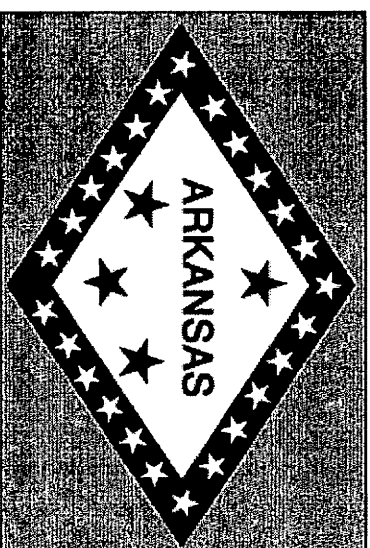




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State of Arkansas

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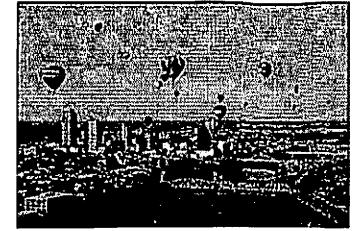


Our Conversation Today



- Introductions and presentation agenda
- State of Arkansas and U.S. Trends and Challenges
- General Wellness Trends and Essential Program Components
- Need of a State Strategy
- Arkansas and WebMD – Synergies that Make Sense!
- Questions and Closing

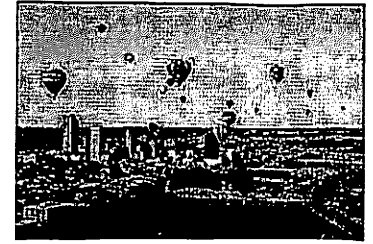
State of Arkansas and U.S. Trends and Challenges



- According to the Kaiser Family Foundation:
 - In 2012, 11.3% of Adult Arkansans were told they have Diabetes
 - In 2012, 25% of Adults Arkansans reported they smoke every day or some days
- According to the United Health Foundation:
 - In 2014, smoking remains high at 25.0 percent of the adult population, with more than 550,000 adult smokers in the state.
 - 760,000 adults are obese, and more than 690,000 adults are physically inactive.
 - There are almost a quarter-million adults with diabetes in Arkansas
 - The percentage of children in poverty, at 29.6 percent of persons younger than 18 years, is the highest since the rankings started in 1990.
- According to the State of Obesity 2014 Report, by the Robert Wood Johnson Foundation:
 - Arkansas now has the 3rd highest Obesity rate in the nation at 34.6 percent of Adults
 - This rate is up from 25.0 percent in 2004 and from 17.0 percent in 1995
 - In 2013, the Adult Diabetes rate was 11.5 percent and the hypertension rate was at 38.7 percent
- According to the National Conference of State Legislatures and Health Affairs, in the U.S.:
 - More than 133 million Americans had one or more chronic conditions in 2005
 - By 2030, that number is expected to grow to 171 million
 - Chronic diseases drive U.S. health care spending, accounting for up to 78 percent of all health care costs
 - An estimated 96 percent of Medicare spending and 83 percent of Medicaid spending are for people with chronic diseases.

UHF data collected from the national Centers for Disease Control and Prevention, the American Medical Association, the FBI, the U.S. Department of Education and the U.S. Census Bureau.

Wellness Trends – Silver Bullet?



- According to the CDC:
 - Nationwide, declining workforce health contributes to an increase in health-related expenses, both in direct medical payments and indirect costs resulting from absenteeism and presenteeism.
 - The health of the modern workforce is changing. The aging of the labor force contributes to the complexity of health needs; chronic disease has become a significant concern for employers, due to escalating health care costs.
 - Wellness programs have been shown to save money; however, **such programs are underused.**
 - One reason may be that the future benefits of healthy employees are significantly undervalued relative to the cost. Despite this, many organizations are taking a holistic approach to health by offering wellness programs to their employees.
 - With the passage of the Affordable Care Act (ACA), worksite wellness programs will become part of a national public health strategy to address the increase in chronic diseases, **which are predicted to cost the US health care system an estimated \$4.2 trillion annually by 2023.**
 - Evidence suggests that worksite wellness programs are cost-beneficial, saving companies money in health-care expenditures and producing a positive return on investment (ROI). Baicker et al **calculated an average return of \$3.27 in medical costs for every dollar spent on worksite wellness programs.** .
 - Organizations that have reported cost savings or positive ROI ratios include Johnson & Johnson, Citibank, Procter & Gamble, Chevron, California Public Retirement System, Bank of America, DuPont, Duke University, and Highmark.

Promoting Prevention Through the Affordable Care Act: Workplace Wellness : References

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