



**THE HEALTH PROJECT**

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**PRESENTS**

**The 2021**

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

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

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

[www.thehealthproject.com](http://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 13<sup>th</sup> 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.

## **2021 Winner of The C. Everett Koop National Health Award**

**University of Michigan**  
*MHealthy*

MHealthy supports the health and well-being of University of Michigan (U-M) faculty and staff, as well as their families, U-M patients, retirees, community members and K-12 students. Since its inception in 2009, it has helped to improve lives and support a culture of health at the university by delivering effective, evidence-based health and well-being programs and services. Broadly, MHealthy programs address the following health behavior areas: mental and emotional well-being, physical activity, tobacco, cessation, alcohol use, nutrition, sleep, occupational health, and ergonomics. In examining data between 2016 and 2019, program participants were found to have lower medical and pharmaceutical claims costs, illness-related absenteeism, and turnover rates compared to non-participants. Moreover, U-M performed better than several national benchmarks on various measures, including illness-related absenteeism, turnover, and organizational health scores. MHealthy's success is in its ability to remain nimble and address the varying needs of U-M's 50,000-plus employees. The challenges arising from the COVID-19 pandemic serve as a timely example. Managers and teams feeling disconnected from one another could attend workshops focused on strategies for building connections while working on-site, remote, or a combination of both. MHealthy has also expanded its services to support issues such as caregiving, meeting basic needs, social isolation, and financial well-being.

## **2021 Honorable Mention Recipient**

**Union Bank & Trust**  
*UBTwell*

## **Past Winners of the C. Everett Koop National Health Award**

*You are invited to visit our website to learn more about these programs, and use that information to develop your own health promotion and disease prevention initiatives. More information can be found at: [www.thehealthproject.com](http://www.thehealthproject.com)*

Aetna, Inc.*	Honeywell Inc.
Alcon Laboratories	International Business Machines Corporation (IBM)
Alliance Data	Johnson & Johnson
AMERICAN Cast Iron Pipe Company	L.L.Bean, Inc.*
Applied Materials	Lincoln Industries
Baylor College of Medicine	Lockheed Martin Idaho Technologies
Boise School District	Marriott International Inc.
BP America	McKesson Corporation
Caterpillar	Medical Mutual of Ohio
Center for AIDS Intervention Research (CAIR)	Motorola
Champion International Corp.*	Nationwide Mutual Insurance Company
Chevron	Northeast Utilities
CIGNA	O'Neal Industries, Inc.
Citibank*	Pacific Bell*
DaimlerChrysler Corp.	Park Nicollet Medical Foundation
Dell, Inc.	Pepsi Bottling Group
Dow Chemical Company*	Pfizer Inc.*
Eastman Chemical	Pitney Bowes*
Eli Lilly and Company	Prudential Financial
Energy Corporation of America	Quaker Oats Company
Ericsson Inc.	Quest Diagnostics
Fairview Health Services	San Jose City Fire Department
Fannie Mae	Sentara
FedEx Corporation	SHIELDS for Families Project, Inc.
Glaxo-Wellcome Inc.	State of Nebraska
Hawaii Medical Services Association (HMSA)	Steelcase Inc.
Health Management Corporation	Sunset Park Family Health Center Network
Health Net	Texas Instruments
Healthtrac Inc.	The Volvo Group

Trigon Blue Cross Blue Shield  
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 business results 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/Care Management Institute  
Health Partners  
Healthwise  
Houston Independent School District  
HPN WorldWide  
Hughes Electronics Corp.  
Hunter Industries  
Idaho National Engineering &  
Environmental Laboratory  
IDEXX Laboratories Inc.  
Indian Health Service  
International Truck and Engine  
Corporation  
Kaiser Permanente\*  
Kal-Aero Incorporated  
LG&E and KU Energy  
Lockton Companies  
Lowe's Companies, Inc.  
Maine General  
MetroHealth System, The  
Metro Nashville Public Schools\*  
MBNA  
Michelin Tire Corporation

Monterey County  
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New York Life Insurance Company  
North Bay Health Resources Center  
Norton Healthcare\*  
The Ohio State University  
PepsiCo\*  
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 Bank & Trust\*  
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 reapply. 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 Michigan  
University of Vermont  
UNUM Life Insurance Company

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 improving employee population health and related business outcomes.

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 (health and well-being) 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 improving employee population health and related business outcomes. Winners must demonstrate that their program is well integrated into the organization's infrastructure and has yielded significant improvement in population health and noteworthy business results (e.g., medical cost savings, reduced absenteeism, fewer accidents, increased worker productivity, or improvements in other indicators documenting value-on-investment [VOI] such as improved attraction/retention of talent, job satisfaction, engagement, and morale).

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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