

The Index is a voluntary, online continuous quality improvement platform that allows organizations to assess the comprehensiveness of their workplace health programs and the overall heart health of their workforce. By completing the Index, an organization receives a baseline score, assess gaps in worksite programs and policies that support heart health, and make year-on-year improvements.

To improve the quality of the tool, we gathered feedback from 2016 Index users, the CEO Roundtable, the Workplace Health Steering Committee and AHA Staff responsible for developing, implementing, and evaluating the Index. **Changes to the Index for 2017 are summarized and illustrated below.**

Section 1: Organizational & Demographic Information

2016	2017	Benefit Summary
Submitting demographic information voluntary.	No substantive changes to required information. Demographic information still voluntary, but organizations are encouraged to provide these data.	Providing demographic data allows AHA to conduct more detailed analysis on the relationship between workforce characteristics and Index results.

Section 2: Structure & Process Measures (aka “Culture of Health Assessment”)

2016	2017	Benefit Summary
55 questions totaling 151 maximum points (60% of Total Index Score).	55 questions totaling 151 maximum points (60% of Total Index Score) <u>Question B9 and B10 (Tobacco Policy).</u> If an organization answers “Yes” to B9, they automatically receive full points for B10. “UPDATE” button added at the bottom of the Structure and Process tab.	Continuity of questions. This allows for more user feedback to inform the formal Index validation process. Resolves ambiguity and confusion reported by users. Scoring adjustment better aligns with policy. Prompts users to review their answers before the deadline. Resolves ambiguity reported by users.

Section 3: Performance Measures (aka “Employee Health Assessment”)

2016	2017	Benefit Summary
Organizations had 4 options to submit LS7 employee health data: <ul style="list-style-type: none"> • AHA’s My Life Check • Batch Upload • API (Stateless/Recorded) • API (Non-Stateless/Non-Recorded) (Note: Using API requires that user has technical infrastructure to submit data using this process).	Added Aggregate Report template as an additional option. Aggregate report uses aggregate employee health data to calculate a Heart Health Score. Please visit the Employer Resources section of Workplace Health Solutions site to access the Aggregate Report process instructions under Index Resources.	<ul style="list-style-type: none"> ➤ Lowers barriers for submitting performance metrics ➤ No Personal Health Information (PHI) is transmitted ➤ Addresses data privacy concerns ➤ Optimizes opportunity to earn points towards the Performance Metrics component of the Index (40% of the Total Index Score).

Eligibility for Performance Metrics Points

2016	2017	Benefit Summary
<p>To receive points, organizations needed to:</p> <ol style="list-style-type: none"> 1. Provide LS7 employee level data, for a <u>minimum of 25%</u> of its employees, and; 2. Submit data for <u>ALL seven</u> of Life's simple 7 metrics. 	<p>The required number of LS7 metrics has been relaxed. To receive points, organizations are required to:</p> <ol style="list-style-type: none"> 1. (Same as 2016). Provide LS7 employee level data, for a <u>minimum of 25%</u> of its employees; and; 2. (Revised). Submit data for <u>at least five of the seven</u> LS7 metrics to receive <u>points for the Completion Score</u> (LS7 Criteria 1) 3. (Revised). Submit data for <u>at least four of the seven</u> LS7 metrics to receive <u>points towards the Heart Health Score</u> (LS7 Criteria 2) 	<ul style="list-style-type: none"> ➤ Lowers the number of LS7 metrics for points eligibility ➤ Keeps the 25% data threshold to ensure credible results ➤ Improves ability of organizations to increase their total Index score and attain an optimal recognition level

Examples

Organization A provides LS7 data for four metrics: healthy weight, eating healthy, not smoking and being physically active. However, the data were gathered from only 20% of employees. Organization A will score a '0' for all three performance criteria/measures.

Organization B provides LS7 data for only 3 metrics: healthy weight, eating healthy and not smoking. The data were gathered from 50% of employees. Organization B will score a '0' for all three performance criteria/measures.

Organization C provides LS7 data for 4 metrics: healthy weight, eating healthy, not smoking and physical activity. The data were gathered from 50% of employees. Organization C will receive '0' points for the Completion Score (Criteria 1), but will receive a HHS, and be eligible to receive points for the HHS (Criteria 2).

Organization D provides LS7 data for 5 metrics: healthy weight, eating healthy, not smoking, blood pressure and physical activity. The data were gathered from 50% of employees. Organization D will receive points for the Completion Score (Criteria 1), and will receive a HHS, and will be eligible to receive points for the HHS on a sliding scale (Criteria 2).

Scoring Thresholds for LS7 Metrics

2016	2017	Benefit Summary
<p>To receive points for the aggregate Heart Health Score, an organization had to achieve a HHS of 6.0 or more.</p>	<p>Thresholds for the Heart Health Score (HHS), and the annual relative improvement in the HHS, have been lowered to 5.2. This is the median HHS for US adults (Source: NHANES).</p>	<ul style="list-style-type: none"> ➤ Improves ability of company to increase their total Index score and attain an optimal recognition level.

Additional Information

If an organization submits data for 4 or more LS7 metrics, how is missing data for the remaining LS7 metrics dealt with?

Batch Upload & API Processes

Each employee record that has missing data for a LS7 metric is given a population mean value for their age, sex, and/or race/ethnicity ["mean imputation"]. Data are from the National Health and Examination Survey (NHANES).

Source: <https://www.cdc.gov/nchs/nhanes/>

Aggregate Report Template

Because employee level data are not provided via the Aggregate Report Template, missing data for LS7 metrics are not adjusted using NHANES. Instead, the Heart Health Score algorithm adjusts for a different denominator.