

State of Montana, Health Care and Benefits Bureau

Kim Pullman, RD, LN is the Wellness Coordinator for the State of Montana Health Care and Benefits Plan, which provides State employees, retirees, legislators, and their dependents with group medical, dental, prescription, and other optional insurance benefits. The benefits package includes a wellness program supported through the state's self-funded health insurance plan.

Activities Relevant to State Plan to Prevent Obesity: Spring Fitness (motivational prizes for physical activity recorded via pedometer, and nutrition challenges); Hunter Challenge, Why Weight Program, health coaching, breastfeeding promotion, and Weight Watchers reimbursement.

Services/Recipients: Other services to employees statewide include health screenings; flu shot clinics, Employee Assistance Program, Mommy Trax Prenatal Health Program, Lunch and Learn educational programs, and tobacco cessation and diabetes prevention programs; <http://www.benefits.mt.gov/wellness.asp>.

State Plan Settings: Worksites, Health Care, Social/Cultural Environments (Homes).

CDC Behaviors:

- Increasing fruit & vegetable consumption through weight loss programs and general nutrition education;
- Decreasing consumption of sugar-sweetened beverages (same as above);
- Decreasing consumption of energy dense food (>4 calories/gram) (same as above);
- Increasing physical activity through various P.A. programs as described above;
- Increasing breastfeeding through occasional informational offerings`
- Decreasing screen time through occasional informational offerings

Gaps and Concerns: Need more emphasis on prevention rather than treatment after a problem emerges and consistent dissemination of program benefit information.