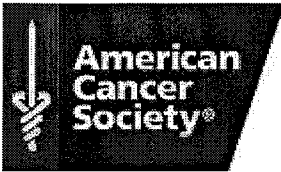


SB 1106

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March 2, 2011

Committee on Ways and Means
Senator David Y. Ige, Chair
Senator Michelle Kidani, Vice Chair

Hearing:

February 4, 2011, 3:00 P.M.
Hawaii State Capitol, Conference Rm. 229

RE: SB1106 – Relating to Wellness

Testimony in Strong Support

Chair Ige and Vice Chair Kidani and members of the Committee on Ways and Means. My name is George Massengale and I am here on behalf of the American Cancer Society Hawaii Pacific, Inc. Thank you for the opportunity to offer our testimony regarding SB1106 which would establish a workplace wellness pilot program for our state employees.

In Hawaii the American Cancer Society (ACS) has been actively engaging businesses large and small on the benefits of incorporating a workplace wellness program within their organization, utilizing our “Active For Life” initiative. This program has been shown to be successful in reducing employer insurance and health care cost by promoting healthy behaviors including physical activity and nutrition. At the same time, it has increased employee morale and teamwork.

Nationally, since 2005, 1180 companies and more than 172,000 employees have participated in ACS's Active For Life workplace physical activity and wellness program. Ongoing evaluations of the impact of Active For Life found statistically significant increases in moderate-to-vigorous physical activity as well as total physical activity. This corresponded to decreases in depressive symptoms and stress, decreases in body mass index and increases in satisfaction with body appearance and function.

With regards to SB1106 we only see benefit in establishing a workplace wellness pilot program for our state employees. Further, we would be happy to offer our expertise and assistance in implementing this pilot program.

Thank you for the opportunity to provide testimony in support of SB1106.

Very truly yours,

A handwritten signature in black ink, appearing to read "George S. Massengale".

George S. Massengale, JD
Director of Government Relations



FARMERS
HAWAII

LATE

THE HONORABLE, DAVID Y. IGE CHAIR
SENATE WAYS AND MEANS COMMITTEE
Twenty-sixth State Legislature
Regular Session of 2011
State of Hawai`i
February XX, 2011

RE: S.B. 1106; RELATING TO EMPLOYEE WELLNESS PROGRAM TAX CREDIT
Chair Ige, Vice Chair Kidani, and members of the Senate Committee on Ways and Means, [company Name] submits the following testimony supporting the intent of S.B. 800.

The purpose this Act is to establish a workplace wellness pilot program. The legislature is therefore interested in authorizing and evaluating health and wellness alternatives that reduce the incidence of chronic disease, support state employees in adopting and maintaining healthier lifestyles, and reduce the costs of health care expenditures associated with emergency care and other hospital-based treatments for avoidable chronic diseases.

It is our experience that employee wellness programs produce results that not only benefit the employee. But also provide cost savings. These cost savings could produce a positive impact on the economy of Hawaii. The positive impact of the lower cost could be more income that may be translated in more jobs in Hawaii.

Farmers Insurance Hawaii, Inc. implemented our Wellness Program in the fall of 2007. We knew our workforce was aging but we also saw a 45% increase in our large claims expense (claims over \$20,000) and a 120% increase in the number of large claims.

Our Wellness Program includes a cash incentive to all employees to participate in an annual biometric screening and an online health risk assessment. This is supplemented by educational workshops, disease/health management program, one-on-one coaching with a nutritionist/dietician and coordinated yoga, zumba and body sculpting classes. Data gathered from the health risk assessment helps us determine the changes in healthy habits and assesses the employees "readiness for change".

After three years, our medical benefits utilization decrease by 35%, tobacco use drop by 2.5%, sick days decrease by 25%. But we have also seen an increase in diagnosed diabetes increase by 1.2%. This is a good sign. Employees that didn't know they have diabetes are now aware of this disease. The diabetes management program is made available to employees who want to enroll.

For these reasons, we **support** the intent of S.B. 1106, and encourage the committee to pass this measure. Thank you for this opportunity to testify.

DATE: 4 March 2011
ATTN: COMMITTEE ON LABOR WAYS AND MEANS

L A T E

Senator David Y. Ige, Chair
Senator Michelle Kidani, Vice Chair

HEARING DATE: Thursday, March 4, 2011

HEARING PLACE: Conference Room 211 - State Capitol - 415 South Beretania Street

TIME: 10:25am

RE: SB 1106 **RELATING TO WELLNESS**.- Creates a workplace wellness pilot program; appropriates funds.

WEB: <http://www.capitol.hawaii.gov/emailtestimony>
Note to clerk: (Please print 4 copies including original)

Dear Committee on Ways and Means:

My name is Jason Ledford and I am a Master of Social Work Candidate at the University of Hawaii at Manoa. I would like to testify in strong **support** of SB 1106- the establishment of a work place wellness program for state workers.

As a social worker I see daily the benefits of people maintaining a healthy lifestyle. From my observations people who exercise regularly, are educated on health matters, and eat a balanced diet are happier more productive people. Aside from being in good physical health, these individuals tend to be in good mental health as well. This translates to these same individuals using less health resources.

I believe that work place wellness programs are a win/win situation for everyone. At a time when our state is economically struggling I could not think of a better way to reduce costs and help those that serve our community. I humbly ask that you support this bill for the benefit of everyone in Hawaii.

Sincerely,

Jason Ledford

MSW Candidate

University of Hawaii at Manoa