



American Heart Association | American Stroke Association®

life is why



Worksite Wellness Resources

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By 2020, to improve the cardiovascular health of all Americans by 20%

Life's Simple 7

 Not Smoking

 Physical Activity

 Healthy Diet

 Healthy Weight

 High Blood Pressure

 Blood Cholesterol

 Blood Glucose

20% 
Improved Health



20% 
Mortality

while reducing deaths from cardiovascular diseases and stroke by 20%

2020 Impact Goal

Culture of Health

A culture in which people live, work, learn, play and pray in environments that support healthy behaviors, timely quality care and overall well-being.



The healthy choice is the default choice.



CARDIOVASCULAR DISEASES AFFECT EMPLOYERS



THE BURDEN

Cardiovascular diseases are the **No. 1 killer of Americans**. They place a troublesome burden on American businesses & families.

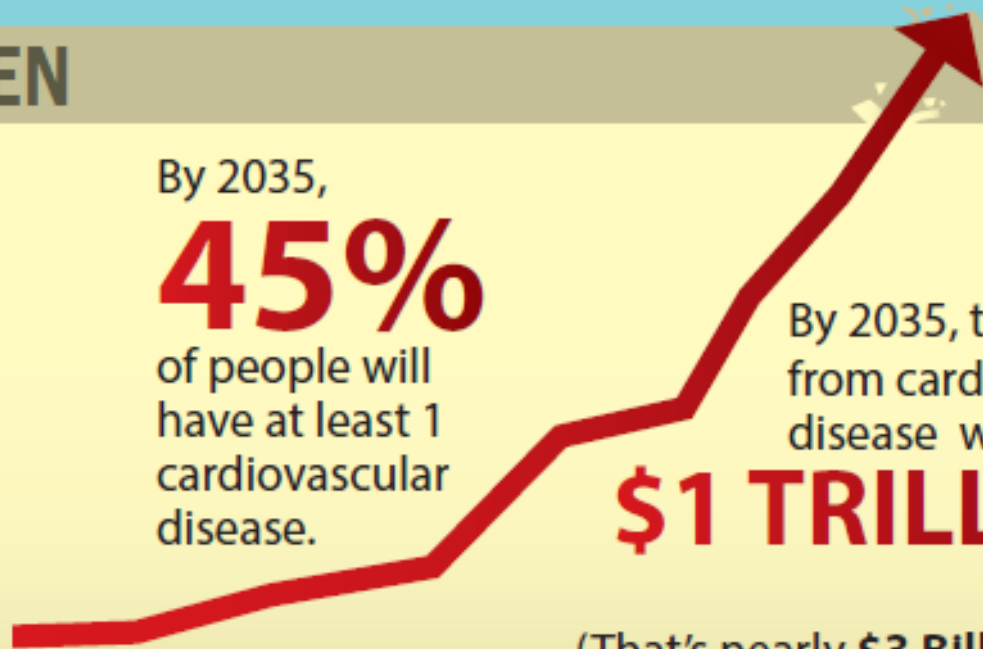
Cardiovascular diseases account for **1/3 of all deaths**.



By 2035, **45%** of people will have at least 1 cardiovascular disease.

By 2035, the cost from cardiovascular disease will exceed **\$1 TRILLION** per year.

(That's nearly **\$3 Billion** a day.)



In the last decade, healthcare insurance premiums have **drastically risen** for both large & small businesses.

Small Business Increase



63% Increase \$15,849 per employee

Large Business Increase



72% Increase \$17,265 per employee

CARDIOVASCULAR DISEASES BURDEN EMPLOYERS



The cost of high blood pressure

High blood pressure raises an employee's healthcare costs by nearly **one third**.



Hypertension-related absenteeism costs employers

\$10.3 billion per year.



The cost of stroke

Stroke is America's **No. 1** debilitating disease. Stroke costs all payers **\$6,492 a person per year.**



Stroke leads to an average of **20 lost workdays per year per patient.**



The cost of obesity

Obesity raises an employee's healthcare costs by **27 percent.**



Obesity-related absenteeism costs employers

\$11.2 billion per year.



The cost of cardiovascular diseases

Employees with a cardiovascular disease

- **Lost 56 hours** more per year in productivity
- **Cost \$1,119 more** per year in insurance
- **Congestive Heart Failure** costs all payers **\$8,332 a person per year.**



Heart disease leads to an average of **13 lost workdays per year per patient.**



The cost of physical inactivity

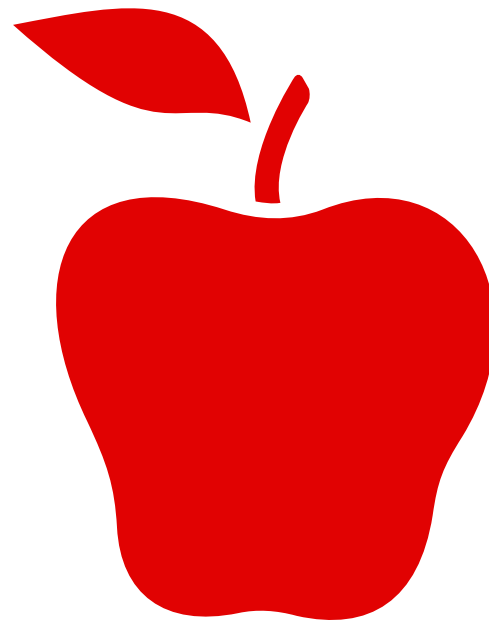


Physical inactivity costs U.S. employers **\$9.1 billion per year.**

Employees Overestimate Their Health

Overall Health

Most employees report being in very good or good health

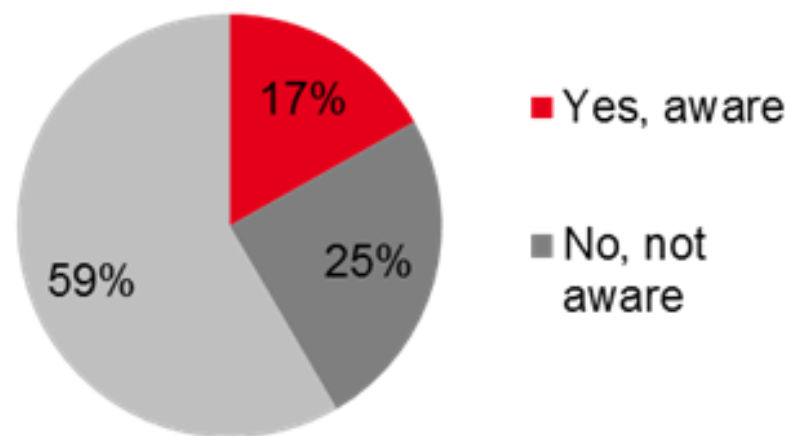


Of the **74%** who say they are in very good or good health **42%** have been diagnosed with a chronic illness.

Few Know Their Numbers

	Checked in Last 12 Months	Numbers They Know
My weight	85%	80%
My blood pressure	75%	49%
My cholesterol	58%	30%
My BMI (Body Mass Index)	38%	26%
My fasting blood sugar/glucose	46%	20%
None	12%	16%

Employees' Awareness of CEO Involvement



Employees' Perceptions of Employer

52%
Overall

81%
Among Those Encouraged

Say it's extremely or very important for employers to offer workplace wellness programs



57%
Overall

71%
Among Those Encouraged

Say being in a healthy environment is extremely or very influential



27%
Overall

52%
Among Those Encouraged

Say employers are extremely or very concerned about the health of employees

AHA Worksite Wellness Resources

- Heart at Work E-Newsletter
- Icon Months/Days Toolkits
- Healthy for Good: Heart Walk
- Educational Presentations
- My Life Check
- Check, Change, Control
- Workplace Health Solutions



Heart At Work E-Newsletter



- Free Quarterly Email for HR Professionals
- Filled with health content, tips, recipes, updates, and more!
- www.heart.org/heartatwork

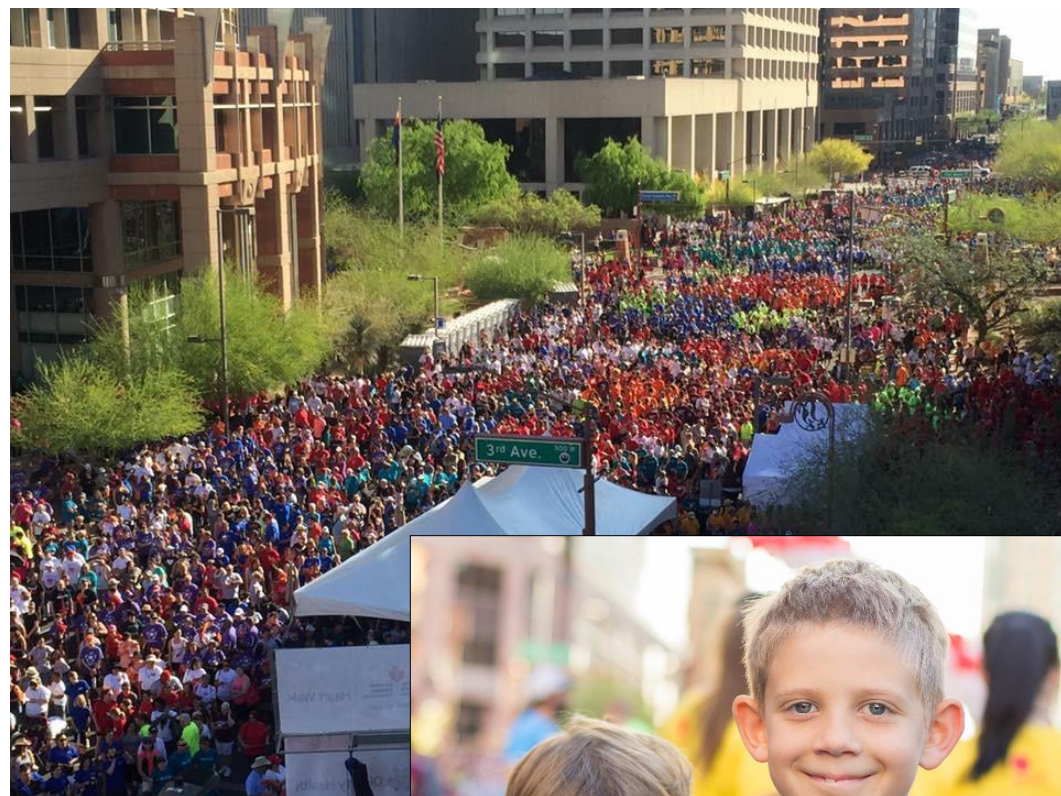
Icon Months and Days

- Heart Month, February
- Wear Red Day, First Fri in February
- National Walking Day, First Wed in April
- Stroke Month, May
- National CPR Week, First Week of June
- World Stroke Day, October 29
- National Eating Healthy Day, First Wed in November



Healthy for Good: Heart Walk

- Promote physical activity
- Promote team-building
- Engage employees and families
- www.phoenixheartwalk.org
 - April 7, 2018 at Cityscape
- www.tucsonheartwalk.org
 - April 21, 2018 at Reid Park
- www.heart.org/healthyforgood¹⁰



Educational Presentations

- Staff and Volunteers
- Most Common Topics:
 - Heart Disease and Prevention
 - Women and Heart Disease
 - Stroke: Warning Signs and Prevention
 - Hands-Only CPR
 - Blood Pressure
- Health Fair and Community Events
- www.heart.org/phoenixeventform

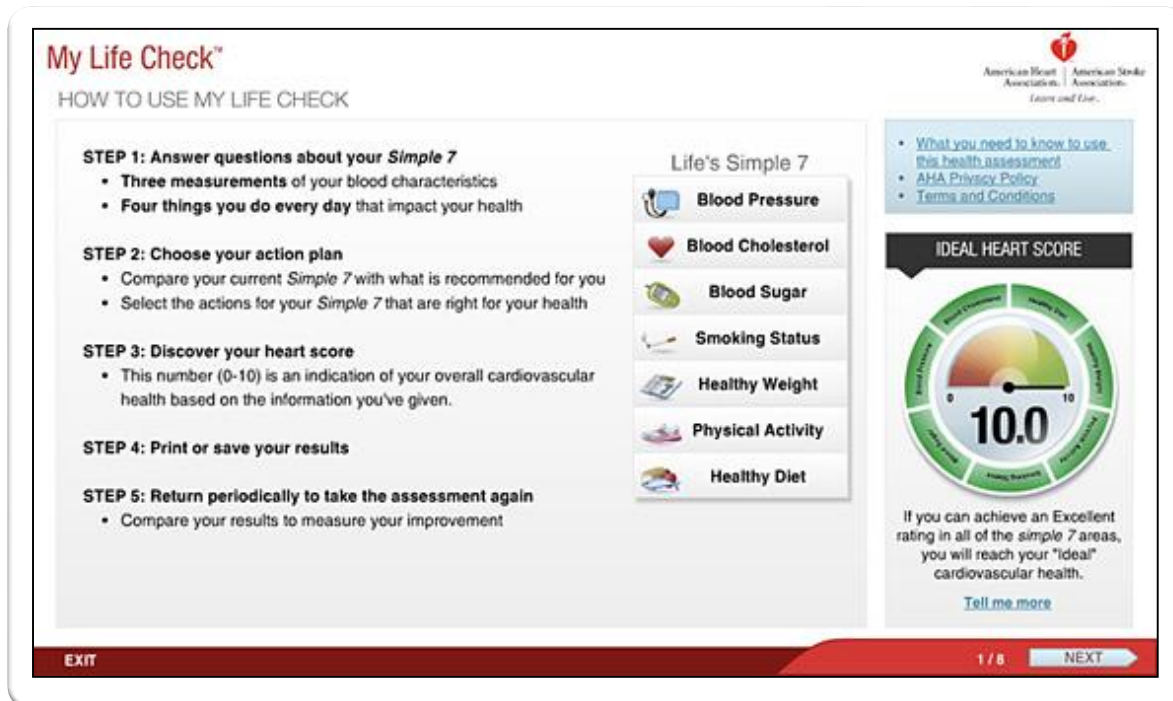


Healthy Workplace Food and Beverage Toolkit

- Easy for an organization of any size to begin making healthy changes
- Focus on 4 Key Areas: Meetings, Catered Meals, Snacks, and Vending
- www.heart.org/foodwhereur



My Life Check



My Life Check™

HOW TO USE MY LIFE CHECK

STEP 1: Answer questions about your Simple 7

- Three measurements of your blood characteristics
- Four things you do every day that impact your health

STEP 2: Choose your action plan

- Compare your current Simple 7 with what is recommended for you
- Select the actions for your Simple 7 that are right for your health

STEP 3: Discover your heart score

- This number (0-10) is an indication of your overall cardiovascular health based on the information you've given.

STEP 4: Print or save your results

STEP 5: Return periodically to take the assessment again

- Compare your results to measure your improvement

Life's Simple 7

- Blood Pressure
- Blood Cholesterol
- Blood Sugar
- Smoking Status
- Healthy Weight
- Physical Activity
- Healthy Diet

IDEAL HEART SCORE

10.0

If you can achieve an Excellent rating in all of the simple 7 areas, you will reach your "ideal" cardiovascular health.

[Tell me more](#)

EXIT 1 / 8 NEXT



- Free online heart health assessment – for individuals or companies
- Expanded version, now includes reports, designed for companies with 500+ employees (does have a fee)
- www.mylifecheck.org

Check. Change. Control

- Blood pressure challenge designed for the workplace
- Easy online tool for tracking readings
- Reporting feature for companies
- Goal is 8 readings over 4 months, with average 10 point drop in readings
- www.ccctracker.com



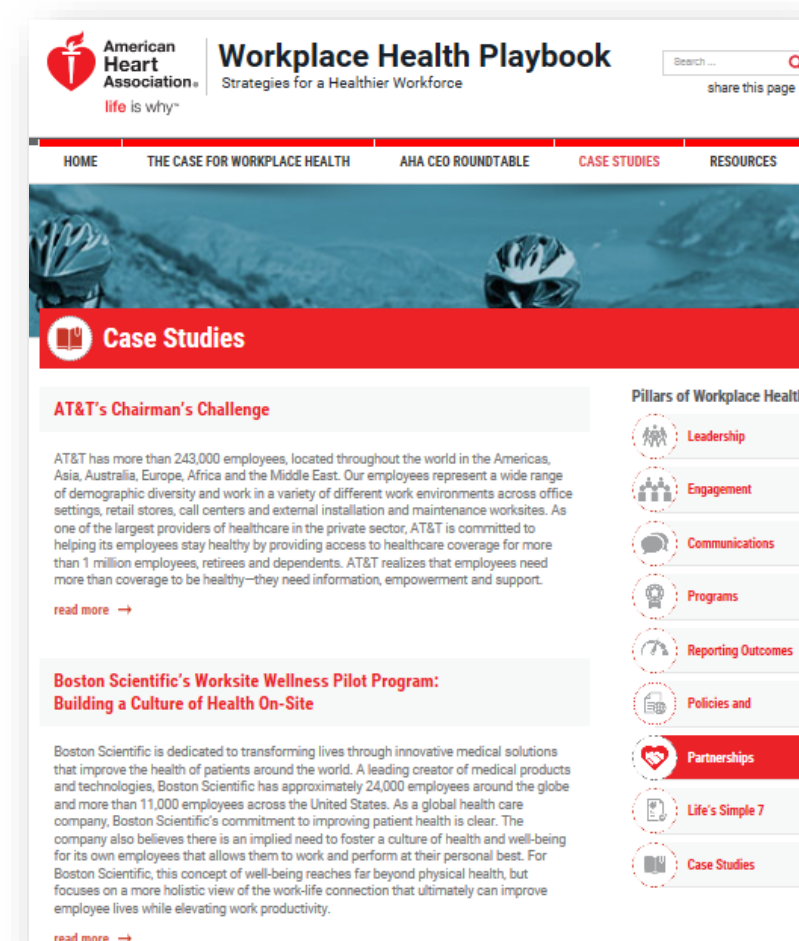
Workplace Health Solutions – Workplace Health Achievement Index



- Easy, online form
- Worksite Wellness Self-Assessment
- 55 process questions
- 3 performance measures, to gauge employee health in aggregate
- www.heart.org/workplacehealth

Workplace Health Solutions – Workplace Health Playbook

- 7 Pillars of Worksite Wellness Programs
 - Leadership
 - Policies and Environment
 - Communications
 - Programs
 - Engagement
 - Partnerships
 - Reporting Outcomes
- Case Studies and Guidance
- www.heart.org/playbook



Questions?



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Stroke Association**

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