



Theory To Action For Measurable Results

Closing Remarks

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What did
you learn?

HIGH IMPACT Strategies

Workplace Health Achievement Index

Organizational Assessment

Measure the comprehensiveness of your programs

Five Elements of a Comprehensive Workplace Health Program

- 1** Health education focused on skill development and lifestyle behavior change
- 2** Supportive social and physical environments
- 3** Integration of a workplace program into an organization's benefits
- 4** Links between health promotion and related programs like employee health and safety
- 5** Health risk screenings followed by education and counseling⁹

Earn recognition



Year one: Index scores of 86 – 129 points
Year two: Index scores of 100 – 149 points



Year one: Index scores of 130 – 174 points
Year two: Index scores of 150 – 199 points



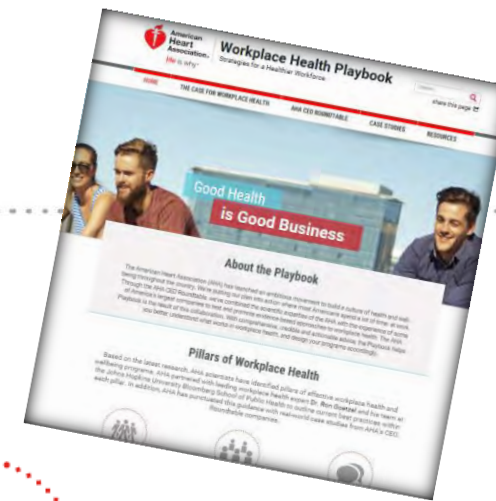
Year one: Index scores of 175 – 217 points
Year two: Index scores of 200 – 250 points

Healthiest Workplace Awards



The Playbook

Evidence-based guide to best practices



The Pillars of Workplace Health



Leadership



Policies and Environment



Communications



Programs



Engagement



Partnerships



Evaluation and Reporting Outcomes



Blood Pressure Program

Empower employees to self-monitor
blood pressure

DO YOU KNOW YOUR BLOOD PRESSURE (BP) NUMBERS?

How to check your blood pressure

STEP 1: Locate a BP Machine
If you don't have access to a quality home monitor, look for a kiosk at your local pharmacy, grocery store, or provider's office.

STEP 2: Get seated and still
Sit quietly for five minutes before taking your BP. Place cuff directly on skin, keep both feet on the floor, and relax while your BP is taken.

STEP 3: Record your numbers and compare to the chart
If your blood pressure is high, work with your health-care professional to bring your blood pressure numbers down. High blood pressure can put you at serious risk for stroke and heart disease.

HOW TO RECORD YOUR READING:

Systolic Pressure **120**
Diastolic Pressure **80**

My Reading:

IS IT RIGHT?

- If your reading is high, wait a few minutes and recheck
- Exercise, smoking and coffee may cause a rise in BP

Your provider will read this blood pressure as **"120 over 80"**

EVERY 10 POINT DROP in systolic BP

30-50% drop in risk of cardiovascular disease & stroke

Improving HBP control means **MORE LIVES CAN BE SAVED!**

USE THE CHECK. CHANGE. CONTROL® TRACKER TO TRACK YOUR BLOOD PRESSURE

Visit www.heart.org/ccg to sign up for the CCG Tracker. All you'll need is an email address and a campaign code: _____
Tracking and working on healthier habits can lead to steady improvement. Lower your risks; live your healthiest life!

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

1. DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

2. REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

3. MAKE SURE YOU'RE RELAXED. SIT IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

4. USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

5. EVERY TIME YOU MEASURE, TAKE 3 READINGS, SEPARATED BY AT LEAST 1 MINUTE AND RECORD ALL THE RESULTS.

6. TRY TO TAKE READINGS IN THE EARLY MORNING AND EVENING.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)	DIASTOLIC (mm Hg)
Normal	less than 120	and less than 80
Prehypertension	120-139	or 80-89
High	140-159	or 90-99
Stage 1	140-159	or 90-99
Stage 2	160 or higher	or 100 or higher

BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS AN EMERGENCY!

LEARN MORE AT HEART.ORG/HBP

Ave. drop in systolic
pressure is 11mm Hg

What Is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.



Blood pressure is written as two numbers 112/78 mm Hg. The top, systolic, number when the heart beats. The bottom, diastolic pressure when the heart rests between blood pressure is below 120/80 mm Hg. In an adult and your systolic pressure is 120 your diastolic pressure is 80 to 89 (or both "prehypertension." High blood pressure is 140 systolic or higher and/or 90 diastolic stays high over time.

No one knows exactly what causes most blood pressure. It can't be cured, but it can be managed. High blood pressure usually has no signs. That's why it is so dangerous."

About 80 million Americans over age 20 have it, and many don't even know they have it. Treating high blood pressure is dangerous. Treating high blood pressure is dangerous. Treating high blood pressure is dangerous. Treating high blood pressure is dangerous. Treating high blood pressure is dangerous.

Make sure you get your blood pressure checked and treat it the way your doctor advises.

Matters of Your Heart



Check.

Change.

Control.

100 visits per day
strokeassociation.org

Join our Facebook communities every day

facebook.com/AmericanHeart

What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m ²)	5-20 mm Hg per 10 kg weight lost
DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	8-14 mmHg
Restrict sodium intake	<1500 mg of sodium per day	2-8 mmHg
Physical activity	At least 30 minutes most days of the week	4-9 mmHg
Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	2-4 mmHg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension
Go AS et al. • Hypertension • 2014;63:878-885 • Chobanian AV et al. • Hypertension • 2003;42:1269-1282

Ranges According to Joint National Commission 7 Guidelines
Recommendations for Treatment and Management of Hypertension

- ✓ Includes email templates with credible health education content.
- ✓ Employees can opt to receive regular reminders via text or email.

Nutrition Improvement

Food and Beverage Toolkit



Evidence-based policy to improve health of employees



Implement nutrition guidelines for:

- ✓ Meetings
- ✓ Cafeteria
- ✓ Snacks
- ✓ Vending

Employee Engagement Activities

Heart Walk



HEART WALK
CHICAGO'S VERY OWN
FIT FEST
HEALTH AND WELLNESS

THIS FALL!
9-22 CHICAGO
9-23 OAK BROOK
9-24 NORTHFIELD

American Heart Association | American Stroke Association
Healthy For Good™ Heart Walk.
life is why™

SPONSORED BY
SUBWAY | meijer

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CycleNation



American Heart Association | American Stroke Association
CycleNation
Cycling is naturally addictive.
AMSOIL | CYCLER

WEDNESDAY, JUNE 14 | DALEY PLAZA
3:00 pm - 7:00 pm

The American Heart Association | American Stroke Association presents
CYCLENATION CHICAGO: a relay-style stationary cycling event attracting
thousands to participate, fundraise and get healthy.
We are starting a health revolution and igniting a CYCLENATION.

FOR MORE INFO. & TO REGISTER
CYCLENATION.ORG/CHICAGO

Ride the Revolution.

FUNdraining activities for your employees AND their families

WORKPLACE WELLNESS COMMITTEE

Learn, share and connect with Chicago's Workplace Wellness Community.

Interested?

Laura.Coulton@Heart.org
Corporate Health Engagement Director

American Heart Association
Metro Chicago



Peer support and

collaboration to

accomplish your

BIG goals

Co-chairs

Dr. Lidia Nelkovski,
Interactive Health

Kyna Vernon,
Federal Reserve Bank



The Great Reward

“Your **LEGACY** is every life you have touched.

Every **PERSON** you have met
whose **INFLUENCE** was felt by you.

Every single life is enhanced by the sharing
and giving of the **HEART**

Who’s **LIVES** will that be?

How will your **IMPACT**, your legacy, live beyond the doing?”

Inspired by Oprah Winfrey “Power of Belief” speech on Maya Angelou’s words of wisdom on legacy.



Thank you for your support!



life is why™
es por la vida™ 全為生命™