

State of West Virginia

Health Promotion and Wellness Initiatives



Joe Manchin III
West Virginia Governor

Program Overview

- Number of policy holders: 99,000
- Covered lives: 215,000

Program Goals

- Expand weight management program.
- Create more interventions for children in promoting healthy lifestyles.
- Initiate efforts to stem the tide of heart disease, diabetes, and hypertension through the use of a health report card and incentives.

Program Components

- Health screenings for diabetes, heart disease, osteoporosis, and prostate cancer.
- Behavior change programs emphasizing healthy eating and physical activity.
- Comprehensive tobacco cessation program.
- Weight management program.
- *Dr. Dean Ornish Program for Reversing Heart Disease.*
- *Face-to-Face Diabetes Program.*
- *West Virginia Games for Health* project.

Key Findings

- More eligible employees are participating in the Public Employees Insurance Agency (PEIA) programs on an annual basis.
- Short term findings for PEIA's medically supervised weight management program demonstrate drug and medical claims cost savings with the members experiencing improved outcomes with their weight and associated risk factors. Although the program experiences a 30 percent drop-out rate, it is more than offset by the successes of those who adhere to program requirements.

“West Virginia historically has had higher rates of chronic diseases and disabling injuries than the rest of the country. That’s why we completed a strategic vision and action plan to improve the State’s health.

“A big part of that plan is to draw attention to wellness and prevention programs. From workplaces to elementary schools, West Virginians are realizing they have to eat better, exercise, and take care of themselves mentally and physically.

“Prevention and health promotion will remain cornerstones of our state health policy. The responsibility lies not just with government, educators, and employers, but with every West Virginian. It will take a partnership among the government, businesses, and the health care industry to ensure responsible use of government funds and high-quality, affordable health care for each of us.”

THE BOTTOM LINE

“Prevention and health promotion will remain cornerstones of our state health policy. The responsibility lies not just with government, educators, and employers, but with every West Virginian.”

