fitness in the workplace and how to encourage good health and fitness, join us for a brown bag lunch on March 22, 2007. The speaker will be Dr. Tatiana Bailey with Corporation for a Skilled Workforce (CSW). Locations for the Brown Bag are the Workforce Center in Abilene (325)795-4200; TSTC in Breckenridge (254)559-7702; Brownwood ISD Administration Bldg in Brownwood (325)646-1591; Western Texas College in Snyder (325)574-1739; and Winters High School in Winters (325)646-1591. The cost is only \$10. The monthly Brown Bag Seminars are sponsored by the West Central Texas Workforce System and the Abilene, Breckenridge, Winters, Snyder, and Brownwood Chambers of Commerce.

### Executive Director

Mary Ross

### Board Members

- Brenda Adams
- Alice Andrade
- Chance Barr
- Dixie Bassett
- Jeff Benton
- Dave Boyll
- William (Lex) Browning
- Robert Cobb
- Randall Conner
- Dave Dalzell
- Rebecca Downing
- Fran Farmer
- Marilyn Flournoy
- Andrew Gannaway
- Samuel Garcia
- El Wanda Grogan
- Petty Hunter
- Mary Island
- Robert Jimenez
- Claire Johnson
- Gary Larremore
- Katy Lord
- Michael McBroom
- Michael McMahan
- Virginia Mosier
- Philip Nichols
- Cynthia Pearson
- David Polnick
- Lori Rodriguez
- Thomas Winter

### MISSION

Our mission is to provide an effective local service delivery system to place Texans in jobs and to equip workers with skills needed to foster economic development.

### Economic Indicators

West Central WDA				Texas			West Central WDA		
	Nov 06	Oct 06	Nov 05	Nov 06	Oct 06	Nov 05	Average Weekly Wage		
Labor Force	158,869	158,737	157,027	11,634,858	11,622,409	11,333,729	WDA	Texas	
Employment	152,190	152,104	150,511	11,101,871	11,088,131	10,755,141	2nd QTR 06	\$544	\$781
Unemployment	6,679	6,633	6,516	532,987	534,278	578,588	2005 Avg	\$536	\$823
Rate	4.2	4.2	4.1	4.6	4.6	5.1	2004 Avg	\$516	\$799

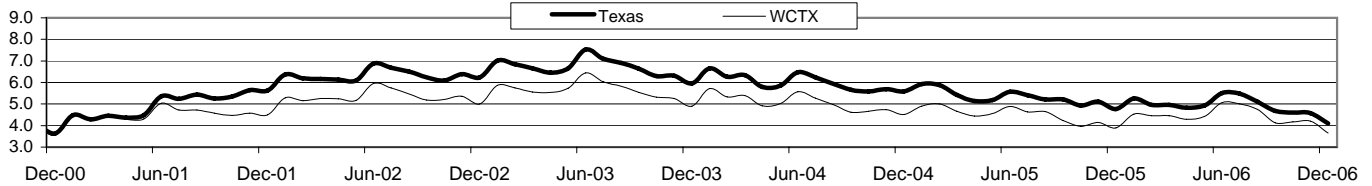
# West Central Texas Workforce Development Area

## December 2006

### Civilian Labor Force Estimates (Not Seasonally Adjusted)

	West Central Texas WDA				Texas			
	CLF	Employed	Unemployed	Rate	CLF	Employed	Unemployed	Rate
<b>Dec-06</b>	159,278	153,466	5,812	3.6	11,616,514	11,141,181	475,333	4.1
<b>Nov-06</b>	158,869	152,190	6,679	4.2	11,634,858	11,101,871	532,987	4.6
<b>Dec-05</b>	157,082	150,967	6,115	3.9	11,325,755	10,784,996	540,759	4.8

### Historical Unemployment Rates



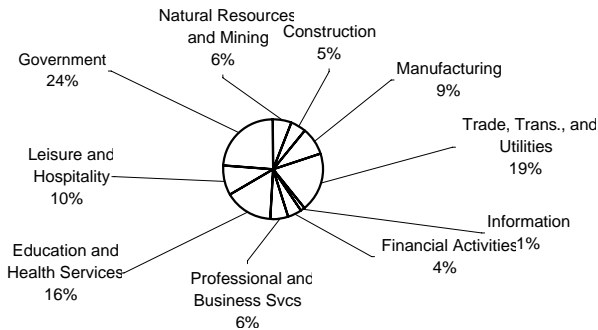
### Total Claims

	Dec-06	Nov-06	Dec-05	OTY
<b>Initial</b>	662	1,088	769	<b>-107</b>
<b>Continued</b>	3,110	2,490	3,226	<b>-116</b>
<b>Continued Claims for the Week of the 12th</b>				
<b>Continued</b>	711	623	647	<b>64</b>

### Average Weekly Wage

	WCTX	Change	Texas
<b>2nd Qtr 2006</b>	\$544.04	7.84	\$781.37
<b>2005 Average</b>	\$536.20	20.63	\$822.95
<b>2004 Average</b>	\$515.57		\$799.03

### West Central WDA Industry Composition 2nd Quarter 2006



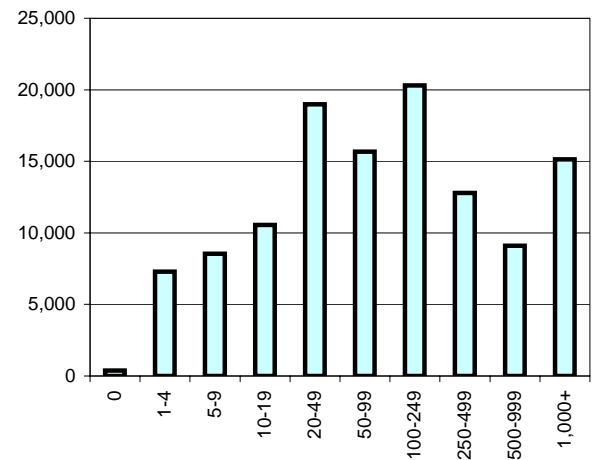
### Top 10 Private Employers in the WDA 2nd Quarter 2006

3M COMPANY MANUFACTURING COMPANY  
 ABILENE CHRISTIAN UNIVERSITY  
 ABILENE REGIONAL MEDICAL CENTER  
 AMS BUSINESS SOLUTIONS & STERLING PERSONNEL  
 BROWNWOOD MEDICAL CENTER LLC  
 GIRLING HEALTH CARE INC  
 HENDRICK MEDICAL CENTER  
 KOHLER COMPANY  
 UNITED SUPERMARKETS LTD  
 WAL-MART ASSOCIATES INC

### NAICS COVERED EMPLOYMENT QUARTERLY DATA 2nd Quarter 2006

SUPER SECTOR	Total	Change Quarter	Year
<i>Natural Resources &amp; Mining</i>	7,039	392	1,064
<i>Construction</i>	5,705	-64	364
<i>Manufacturing</i>	10,309	163	437
<i>Trade, Trans., and Utilities</i>	21,968	209	388
<i>Information</i>	1,687	10	-14
<i>Financial Activities</i>	5,161	103	120
<i>Professional and Business Svcs.</i>	6,483	158	502
<i>Education &amp; Health Services</i>	17,994	-444	-231
<i>Leisure &amp; Hospitality</i>	11,226	460	693
<i>Other Services</i>	3,539	100	-46
<i>Federal Government</i>	1,992	56	310
<i>State Government</i>	6,046	80	68
<i>Local Government</i>	19,454	141	143
<i>Nonclassified &amp; Confidential</i>	166	40	49
<b>TOTAL</b>	<b>118,769</b>	<b>1,404</b>	<b>3,847</b>

### Size Class Employment Composition 2nd Quarter 2006



# Abilene Area Youth Job Fair

Dear Employer:

Mark your calendars for Friday, March 23, 2007 for "Hot Dog--I Got a Job!" Area Youth Job Fair will be held from 2:00 p.m. until 6:00 p.m. at the Abilene Civic Center, located at 1100 North 6<sup>th</sup> and Pine Street, Abilene, Texas.

If you are an employer who needs to hire additional employees during the summer months, or if you have an on-going need for part-time workers, this job fair is for you. We invite you to participate and benefit from a pool of young workers, ages 16-21, looking for summer and part time employment.

This is the 4th year for this job fair, with over 800 youth attending the event last year.

There is no booth registration fee for this event. However, space is limited, so please complete and return the enclosed booth registration form to the West Central Texas Workforce Center by March 21, 2007. Please be prepared to man your booths until 6:00pm.

If you have questions, please contact Robert Puls at (325) 795-4302 or by e-mail at robert.puls@workforcesystem.org.

---

**DATE: Friday; March 23, 2007**

**TIME: 2 P.M. - 6 P.M.**

**LOCATION: Abilene Civic Center**

**1100 North 6<sup>th</sup> Street, Abilene, TX 79601**

All registration forms should be received by **March 21, 2007** to assure a booth site.

**CANCELLATION DEADLINE 03/22/07**

**Name of Business/Organization:** \_\_\_\_\_

**Point of Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Business/Org. Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Number of Representatives Attending** \_\_\_\_\_

**Basic Registration** (Includes, Table, Table Cloth and 2 Chairs, booth size 10x10)

**PLEASE MAIL REGISTRATION FORMS TO**  
**MAIL TO: West Central Texas Workforce Center**

**C/O Business Services**  
**400 Oak Street**  
**Abilene TX 79602**

**Or Fax to 325-795-4379**

## **Training Funds Presented to Area Businesses**

The West Central Texas Workforce Development Board is pleased to announce that Genesis Networks, Inc., Telephony for Information System Corporation (Tel-Is), the Development Corporation of Abilene, Transcend Services, Inc., PWP Industries, and RAM Inc. in Cisco have been named recipients of grant funds offered through the Workforce Investment Fund (WIF). The WIF was created by the Workforce Board to provide funds for customized training, upgrading skills of current employees, developing new training programs, creating new high-skill or high-wage jobs, or retraining employees for new or emerging occupations.

A total of \$161,840 was awarded through the six grants to train over 130 workers in a variety of skill areas. Transcend, PWP Industries, and Genesis have received WIF funding in the past and will utilize funds to continue to expand their workforce. Employees with Tel-Is will receive training resulting in a certification applicable to the communications technology industry. The Development Corporation of Abilene, in partnership with the Workforce Board, Cisco Junior College, and the Workforce Center, will conduct two additional "fast track" welding classes. A grant to RAM Inc. for lean manufacturing process improvement will enable the Cisco-based company to remain competitive in their industry.

Primary applicants for grant funding through the Workforce Investment Fund include small and medium-size businesses, chambers of commerce, economic development entities, or labor organizations. Grants of up to \$50,000 are awarded quarterly through a competitive application process, and the deadline for the next grant cycle is March 31, 2007. Interested individuals may download funding criteria and application forms from the West Central Texas Workforce Center website at <http://www.workforcesystem.org/business.htm>. Questions regarding the Workforce Investment Fund may be directed to Robert Puls, Business Services Coordinator for the West Central Texas Workforce Board, at 325-795-4330. E-mail requests should be sent to [workforce@workforcesystem.org](mailto:workforce@workforcesystem.org).



WEST CENTRAL TEXAS WORKFORCE  
DEVELOPMENT BOARD  
400 Oak St. \* Abilene, Texas 79602

The Workforce Center is an equal opportunity employer. Auxiliary aids and services are available upon request in individuals with disabilities. For TDD call 1-800-735-2898 or voice accessible communication at 1-800-735-2988