

Wellness Council of West Virginia



WELLNESS COUNCIL
OF WEST VIRGINIA

2007 Annual Report

Wellness Council of West Virginia

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From the Director



January 2008

Dear Wellness Council Member,

In 2007 the Wellness Council of West Virginia set new records for membership, sponsorship and training attendance. Our membership numbers currently near 200 companies representing over 100,000 employees across our region. Additionally, the Council's board of directors decided unanimously to become an independent entity in 2008, breaking ties with our national affiliate. Other councils across the country also made the decision to become independent, creating a network of councils for collaboration & resource development.

Sixteen state organizations received **Well Workplace** designations or re-certifications. Among these was Energy Corporation of America, which earned the state's second platinum certification.

Financially 2007 was another banner year of grant funding for the Council. **The 21st Annual Governor's Conference on Worksite Wellness** saw record attendance and sponsorship support. The **Worksite Wellness Tobacco Policy Project** again increased its funding and began networking with small hospitals across the state in order to provide policy support and cessation strategies. With funding from the *Logan Healthcare Foundation* a new network of collaborators was developed in part of southern West Virginia including Boone, Lincoln, Logan, Mingo, and Wyoming counties. Chesapeake Energy again joined forces with the Council in a corporate partnership which reinforces its investment in our state and its workforce. Finally, in December of 2007 the WCWV was notified that it would receive a grant from the *Robert Wood Johnson Foundation* in 2008 for work with tobacco public policy in the southern part of the state.

In addition to its successes, the Council had to overcome some challenges in 2007. Most notably was the server crash that occurred within the Division of Rehabilitation Services, which previously hosted the WCWV's e-mail and data base. Fortunately, the Council was able to secure its own server and IT personnel to address the issue and prevent future long-term "outages" for our computer network.

The board of directors and staff of the Wellness Council of West Virginia would like to take this opportunity to thank the business community of our state for its support of the Council's mission. We begin 2008 with great anticipation of an even better and more productive year.

Respectfully,

Sharon M. Covert

Executive Director

Wellness Council of West Virginia

2007 WCWV Board of Directors

Name	Employer	County
Terry Blair Supervisor, Personnel Services	WV Division of Rehabilitation Services	Kanawha
Bryan Brown- Vice President Account Manager	Brown Communications LLC	Kanawha
Jeff Borman Account Manager	Pfizer, Inc.	Kanawha
John Earles Director Human Resources	International Industries, Inc.	Mingo
Sandi Eskew Vice President		Putnam
Rob Groom VP, Employee Benefits	BB&T Carson Insurance Services	Kanawha
David Harshbarger - Secretary Wellness Manager	WVU Robert C. Byrd Health Sciences Center	Monongalia
Pam Jones – President Health Promotion Manager	Mountain State Blue Cross Blue Shield	Statewide
Steve LaCagnin Administrative Manager	Jackson Kelly PLLC	Monongalia
Beth Mallory Human Resource Manager	Chesapeake Energy	Kanawha
Charlene Necessary Human Resources Manager	Hobet Mining, Division of Magnum Coal	Boone

Wellness Council of West Virginia

Name	Employer	County
Deborah Rake – President Elect	American Cancer Society	Kanawha
Brett Rice Wellness Program Manager	NIOSH	Monongalia
Jim Strawn Director of Marketing & Community Education	Highland Hospital	Kanawha
Paul White- Treasurer VP, Benefits Division	Commercial Insurance Services	Kanawha
Stephanie Woodrum Human Resources	Thomas Memorial Hospital	Kanawha

WELCOA and WCWV

The Wellness Councils of America, (WELCOA), was founded in 1987 in Omaha, Nebraska. The Wellness Council of West Virginia has been a chartered member of WELCOA for over twenty years. In 2007 the WCWV collaborated with WELCOA to finalize the Well City designation for Morgantown, WV. As of the end of the year, enough Well Workplace Award applications had been submitted for final review by WELCOA to fulfill the requirements of the Well City certification.

WELCOA/WCWV Primary Focus areas

- *Cultivating and Retaining Corporate Membership*
- *Educating and Training Employers in Well Workplace University*
- *Recognizing Well Workplaces*
- *Promoting quality products and comprehensive health information*

Wellness Council of West Virginia



WELL WORKPLACE

Well Workplace is the premiere program of WELCOA and the Wellness Council of West Virginia. Well Workplace establishes criteria to measure and reward the success of worksite health promotion programs. There are four levels of achievement for Well Workplace: bronze, silver, gold and platinum. Well Workplace Award winners for the WV Council include:

Energy Corporation of America	Charleston	Platinum
WVDRS DDS	Clarksburg	Silver
WVU Mountain Lair	Morgantown	Silver
WV DRS DDS	Charleston	Gold
St. Mary's Medical Center	Huntington	Gold
WVHTC Foundation	Fairmont	Silver
WV Medical Institute	Charleston	Gold
Alcon Manufacturing	Huntington	Gold
Dominion Post	Morgantown	Silver
Steptoe & Johnson PLLC	Charleston	Gold
Steptoe & Johnson PLLC	Clarksburg	Gold
Steptoe & Johnson PLLC	Morgantown	Gold
Monongalia County Health Dept.	Morgantown	Silver
WVU RCBHSC	Morgantown	Gold
Centra Bank	Morgantown	Gold
Glenmark Holding	Morgantown	Small Business

Wellness Council of West Virginia

2007 WCWV Members

(In Order of Renewal Date)

WV DRS / Beckley
WV DRS / Charleston
WV DRS / Clarksburg
WV DRS / Huntington
WV DRS / Martinsburg
WV DRS / Princeton
WV DRS / Wheeling
WV DRS / Charleston – DDS
WV DRS / Clarksburg – DDS
Massey Energy Company / A.T. Massey / Richmond, VA
Massey Energy Company / Black Castle / Uneeda
Massey Energy Company / Elk Run Coal / Sylvester
Massey Energy Company / Elk Run Coal / Sylvester
Massey Energy Company / Endurance / Madison
Massey Energy Company / Goals Coal / Sylvester
Massey Energy Company / Green Valley / Leivasy
Massey Energy Company / Independence / Madison
Massey Energy Company / Mammoth / Cannelton
Massey Energy Company / Marfork Coal / Sylvester
Massey Energy Company / Nicholas Energy / Summersville
Massey Energy Company / Performance / Sylvester
Massey Energy Company / Performance / Sylvester
Massey Energy Company / Rawl Sales & Proc. / Sidney, KY
Massey Energy Company / Sidney / LF / NR / Sidney, KY
Massey Energy Company / Progress Coal / Uneeda
Massey Energy Company / Logan County Mine Services / Holden
Massey Energy Company / Knox Creek Coal / Raven, VA
Massey Energy Company / Martin County / Pi / Inez, KY
Alderson-Broaddus College / Phillipi
Braxton County Health Care / Sutton
Innovative Mattress Solutions / Winfield
Jan Care Ambulance / Beckley
Radical Rehab Solutions LLS / Huntington
Southwestern Community Action Council / Huntington
Terramite / Charleston
The Baughan Group / Hico
Tri-State Racetrack and Gaming Center / Cross Lanes
Town of Fayetteville / Fayetteville
Easy Low Fat Cooking / Teays
Fayette County Chamber of Commerce / Oak Hill
Kanawha Coalition for Community Health Improvement / Charleston
Martinsburg-Berkeley County Chamber of Commerce / Martinsburg
Mineral County Chamber of Commerce / Keyser
Morgantown Area Chamber of Commerce / Morgantown
Putnam County Chamber of Commerce / Teays
Wheeling Chamber of Commerce / Wheeling
McJunkin Corporation / Charleston
Allegheny Energy / Madsville

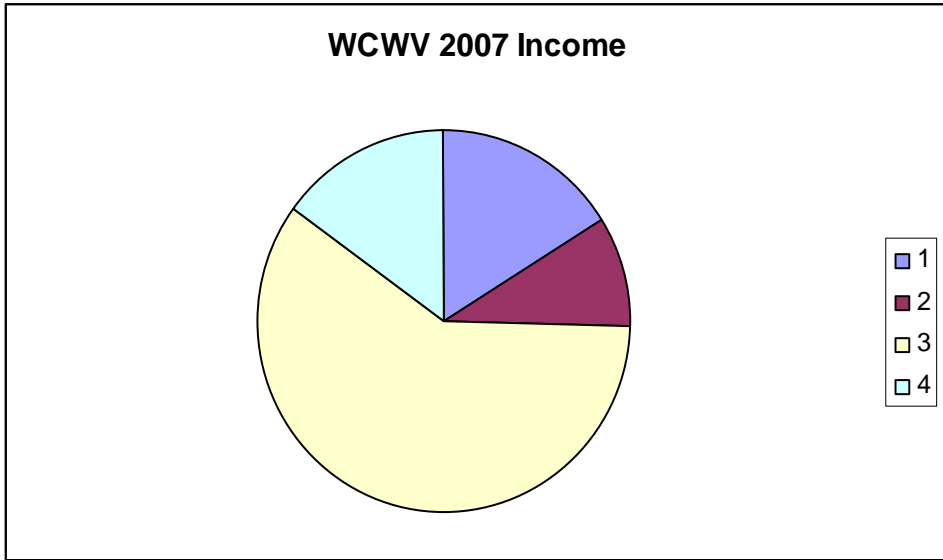
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Richwood Industries, Inc. / Huntington
Cytec Industries / Willow Island
WV Department of Environmental Protection / Charleston
WV Army Reserve National Guard / Charleston
Franciscan University / Steubenville
Hobet Mining, Inc. / Madison
Step toe & Johnson PLLC / Charleston
Step toe & Johnson PLLC / Morgantown
Commercial Insurance Services / Charleston
Jackson Kelly PLLC / Martinsburg
Mountain State Blue Cross Blue Shield / Charleston
Centra Bank / Morgantown
Jackson Kelly PLLC / Morgantown
M & G Polymers / Apple Grove
Jackson Kelly / Clarksburg
Unisys Corporation / Charleston
City of Morgantown / Morgantown
Glenmark Holding LLC / Morgantown
Hospice Care / Arthurdale
Jackson Kelly PLLC / Charleston
WV Department of Agriculture / Charleston
WVU HR / Morgantown
WV DOT / Charleston
Alcon Manufacturing, LTD.
Monongalia General / Morgantown
Mountain State Blue Cross Blue Shield / Wheeling
St. Mary's Medical Center / Huntington
HIMG / Huntington
Ohio Valley Health & Services Corporation / Wheeling
WV Housing Development Fund / Charleston
Cabin Creek Health Systems, Inc. / Cabin Creek
Energy Corporation of America / Charleston
Potomac Center / Romney
Robinson & McElwee PLLC / Charleston
OLMC Trust / Charleston
Apogee Coal / Yolyn
City of Charleston / Charleston
The Dominion Post / Morgantown
Fairmont General Hospital / Fairmont
Kanawha County Commission / Charleston
Novelis Corporation / Fairmont
Precision Pump & Valve / Charleston
WV Medical Institute / Charleston
WVU Robert C. Byrd Health Sciences Center / Morgantown
Mountain State University / Beckley
Kanawha County Schools / Charleston
CASCI / Owings Mills, MD
CASCI / Charleston
Charleston Newspapers / Charleston
Monongalia County Health Department / Morgantown
AARP / Charleston
Chesapeake Energy / Charleston
Holzer Medical Center / Gallipolis, OH
Huntington Steel / Huntington
St. Francis Hospital / Charleston

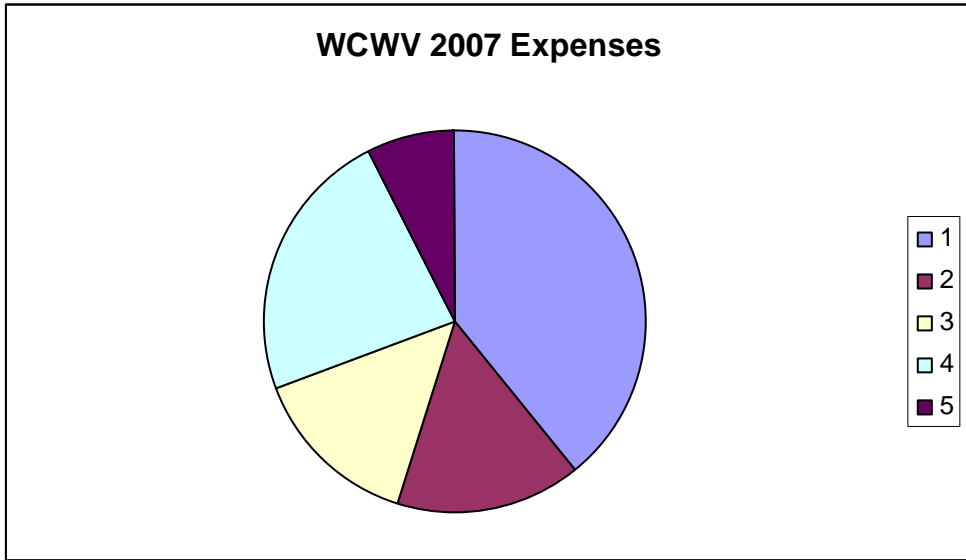
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Thomas Memorial Hospital / South Charleston
WVHTC Foundation / Fairmont
Spilman Thomas & Battle / Charleston
American Cancer Society / South Charleston
HealthSouth MountainView Rehab Hospital / Morgantown
Randolph Elkins Health Department / Elkins
BB&T / Morgantown
Bowles Rice McDavid Graff & Love / Charleston
Pepsi Cola Bottling Company of Portsmouth / Franklin Furnace, OH
United Way & LifeBridge Ameri Corps
Southern West Virginia Community and Technical College / Mount Gay
Allegheny Energy / Masontown, PA
WVU Rec Center / Morgantown
Fairmont State University / Fairmont
Praxis Corporation Bodyworks / Beckley
Steptoe & Johnson PLLC / Clarksburg
U.S. Silica / Berkeley Springs
Veterans Affairs Medical Center / Martinsburg
Weight Watchers of WV
Toyota / Buffalo
Lincoln Primary Care Center / Hamlin
WVU Dining Services / Morgantown
NIOSH / Morgantown
WV Health Care Authority / Charleston
WV Department of Health & Human Services / Charleston
beBetter Networks Inc. / Charleston
Charles Ryan & Associates / Charleston
March Westin Company / Morgantown
American Lung Association / Charleston
Valley HealthCare System / Morgantown
AMFM, Inc. / Charleston
Swanson Industries / Morgantown
Terry Stephens & Associates / Keyser
Hospice of the Panhandle, Inc. / Martinsburg
Kanawha-Charleston Health Department / Charleston
Mountain Laurel / Sharples
WV Hospital Association / Charleston
CAMC / Charleston
HealthWorks Rehab & Fitness / Morgantown
WVU - Mountainlair / Morgantown
White Armature Works, Inc. / Mallory
Mountain State Blue Cross Blue Shield / Parkersburg
Logan-Mingo Area Mental Health / Logan
TSN / WIC / Logan
Davis Memorial Hospital / Elkins
Logan County Family Resource Network / Logan
Wells Fargo Insurance Services / Bluefield
Boone Memorial Hospital / Madison
Hygeia Facilities Foundation / Whitesville
Highland Hospital / Charleston
St. Joseph's Hospital / Buckhannon

2007 WCWV Financial Statement



- Income
1. Membership
 2. Sponsorship
 3. Contract
 4. Other



- Expenses
1. Salaries
 2. Trainings
 3. Supplies
 4. Other
 5. Travel

Grant Work

Worksite Wellness Tobacco Policy Project

In its sixth year, the WWTPP is a program funded through the WV Bureau for Public Health's Division of Tobacco Prevention. The main goal of the WWTPP is to assist state businesses in developing tobacco policies and health promotion programs and to facilitate tobacco free worksites. The project is designed to assist organizations to develop, modify and update tobacco restriction policies and support services to represent the latest information and aides available.

The staff of the WWTPP organized the state's first Worksite Tobacco Conference in early 2007 at the University of Charleston's new School of Pharmacy. A slate of national speakers presented to a sold out audience.

In March of 2007 the WWTPP and Wellness Council staff served as the worksite resource for the first **States of Change** tobacco conference sponsored by governments in West Virginia, Ohio, Pennsylvania, Michigan and Indiana. Hundreds of people attended this unique training to find out more about the extensive network of employers organized by the WWTPP.

The WV Office of Healthy Lifestyles

In late 2006, the WV Office of Healthy Lifestyles granted funding to the WCWV for work with small business wellness and prevention interventions. (This program summary was not completed at the time the 2006 Annual Report was published.) The WCWV collaborated with the local insurance providers to organize focus groups for small businesses in order to determine chief concerns in the areas of healthcare. The Council held trainings and workshops for organizations with fewer than fifty employees to illustrate how to set up and maintain results-oriented interventions in a small business environment.

The Logan Healthcare Foundation

The Wellness Council of West Virginia received one of the first grants awarded by The Logan Healthcare Foundation to initiate interventions designed to improve the health of the citizens of Boone, Logan, Lincoln, Mingo and Wyoming Counties. The Council utilized funds to establish a network of collaborators in the southern part of the state for purposes of introducing and supporting worksite wellness and prevention initiatives.

Wellness Council of West Virginia

In 2007 the Council was successful in its endeavor to increase support for prevention in the five counties serviced by the grant and was awarded another LHF grant for 2008. These funds will be used as matching funds for a program funded by the Robert Wood Johnson Foundation which incorporates public health policy into downtown revitalization.

Robert Wood Johnson Foundation

In the final quarter of 2007 the Wellness Council of West Virginia was notified of the acceptance of its proposal to the Robert Wood Johnson Foundation's Tobacco Policy Change initiative. The WCWV was one of only twelve proposals from across the United States to receive funding. The principle purpose of the intervention is to work in five southern counties in West Virginia to improve Clean Indoor Air regulations and public health policy as a means to begin downtown revitalization in the county seats. The first six months of 2008 will be spent in a planning period for this grant and developing the timeline for the completion of the program—which will be in late 2009 or early 2010.