



THE HEALTH PROJECT

PRESENTS

The 2019

***C. Everett Koop
National
Health Awards***

**Including a History of
Cost-Effective
Wellness Programs**

Health promotion and disease prevention with demonstrated results, available free online

www.thehealthproject.com

About Dr. C. Everett Koop

Dr. C. Everett Koop (1916-2013) was an American pediatric surgeon and public health administrator. He was a vice admiral in the Public Health Service Commissioned Corps, and served as the 13th Surgeon General of the United States under President Ronald Reagan from 1982 to 1989. Dr. Koop became a household name during his tenure and is widely regarded as the most influential Surgeon General in American history. During his term, he played a crucial role in changing public attitudes about smoking and advocating for a smoke-free America.

Dr. Koop spent the vast majority of his career as a practicing physician. For 35 years, from 1946 to 1981, he was pediatric surgeon-in-chief at the Children's Hospital of Philadelphia (CHOP) and in 1956, he established the nation's first neonatal surgical intensive care unit. While a surgeon in Philadelphia, Dr. Koop performed groundbreaking surgical procedures on conjoined twins, invented techniques that today are commonly used for infant surgery and saved the lives of countless children who otherwise might have been allowed to die.

The Health Project has been awarding annual prizes to organizations with proven health improvement and cost savings programs since 1994, when the organization was established, with Dr. Koop as its chairperson. Dr. Koop was known as 'America's Doctor' and The Health Project will continue to present the annual C. Everett Koop National Health Award in his honor.

2019 Winners of The C. Everett Koop National Health Award

Baylor College of Medicine *BCM BeWell*

Baylor College of Medicine (BCM) is a medical system, academic health sciences university, and research institution with a dynamic workforce of 10,000+ faculty, staff, residents, and post-doctoral fellows across the globe. The wellness program began in 2011 and expanded in 2014 when it became known as “BCM BeWell.” The mission of BCM BeWell is to educate, inspire, and create a culture of health and well-being throughout the College and serve participants wherever they are in their health and well-being journey. Between 2014 and 2018, participation in the program grew from 25% to 62% and at the same time BCM employees significantly improved their overall health. With physical wellness being the most highly utilized aspect of the program, the percentage of participants reducing their risk for physical inactivity activity was increased by 12.8% and those reducing risk for poor nutrition was 9.7%. According to an annual company survey, 86% of respondents reported BCM BeWell contributed to improvements in overall health and well-being. Because of positive health trends, Baylor experienced a medical budget surplus in 2018 and was able to keep the employee-paid medical insurance premiums static for 2018/2019. Senior leadership at Baylor endorses the BCM BeWell program and continues to support its growth.

Ericsson Inc.

E-Health Wellness Program

Ericsson is one of the world’s leading providers of Information and Communication Technology. Ericsson North America is headquartered in Plano, Texas, and employs nearly 6,300 workers. Ericsson offers a comprehensive and competitive health and welfare benefits package and the E-Health Wellness program to support the physical, financial, emotional and social wellbeing for its employees and their families. The program is well-integrated into the organizational infrastructure and has yielded significant improvements in population health and noteworthy business results over a 4-year period. In 2018, 74% of employees and 47% of spouses registered for the E-Health program and completed at least one activity. A risk migration cohort analysis of 3,626 employees found a positive net improvement of 3-4 percentage points over 4.4 years. Similar results were found when examining medical utilization data with participants having fewer hospital admissions and emergency department visits but higher rates of preventive examinations.

2019 Honorable Mention Recipients

Almoosa Specialist Hospital

The Almoosa Specialist Hospital Caregiver Wellness Program

Kaiser Permanente

Healthy Workforce

Metro Nashville Public Schools

Metro Nashville Public Schools Employee & Family Health Care Centers

Nationwide Mutual Insurance Company

My Life. My Choice. My Health. My Wellbeing.

Norton Healthcare

The N Good Health Wellness Program

The Ohio State University

One University Health & Wellness Initiative

Southern Farm Bureau Life Insurance Company

SFBLI WellnessWorks!

Past Winners of the C. Everett Koop National Health Award

You are invited to visit our website, learn more about the programs, and use this information in the development of your own health promotion and disease prevention programs. More information about these programs can be found on The Health Project website at: www.thehealthproject.com

*Aetna, Inc.
Alcon Laboratories
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AMERICAN Cast Iron Pipe Company
Applied Materials
Baylor College of Medicine
Boise School District
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Health Net
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Honeywell Inc.
International Business Machines Corporation (IBM)
Johnson & Johnson
*L.L.Bean, Inc.
Lincoln Industries
Lockheed Martin Idaho Technologies
Marriott International Inc.
McKesson Corporation
Medical Mutual of Ohio
Motorola
Nationwide Mutual Insurance Company
Northeast Utilities
O'Neal Industries, Inc.
*Pacific Bell
Park Nicollet Medical Foundation
Pepsi Bottling Group
*Pfizer Inc.
*Pitney Bowes
Prudential Financial
Quaker Oats Company
San Jose City Fire Department
Sentara
SHIELDS for Families Project, Inc.
State of Nebraska
Steelcase Inc.
Sunset Park Family Health Center Network
Texas Instruments

The Volvo Group
Trigon Blue Cross Blue Shield and
Subsidiary Health Management Corp.
UAW - General Motors
*Union Pacific Railroad
University of Alabama at Birmingham -
School of Education
University of Vermont

*UNUM Corporation
USAA
Vanderbilt University
WE Energies
Wisconsin Education Association
(WEA) Insurance Trust
*Multi-year Winner

Past Honorable Mention Recipients

In addition to full award winners, there have been many programs considered to be outstanding, but have lacked sufficient health improvement or cost savings data to meet The Health Project criteria. These programs are awarded the C. Everett Koop National Health Honorable Mention.

Almoosa Specialist Hospital
American Express
Arc
AFSCME Council 31
AT&T
Berkshire Health Systems
Blue Cross Blue Shield of Tennessee
Blue Shield of California
Burlington Northern Railroad
Carrel Fertilizer
Charleston Area Medical Centers
City of Birmingham
The Coca-Cola Company
Coors
Cornell University
Cummins Inc.
Dell Inc.
Delta Air Lines
DuPont
First National Bank of Chicago
Franklin Memorial Hospital
Graco

GE Fitness Center
HealthMedia, Inc. and Care Management
Institute
Health Partners
Healthwise
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MBNA

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New York Life Insurance Company
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Norton Healthcare
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Perdue Farms, Inc.
Project Freedom
Roche, Inc.
Sandia National Laboratories*
San Mateo County
Sentara Healthcare
Southern Farm Bureau Life Insurance

Company
Southeast Alaska Regional Health Consortium
Stanford Five Cities Project
Tenneco
The Travelers
Trek Bicycle Corporation
Union of Pan Asian Communities
University of Iowa
University of Kentucky
University of Michigan
University of Virginia
US Dept. Energy, Morgantown
Wachovia Corporation
Washoe County School District

**Multi-year Winner*

Several programs that have been awarded Honorable Mentions have gone on to win full awards. The Health Project encourages Honorable Mention recipients to re-apply in the following years. The following programs are Honorable Mention recipients that have become Award Winners:

CIGNA
Citibank
Dell Inc.
Health Net
Honeywell, Incorporated
Johnson & Johnson

Motorola
Nationwide Mutual Insurance Company
Union Pacific Railroad
University of Vermont
UNUM Life Insurance Company

Health costs will continue to rise.

Poor health habits and lack of early attention to modifiable risk factors will be major contributors. Their effect on the overall economy will be increasingly severe.

The one sustainable way to contain health costs is to prevent illness or injury in the first place.

The Health Project salutes organizations that subscribe to this philosophy and have implemented evidence-based programs. These programs have produced significant, proven results for employers, communities and the nation.

The Health Project Mission

The Health Project, Inc. (The Health Project), is a tax-exempt not-for-profit corporation formed to bring about critical attitudinal and behavioral changes in addressing the health and well-being of Americans. The Health Project focuses on improving personal health care practices and supporting population health by reaching adults where they spend most of their waking hours: at work. Many organizations have adopted health promotion (wellness) programs that encourage good health habits and improved understanding of how to use health services more effectively by individual workers and their families.

The mission of The Health Project is to seek out, evaluate, promote, and disseminate the lessons learned from exemplary health promotion and disease prevention programs with demonstrated effectiveness in influencing personal health habits and cost-effective use of health care resources. These programs have the objectives of (1) improving population health by helping individuals change unhealthy behaviors and reducing health risks, (2) establishing a culture of health at the workplace and surrounding community, and (3) offering good value for the money spent investing in these programs.

Employers must play a leadership role in promoting good health and preventing serious chronic illnesses by establishing evidence-based programs, policies, and environmental supports that emphasize positive health habits and judicious use of health care services. At the same time, individual workers have a responsibility to adopt healthy lifestyles and all parties must recognize that good health habits are not only desirable, but also necessary for building and maintaining a healthy and productive workforce.

The Health Project is dedicated to spotlighting private and public health programs that have measurably improved the health and well-being of individuals and their families, and have done so cost-effectively. The programs recognized by The Health Project highlight positive, productive, and well-designed initiatives that support optimum use of community and business health care resources. These best-practice programs are stored in a free web-based repository so that public and private organizations and community agencies may draw on them according to their needs, constantly improving and enlarging them through a widening user network to improve population health outcomes.

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