

Promoting a Culture of Health and Well-Being in the Workplace

BY SUSAN BURNELL

Some healthy competition may be just what companies need to help their employees achieve healthier, longer and more productive lives. That's the idea behind the American Heart Association's Workplace Health Achievement Index.

The Index, available at no cost to employers, provides an evidence-based approach to measure the comprehensiveness and quality of workplace health programs. It also measures the overall heart health of their employees. Companies can attain gold, silver and bronze status based on how well they meet the American Heart Association's criteria for implementing high-quality health policies, programs and environmental supports toward a healthier workforce.

Recognizing Healthy Companies Through Healthy Competition

"The Workplace Health Achievement Index was a vision of our CEO Roundtable," says the Association's CEO Nancy Brown. "CEOs know that companies respond well to healthy competition, and if they could be recognized for achieving health goals, it would not only raise their level of interest, but also empower them to build healthier workplaces."

The 30-plus-member CEO Roundtable, led by Henry Kravis, co-CEO and co-chairman of KKR; Terry Lundgren, executive chairman of Macy's, Inc.; and Brown, represents some of the nation's largest and most influential corporations and organizations. With scientific guidance by the Association, the group is an incubator for developing innovative solutions to improve workplace health.

Adding an element of recognition raises the stakes while creating a sense of urgency.

"We know companies care a lot about what other organizations are doing," says Brown. "We know there is a lot of competition in the marketplace to attract and retain the most capable employees. Weaving health into the fabric of their organizations is good business, and CEO Roundtable companies are forerunners in this movement."

"Our CEO members have collectively pledged to improve the health of our nation's companies, their employees and communities," says Kravis. "We're pleased to see more companies join us on this important mission and help share our collective best practices on workplace health initiatives with all of America's employers."



A Culture of Health

The Index creates momentum around the American Heart Association's mission: to build healthier lives free of cardiovascular diseases and stroke.

"One of the differentiators of the Index is that it provides science and evidence where it hasn't existed before—about what works and what doesn't work in the workplace," says Brown.

The U.S. now spends more on healthcare than any other country, yet it ranks 28th in life expectancy, according to a 2016 Organisation for Economic Co-operation and Development (OECD) report. Chronic disease prevention and

promoting optimal health are essential to improving the health and productivity of the U.S. workforce. A culture of health within the workplace can have a significant impact on the estimated population of 155 million working-age adults.

A Continuous Journey to Improvement

"Actively investing in employee and family health is a business theory that provides two-way benefits," says Lundgren. "Participating in the Index allows for best practices to be cultivated and shared, with the benefit of real data to support outcomes. It's no secret that when employees are engaged and energized, they bring their optimum energy to work. At Macy's, Inc., we've cleared traditional hurdles by making programs available to participants at no cost, as well as being easy to access."

Brown hopes companies will use the Index as a continuous quality improvement journey to satisfy policy and program gaps identified through their assessment. "Implementing evidence-based measures listed in the Index will not only increase their ranking on the Index, it can also have a positive impact on employee health and productivity." ■

The Association's workplace health products and services leverage the science behind the Index while improving consumer engagement and promoting healthier behaviors. For more information, visit www.heart.org/workplacehealth.



Congratulations to some of America's healthiest organizations

The American Heart Association is proud to recognize the below organizations for their dedication to building healthier workplaces. These organizations scored highest on the American Heart Association's Workplace Health Achievement Index, which was developed in collaboration with the Association's CEO Roundtable and its Center for Workplace Health Research and Evaluation.

<p>Gold (Index score of 175-217)</p> <ul style="list-style-type: none"> Adventist Health Castle (Kailua, HI) Akron Children's Hospital American Commercial Barge Line American Greetings American Heart Association Arthrex Assurance Baylor College of Medicine BBVA Compass Booz Allen Hamilton Brown University CARF International CaroMont Health Central Florida Health Centura Health Chevron Pascagoula Refinery Children's Hospital Colorado Chr. Hansen, Inc. 	<ul style="list-style-type: none"> Constellation Brands, Inc. Crescent Bank CSAA Insurance Group CVS Health Dallas-Fort Worth International Airport Delta Air Lines Duke Realty Eaton Corporation Edwards Lifesciences eni Erie Insurance Florida Blue Franklin Synergy Bank Froedter Health Harris Health System Higginbotham Hill Physicians Medical Group Humana Inc. IBM Jaeger & Flynn 	<ul style="list-style-type: none"> JLL Johns Hopkins All Children's Hospital Johnson & Johnson Kaiser Permanente King Ranch, Inc. KKR & Co. L.P. LG&E and KU Energy LLC Lutheran Senior Services (St. Louis, MO) Macy's, Inc. MassMutual McCarthy Holdings, Inc. Memorial Health (Marysville, OH) Mercy (Chesterfield, MO) Meredith Corporation Methodist Health System (Dallas, TX) New London Hospital Northern Westchester Hospital Norton Healthcare OrthoCarolina Phoenix Children's Hospital 	<ul style="list-style-type: none"> Pinnacle Assurance PyraMax Bank Restaurant Technologies Schneider Electric USA Seminole County Sheriff's Office Sentara Healthcare Southcoast Health St. Luke's Hospital (Chesterfield, MO) Terumo BCT Texas Health Resources The Breakers Palm Beach The Dow Chemical Company The School District of Palm Beach County The Starr Group VF Corporation Walsh Duffield Companies, Inc. Wolter Group LLC
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<p>Silver (Index score of 130-174)</p> <ul style="list-style-type: none"> Adventist Health (Los Angeles, CA) Aetna Akin Gump Strauss Hauer & Feld LLP Alliant Energy AlloSource AssetMark AT&T Atos IT Solutions & Services, Inc. Bayer (Myerstown, PA) Bisk BJC HealthCare Boehringer Ingelheim Pharmaceuticals, Inc. Bouchard Insurance Boulder County BPM LLP Cambia Health Solutions Cardiovascular Provider Resources/HeartPlace CareFirst BlueCross BlueShield Carolinas HealthCare System Carthage Area Hospital Cerner Corporation CESA #1 Children's Hospital of Wisconsin Cigna - Tampa Office City of Boulder City of Cincinnati City of Naples City of Rock Hill Clark Nuber Collegiate School (Richmond, VA) Contec, Inc. 	<ul style="list-style-type: none"> CooperSurgical CooperVision Core Creative Coventya, Inc. Creighton University Denver Water Desert Oasis Healthcare Devereux Advanced Behavioral Health El Rio Health Emerson Ent Credit Union Epic Insurance Solutions Ericsson Fairchild Medical Center Fifth Third Bank First Insurance Company of Hawaii FirstEnergy Florida Hospital Wesley Chapel Fort Worth Transportation Authority Freeman Health System Gilead Sciences Gresham Smith and Partners Group Health Cooperative of Eau Claire Halvor Lines Hawai'i Pacific Health HDR HealthSouth Rehabilitation Institute of Tucson Hendrickson HPMC Occupational Medical Services Huntington Hospital (Pasadena, CA) Interstate Batteries, Inc. IPS Advisors JMARK Business Solutions, Inc. 	<ul style="list-style-type: none"> Keenan & Associates Kent State University KentuckyOne Health Lake Land College LCEC Lee Health LifeStart Wellness Network Living Well Disability Services Mark Miller Subaru Martin's Famous Pastry Shoppe, Inc. Medical Mutual of Ohio Memorial Hermann Health System Merck Metro Nashville Public Schools MillerCoors Miniature Precision Components (MPC), Inc. MVP Health Care Nielsen Novant Health Omaha Steaks OneADP Augusta Ortho Clinical Diagnostics Passport Health Plan People of Faith Inc. DBA: Royal Oaks Phelps Hospital, a member of the Northwell Health System Pima Community College Premier Health (Dayton, OH) ProCare Rx Prospect Medical Holdings Quest CE RK RoyOMartin 	<ul style="list-style-type: none"> Rush System for Health San Diego Center for Children San Diego Unified School District South County Health (Wakefield, RI) Spectrum Brands Sprint Streck Stronghold Engineering, Inc. Tampa Bay Trane The Arc of Rensselaer County The Bank of Tampa The Beck Group The Rochester Institute of Technology The Vitality Group Turner Construction BOS - MIT SoMa Project UNICOM Engineering University of Maryland Upper Chesapeake Health University of Missouri System University of San Francisco USI Wellsource, Inc. West Bend Mutual Insurance Company Whatabrands LLC Whirlpool Corporation White Plains Hospital Wildwood Programs Yale New Haven Health YMCA of the Pikes Peak Region
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To see the full list of recognized companies, visit heart.org/workplacehealth