



THE HEALTH PROJECT

PRESENTS

The 2022

***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.

2022 Winner(s) of The C. Everett Koop National Health Award

DENSO

Healthy Horizons

DENSO is a leading automotive component manufacturer with global headquarters in Japan and North American headquarters in Michigan. There are approximately 11,400 associates across the U.S. The workforce is 72% male and 60% production based.

While DENSO has maintained a health promotion strategy (*Healthy Horizons*) for many years, claims analyses from 2014-2016 indicated the program's average engagement was not effectively reducing common health risks in the employee population. In 2017, DENSO launched a program that features the integration of health coaching into the regular workflow.

Roaming health coaches periodically engage with associates within their normal work environment, thus eliminating the proactive *opt-in* barrier as well as time barriers that typically limit participation in worksite health and wellbeing programs. Health coach contact has increased from 16 percent of the population annually to 93 percent.

With consistent engagement, coaches can develop relationships and adapt to each individual's needs, interests, and readiness to change. The model has also connected more employees to other program resources. For instance, health coaches often refer, or direct, employees based on their unique individual needs to relevant disease management, onsite health centers, or EAP.

Evaluation results indicate that the program has yielded significant health risk reduction across the employee population, with improvements in measures of blood pressure, cholesterol, physical activity, diet, sleep, social support, tobacco use, and alcohol consumption. Along with health risk reductions, the company has realized a decrease in medical cost trends for those who engage, as well as reported improvements in musculoskeletal injury rates and employee satisfaction.

2022 Honorable Mention Recipients

Ericsson Inc.

E-Health Wellbeing Program

As a former C. Everett Koop National Health Award winner, Ericsson continues to offer a comprehensive and competitive health and welfare benefits package for employees and their families. The *E-Health Wellbeing Program* focuses on the four pillars of wellbeing (physical, financial, emotional and social wellbeing) and offers employees access to an onsite gym, fitness classes, recreational activities, a cafeteria with healthy options, health risk assessments, biometric screening and a mobile-enabled platform where they can earn rewards and incentives for engaging in a wide range of behavior change activities.

Evaluation results show increases in participation metrics for various program elements (e.g., biometric screenings, health assessment, goal setting and physical activity tracking), as well as risk reductions in key health measures (e.g., physical activity, healthy eating, and stress reduction). When compared to non-participants, E-Health participants show significantly lower healthcare utilization, as well as lower turnover and absence rates, and higher rates of job performance and job satisfaction.

Perdue Farms, LLC

Perdue Healthworks / Health Improvement Program (HIP)

Implemented in 2008, Perdue's Health Improvement Program (HIP) is 100% voluntary and available to all associates, regardless of insurance status. The program weaves together a comprehensive set of services to help associates adopt healthy lifestyles and target major preventable diseases such as diabetes and hypertension. HIP Specialists measure each of the participating associates for 10 health risk factors, and provide follow-up health coaching and onsite medical services to each associate as needed.

Participation in Perdue's HIP was 89.7% for the 2021 calendar year. Evaluation results indicate health risk reduction across several target measures, and positive comparison against national averages.

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

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 Healthcare
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 Michigan
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
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Kal-Aero Incorporated
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Metro Nashville Public Schools*
MBNA
Michelin Tire Corporation

Monterey County
Nationwide Mutual Insurance Company*
NYC Dept. of Health & Mental Hygiene
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.

The Health Project Board of Directors

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