

## Over 900 companies recognized for creating healthier workplaces

Evidence-based American Heart Association Workplace Health Achievement Index assesses and recognizes workplace health programs and workforce health

DALLAS, October 21, 2019 — Building a workplace culture of health, including a healthy workplace environment, can lead to increased productivity, less absenteeism and reduced cost growth trend in health expenditure<sup>1</sup>. The American Heart Association's [Workplace Health Achievement Index](#) is recognizing [938 organizations](#) for investing in the health of their workforce and workplace. The American Heart Association, a global force for longer, healthier lives, commends these companies for their commitment to creating a workplace environment built on healthy core values.

The Index is a web-based portal that fuses health content, personal health data and consumer engagement opportunities evaluate the overall quality and comprehensiveness of their workplace health programs. Of the organizations that completed the Index assessment, 27% received Gold recognition, 26% Silver and 29% Bronze. Recognition designations are determined by data submitted, as well as the overall heart health score of their employees. As a result, organizations receive benchmarking reports to help identify areas to improve.

"Improving employee health starts with measuring the evidence which can be achieved through the Workplace Health Achievement Index," said Nancy Brown, CEO of the American Heart Association. "The workplace is where people spend most of their time and we are committed to collaborate with companies to build a culture of health at work and in communities."

The Index was created in 2016 by the Association's [CEO Roundtable](#)—a leadership collaborative that has grown to more than 45 members who collectively represent more than 10 million employees and their family members—to implement evidence-based approaches to workplace health, empowering employees and building stronger corporate cultures.

"We invest in the health of our employees in many ways, including ensuring a healthy workplace," said Brian Moynihan, CEO of Bank of America and Co-Chairman of the Association's CEO Roundtable. "The Workplace Health Achievement Index will help ensure we're doing all we can to attract the best talent and provide them quality, affordable health care."

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<sup>1</sup> PriceWaterhouseCoopers 2014

“The members of the CEO Roundtable know that leaders should always be looking for new ways to support a culture of health in the workplace,” said Alex Gorsky, Chairman and CEO of Johnson & Johnson and Co-Chairman of the Association’s CEO Roundtable. “We are proud to be a part of a program like the Index that offers companies an innovative, science-based tool they can use to help improve their employees’ health and well-being.”

The Index also integrates [Life’s Simple 7®](#), the American Heart Association’s definition of ideal cardiovascular health based on seven risk factors, into the scoring process. Life’s Simple 7® includes smoking status, physical activity, weight, diet, blood glucose, cholesterol and blood pressure.

As part of its commitment to healthier workplaces, the American Heart Association also offers [Health Screening Services](#), an onsite biometric screening solution which allows organizations to collect and submit employee health data seamlessly. The health screenings are combined with a health assessment and education to motivate participants to make behavior changes.

The American Heart Association offers a suite of science-based, evidence-informed tools and services to help organizations build and maximize effective cultures of workplace health. For more information, visit [www.heart.org/workplacehealth](http://www.heart.org/workplacehealth).

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#### About the American Heart Association

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public’s health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on [heart.org](http://heart.org), [Facebook](#), [Twitter](#) or by calling 1-800-AHA-USA1.

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