

## 2016-2017 well@work West Virginia Healthy Worksite Initiative Success Story

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According to the 2014 Behavioral Risk Factor Surveillance System (BRFSS), West Virginia has one of the highest adult obesity prevalence rates nationally, with 35% of West Virginia adults who are obese. Reversing the obesity epidemic requires individuals, families, schools, communities, businesses, government and every other sector of society to reduce barriers to healthy eating and active living — to foster a culture of health that makes healthy choices easier for all West Virginians. The West Virginia Division of Health Promotion and Chronic Disease (HPCD) works to reduce obesity and improve key chronic disease indicators. One way we do this is by targeting populations of working age through the well@work West Virginia Healthy Worksite Initiative.

The well@work initiative uses the Centers for Disease Control and Prevention's (CDC) Worksite Health ScoreCard. The ScoreCard is an evidence-based tool completed by employers to assess, plan, implement, and evaluate workplace programs to prevent obesity, high blood pressure, diabetes and other related conditions. Upon completion of the ScoreCard, HPCD provides resources and technical assistance tailored to each worksite based on proven health promotion strategies, such as policies to encourage physical activity and nutrition.

HPCD partners with worksites to improve employee wellness, providing technical assistance through informational webinars, one-on-one calls, in-person visits and a dedicated web page. A total fifty-five counties as worksites and thirty individual employers representing multiple industries are participating in the initiative reaching 44,824 employees across West Virginia. Industry types receiving technical assistance include healthcare or social assistance, public health, educational services, non-profit, for-profit and government.

*"Partnering with the Well@Work WV program has enabled Active Southern West Virginia to reach more people to break down barriers to living a healthy lifestyle. The foundation of the CDC Health Scorecard provides structure and customized programs to a wide range of worksites."*-Melanie Seiler, Active Southern West Virginia.

HPCD is committed to improving wellness in communities and worksites by establishing partnerships and bringing together worksite wellness champions from across the state. In June 2017, HPCD is convening a one day workshop for employers and communities to improve wellness through environmental and policy change. In conjunction with the annual Try This West Virginia conference, the workshop brings together teams dedicated to improving and creating healthy communities across West Virginia. Workshop participants will join a network of wellness champions who will become leaders in promoting and adopting strategies to improve employee and community wellness.

To sustain wellness efforts in West Virginia, HPCD developed a dedicated web page <http://www.dhhr.wv.gov/hpcd/Pages/Well@WorkWV.aspx>. This web page contains webinars, presentations, instructional materials, and resources employers can adapt to help create or improve worksite wellness policies and programs. Building a culture of health in West Virginia requires all of us to work toward improving our environments. Utilizing these resources to create or enhance wellness programs and reduce barriers to healthy living is just one way we can help make the healthy choice the easy choice. To learn more about the well@work West Virginia Healthy Worksites Initiative and how you can become a wellness champion, visit our website [www.wvchronicdisease.org](http://www.wvchronicdisease.org).

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