

State of Washington

I. Vision and goals:

The Governor provided this vision for **Washington Wellness Works**:

Government must play a leadership role in promoting prevention and wellness. I believe Washington State is especially well-suited to serving as a model by promoting healthy behavior among our own employees and retirees. In so doing, we not only improve the health of state employees and retirees, themselves, but also enhance their ability to serve state citizens.

The ultimate goals for Washington Wellness Works are, for state employees, retirees and dependents, to:

- Measurably improve health (reduce health risks)
- Measurably improve productivity (validated productivity tool)
- Mitigate the medical cost trend
- Operate in a positive ROI environment

II. Background information:

Washington Wellness Works was created by a Governor's directive on January 20, 2006. The initial measurement year was January – December, 2007. The target audience of 320,000 state employees, retirees and dependents has been identified. A Wellness Coordinator has been identified for each state agency and education institute. A staff of four has been hired. The University of Washington Health Promotion Resource Center has been hired to design and perform the evaluation, with consultation from the University of Michigan Health Management Resource Center. Health Risk Assessments (HRA) are available for all in the target audience, with agency level reporting arranged. The overarching goal for 2007 is to establish methods to: communicate, engage and measure. Target behavior changes for 2007 are: HRA completion, physical activity, food selection, preventive care and tobacco cessation. Measurement will be accomplished by a combination of HRA and claims data.

III. *Healthy States* action agenda (plan of work):

- Establish Web site (completed)
- Train Wellness Coordinators (in process)
- Engage target audience to complete HRA (in process)
- Develop capability to provide monthly HRA feedback to agency Wellness Coordinators (nearing completion)
- Create online Resources Center to provide tools and training for Wellness Coordinators
- Convene workgroups for each targeted behavior change (in process)
- Design evaluation tool with University of Washington and University of Michigan (contracting in process)
- Launch targeted behavior interventions as developed
- Perform evaluation (Q1, 2008)
- Use HRA data to identify behavior change interventions for 2008 (Q4, 2007)

IV. Team membership:

Team:

Health Care Authority

Department of Health

Health and Productivity Committee members (selected Cabinet level agencies)

Operations Team (key government agencies)

University of Washington

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