

West Virginia Chosen to Help Train Worksites in Worksite Wellness

Last November West Virginia was one of 3 states selected from many applicants to take the national Work@Health® training. Two individuals, James Vance from the WV Division of Health Promotion and Chronic Disease and Laura Baker from Active Southern WV, have been going through an intense online course since the beginning of the year and concluded at the end of May with an in-person training with 11 worksites from across WV.

The Work@Health® employer-training program is an initiative of the U.S. Centers for Disease Control and Prevention (CDC) and delivered by the National Association of Chronic Disease Directors (NACDD) to promote workplace wellness through employer education, training, and technical assistance. The program also partners with trade associations, business coalitions and health departments that support employer workplace health efforts. Training is delivered by professional instructors who undergo a rigorous certification process.



Work@Health® uses web-based training, and in-person training labs to deliver content. A team of quality instructors, facilitators and subject-matter experts provide ongoing technical assistance and support both to program graduates and new participants.



Chronic diseases are costly in terms of the health and quality of life impact to individual workers and their families and the economic cost to employers and employees. The U.S. spends more than \$2.9 trillion a year on medical costs; 86 percent of those costs are related to chronic conditions, such as heart disease, cancer, stroke, arthritis, diabetes, or obesity.

Productivity losses related to personal and family health problems cost U.S. employers more than \$225 billion every year. And the indirect costs of poor health—

including absenteeism, disability and reduced work output—are even higher. That's why workplace health programs make good business sense.

By implementing science-based workplace wellness programs, employers can control their healthcare costs while improving America's overall health. Workplace health programs can improve workers' health knowledge and skills and promote healthy behaviors, like having regular health screenings, immunizations and follow-up care. Creating a culture of healthier behaviors at work can also expand into other areas of employees' lives.

If your Health Department or Division is interested in taking the free Work@Health® training contact the Division of Health Promotion and Chronic disease at (304)356-4193 for more information.