



## **8 Indiana organizations achieve workplace health recognition from American Heart Association**

### ***Scientific, evidenced-based instrument rates, recognizes workplace health programs and workforce heart health***

(INDIANAPOLIS – Sept. 25, 2017) – Eight Indiana organizations have been recognized by the American Heart Association for taking significant steps to build a culture of health in their workplace. The American Heart Association, the world’s leading voluntary organization dedicated to building healthier lives, free of cardiovascular diseases and stroke, created the Workplace Health Index with its [CEO Roundtable members](#), a leadership collaborative of more than 30 CEOs from some of America’s largest companies who are committed to applying evidence-based approaches to improve their employees’ overall health.

In Indiana, the following organizations were recognized in the 2017 Workplace Health Achievement Index:

- American Commercial Barge Line, Jeffersonville, Gold
- Angie’s List, Indianapolis, Bronze
- Apex Benefits Group, Indianapolis, Bronze
- Decatur County Memorial Hospital, Greensburg, Bronze
- Duke Realty, Indianapolis, Gold
- National Office Furniture, Jasper, Bronze
- Pike Township Fire Department, Indianapolis, Bronze
- RCI, Carmel, Bronze

The Index uses science-based best practices to evaluate the overall quality and comprehensiveness of their workplace health programs. A unique feature of the Index is that it calculates an average heart health score for employees of participating companies that securely submit aggregate health data.

More than 800 companies completed the Index assessment this year and, of those companies, 67% received either Gold, Silver, or Bronze recognition. Companies receive benchmarking reports, which allow them to identify potential areas of improvement so that they can advance their annual performance and recognition.

“The American Heart Association is building a culture of health and well-being throughout the country, and on behalf of the Association, we congratulate these local companies and thank them for their efforts in cultivating healthier workplaces and communities,” said Kathy Krusie, chair of the American Heart Association’s Indianapolis board of directors.

The Association's Workplace Health Achievement Index allows companies to measure the effectiveness of their workplace health programs, as well as the overall heart health of their employees. Unlike other existing organizational scorecards, the Index also scores companies on the heart health of their employees based on Life's Simple 7<sup>®</sup> – the Association's scientifically validated definition of ideal heart health. The key factors contributing to optimal heart health include smoking cessation, maintaining a healthy weight, staying physically active, eating a healthy diet, managing blood pressure, lowering cholesterol, and keeping blood sugar at a healthy level.

Scientific [research shows](#) that improving these seven factors can lead to significant reductions in heart disease, stroke, cancer, and many other health problems. In addition, people who achieve ideal cardiovascular health by age 50 have a significantly lower risk of heart disease and stroke, and live, on average, approximately 10 years longer than people with two or more risk factors.

The American Heart Association's Workplace Health Achievement Index assessment is grounded in data-driven science, and a quality improvement framework. According to the [Nielsen 2016 Employee Health Survey](#), robust and comprehensive strategies for well-being are associated with positive impacts on employees' health.

###

#### **About the American Heart Association**

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit [heart.org](http://heart.org) or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).

#### **About the American Stroke Association**

The American Stroke Association is devoted to saving people from stroke – the No. 2 cause of death in the world and a leading cause of serious disability. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat stroke. The Dallas-based association officially launched in 1998 as a division of the American Heart Association. To learn more or to get involved, call 1-888-4STROKE or visit [StrokeAssociation.org](http://StrokeAssociation.org). Follow us on [Facebook](#) and [Twitter](#).

The American Heart Association/American Stroke Association receives funding mostly from individuals. Foundations and corporations donate as well, and fund specific programs and events. Strict policies are enforced to prevent these relationships from influencing the Association's science content. Financial information for the American Heart Association, including a list of contributions from pharmaceutical companies and device manufacturers, is available at <http://www.heart.org/corporatefunding>.

#### **For Media Inquiries:**

Tim Harms

[Tim.harms@heart.org](mailto:Tim.harms@heart.org), (317) 732-4714