



Power of Workplace for Healthier Communities

Ideal Cardiovascular Health, Employee Productivity, & the Health Achievement Index

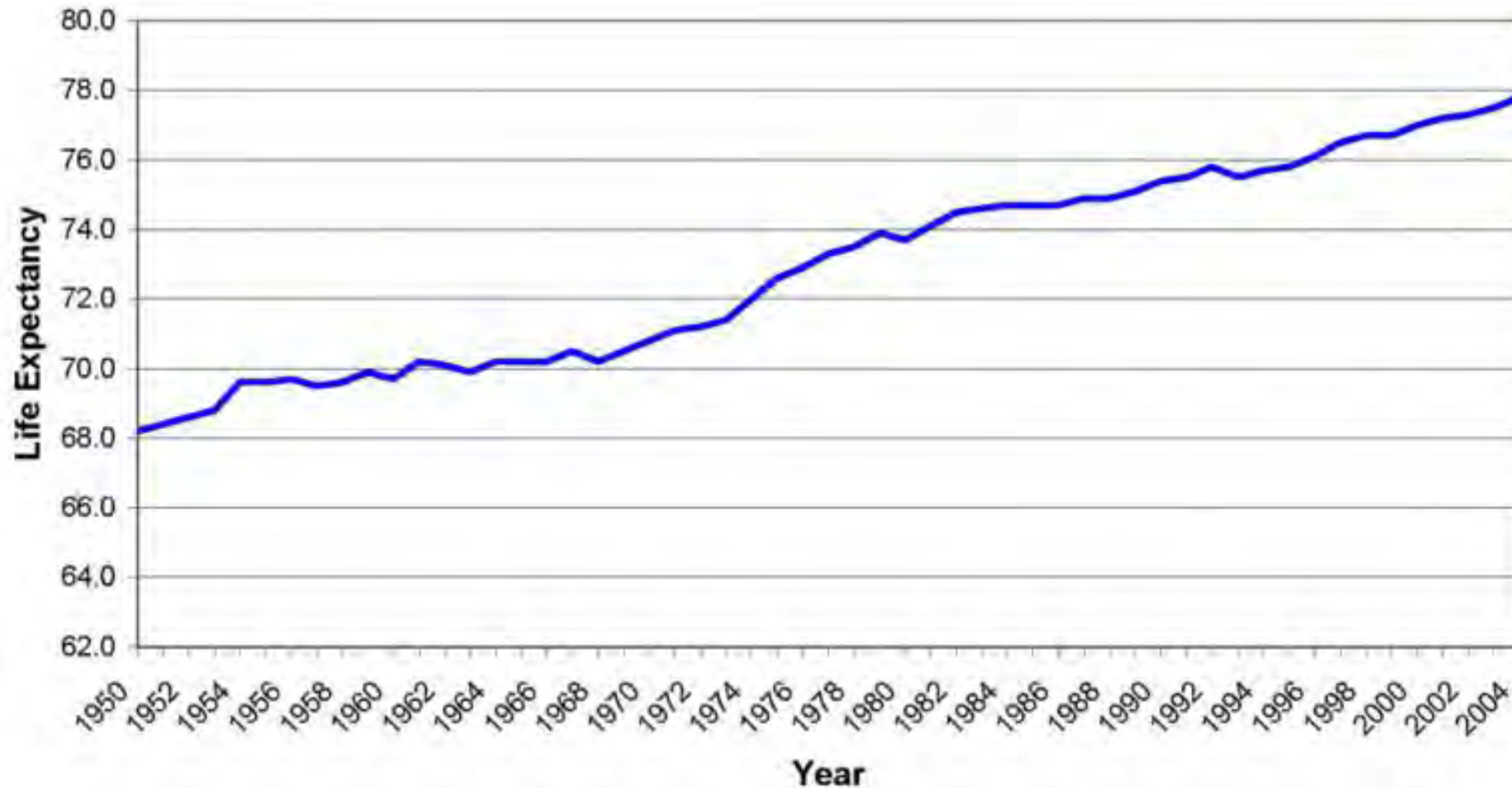
Steven Driver, MD, MPH

AHA 2020 Impact Goal

20% 2020

By 2020, improve the cardiovascular health of **all Americans** by 20% while reducing deaths from cardiovascular diseases & stroke by 20%.

Life expectancy rose steadily in the 20th century



Source: US Census Bureau. Statistical Abstract of the United States

Majority of life years gained from lower cardiac death rates

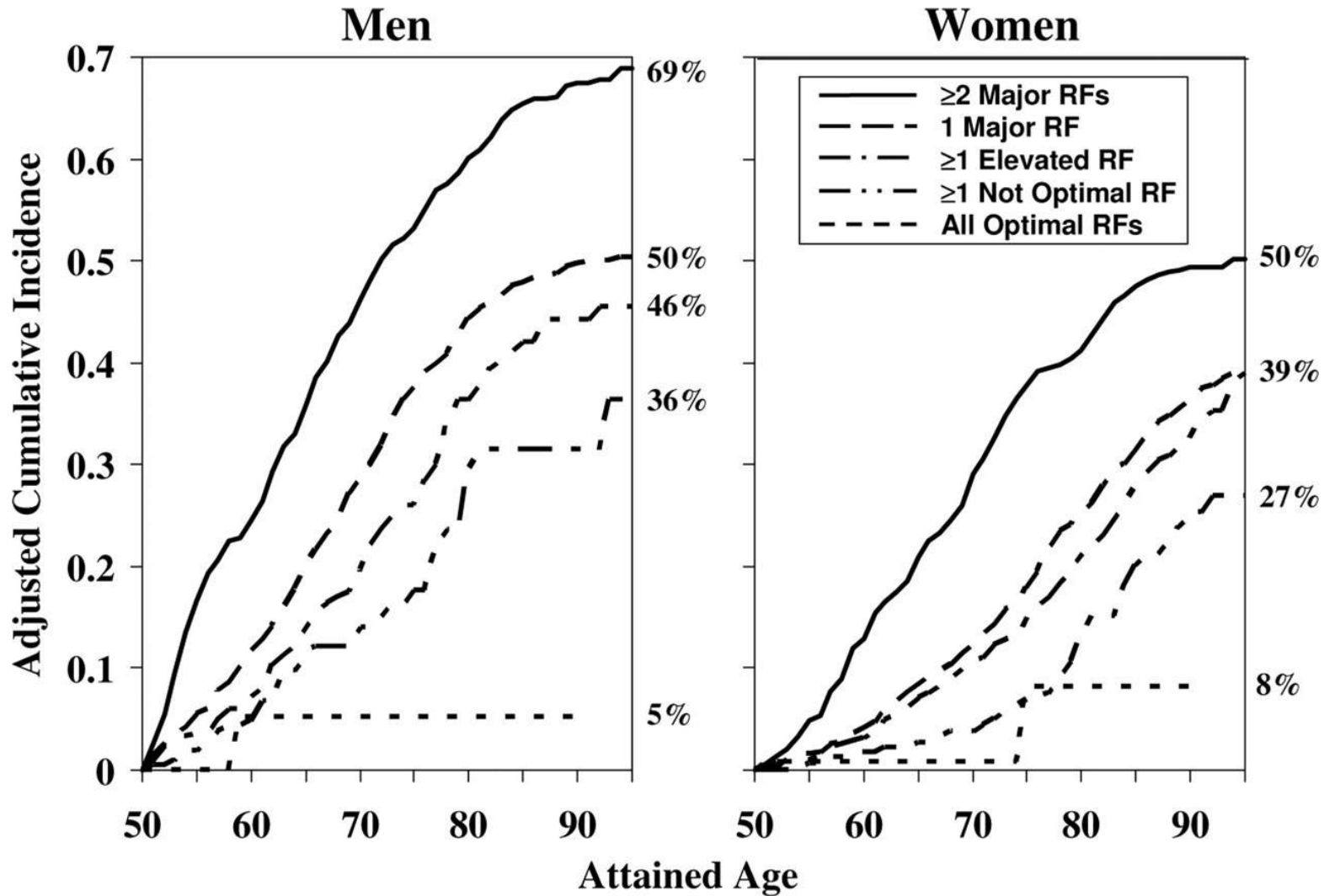
Table 2. Causes of Increases in Life Expectancy among Newborns, 1960–2000.*

Cause	Increase in Life Expectancy yr	Relative Contribution %
Reduction in rate of death from cardiovascular disease	4.88	70
Reduction in rate of death in infancy	1.35	19
Reduction in rate of death from external causes	0.36	5
Reduction in rate of death from pneumonia or influenza	0.28	4
Reduction in rate of death from cancer	0.19	3
Total	6.97	100

* The data do not sum to the total because of slight increases in the rates of death from other causes (not listed) and because of rounding.

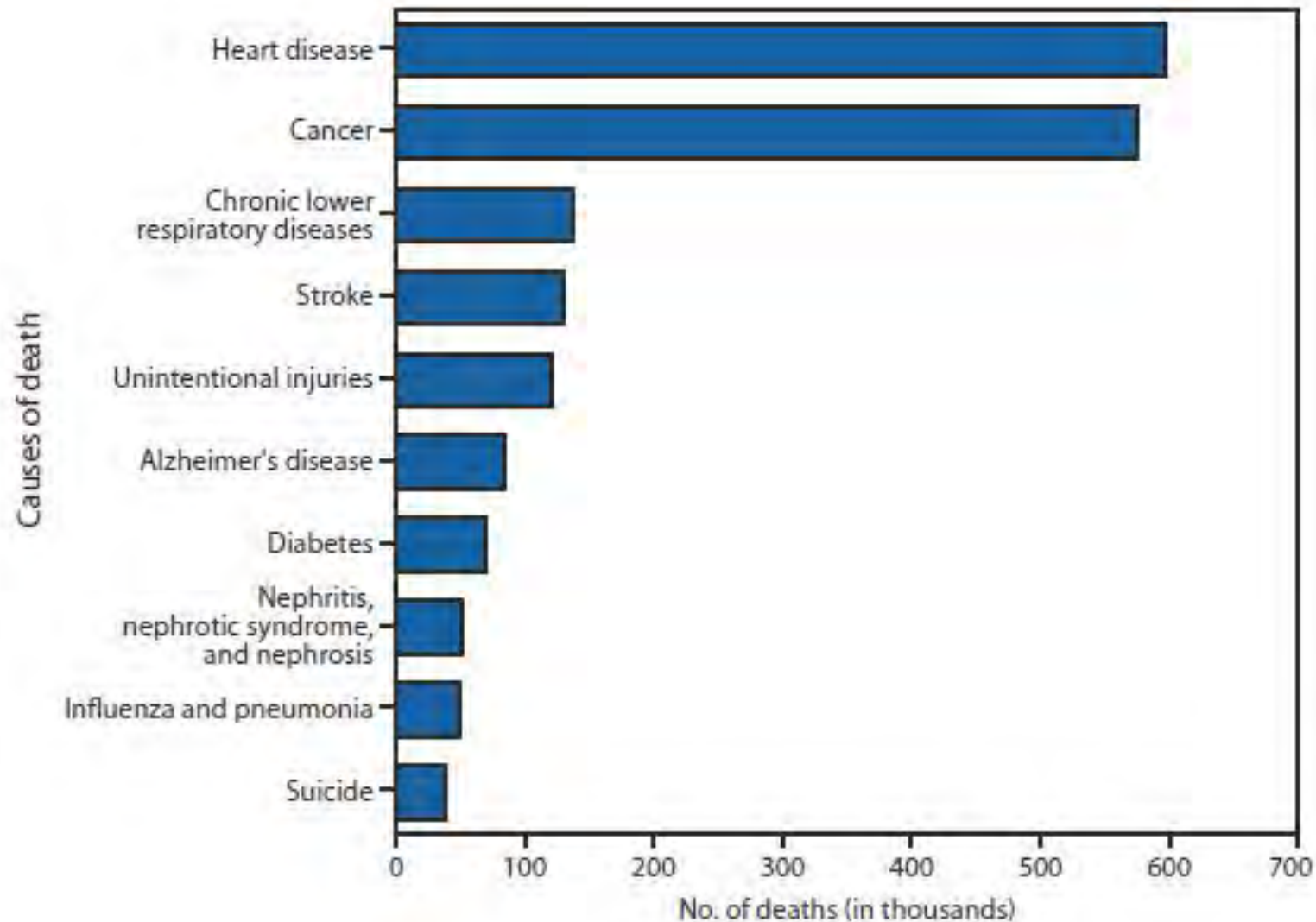
Source: Cutler DM et al. *N Engl J Med* 2006;355:920-927.

Heart Disease is Largely Preventable



Source: Lloyd-Jones et al. *Circulation*. 2006;131:791-798

Heart Disease Remains the Most Common Cause of Death



Leading Actual Causes of Death

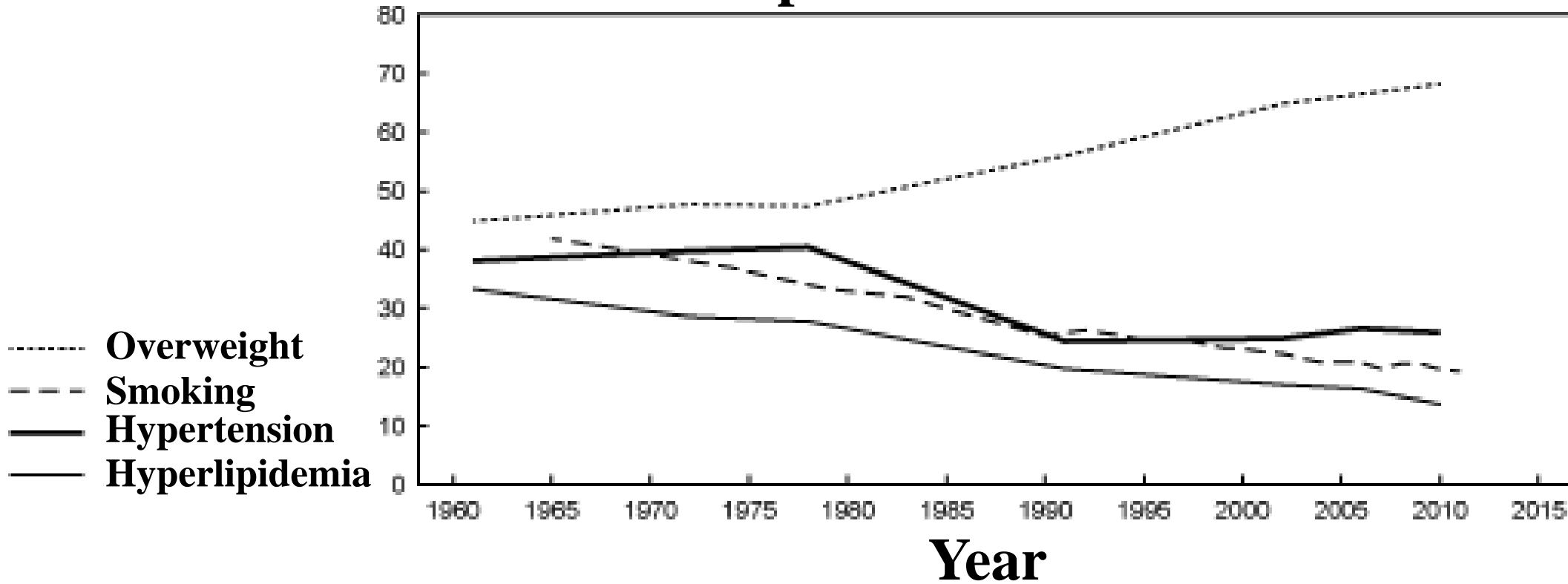
Table 2. Actual Causes of Death in the United States in 1990 and 2000

Actual Cause	No. (%) in 1990*	No. (%) in 2000
Tobacco	400 000 (19)	435 000 (18.1)
Poor diet and physical inactivity	300 000 (14)	400 000 (16.6)
Alcohol consumption	100 000 (5)	85 000 (3.5)
Microbial agents	90 000 (4)	75 000 (3.1)
Toxic agents	60 000 (3)	55 000 (2.3)
Motor vehicle	25 000 (1)	43 000 (1.8)
Firearms	35 000 (2)	29 000 (1.2)
Sexual behavior	30 000 (1)	20 000 (0.8)
Illicit drug use	20 000 (<1)	17 000 (0.7)
Total	1 060 000 (50)	1 159 000 (48.2)

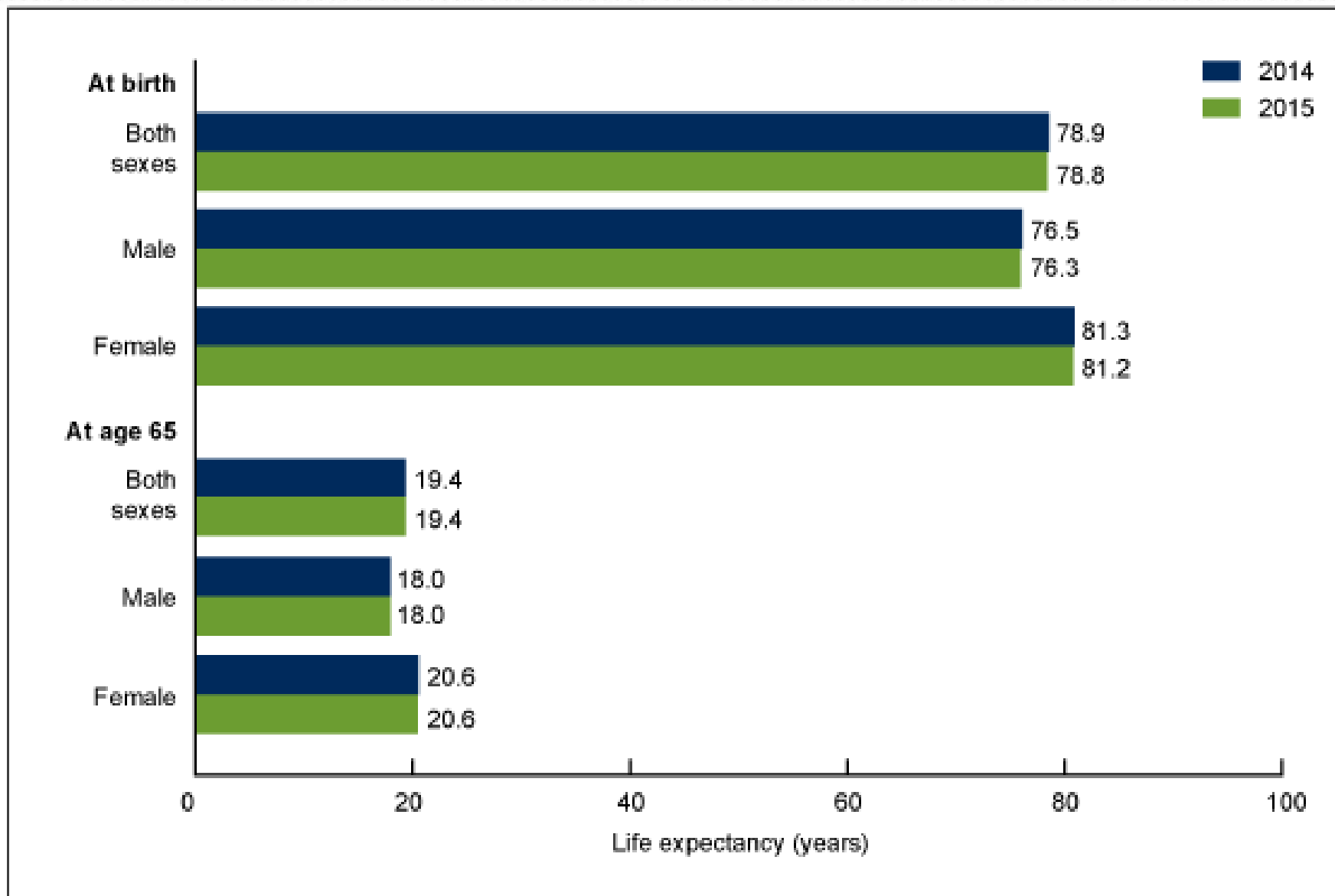
*Data are from McGinnis and Foege.⁷ The percentages are for all deaths.

Risk factors are trending in opposite directions

Percent of Population

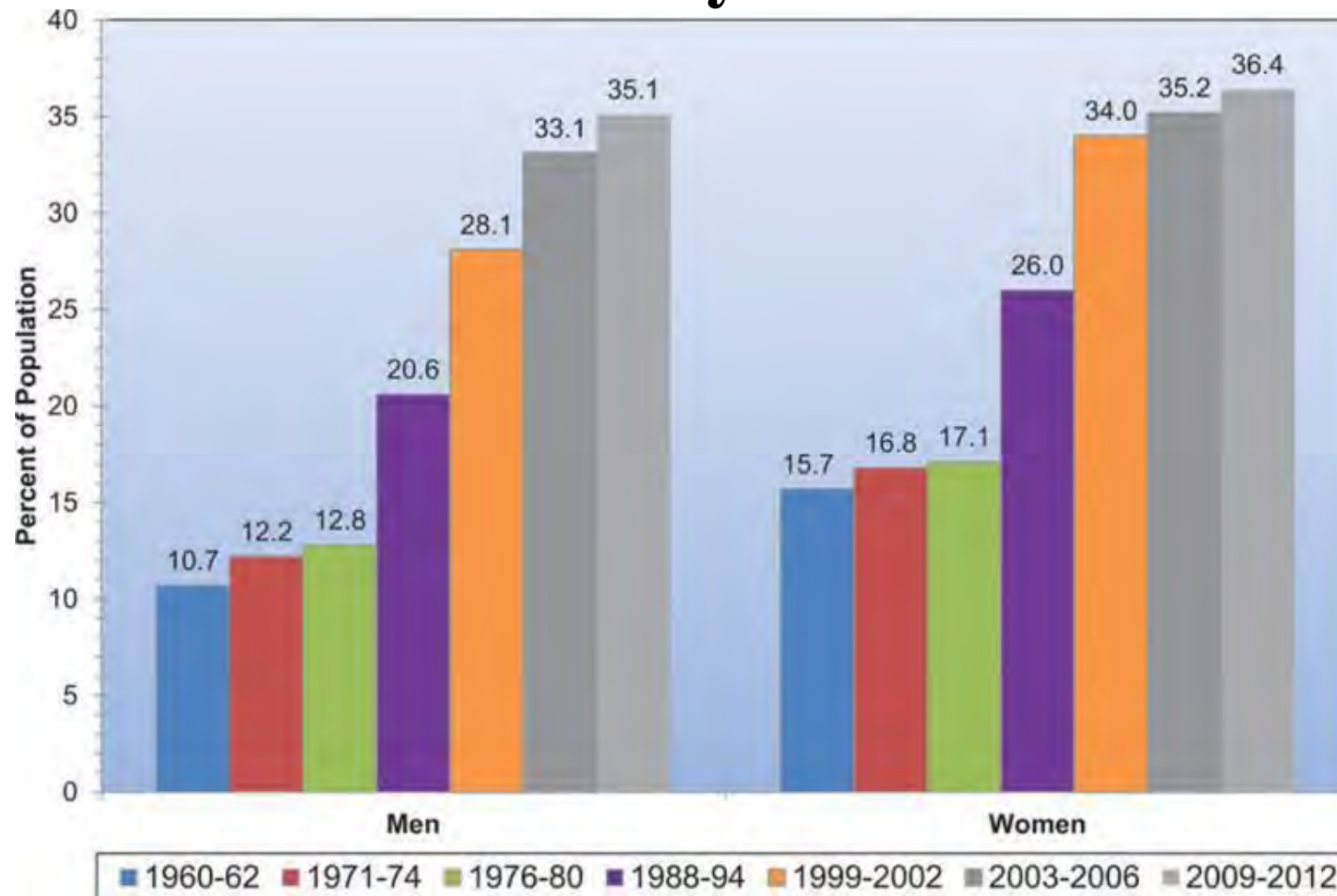


Life expectancy dipped in 2015 for first time in decades



How long can we keep up with this?

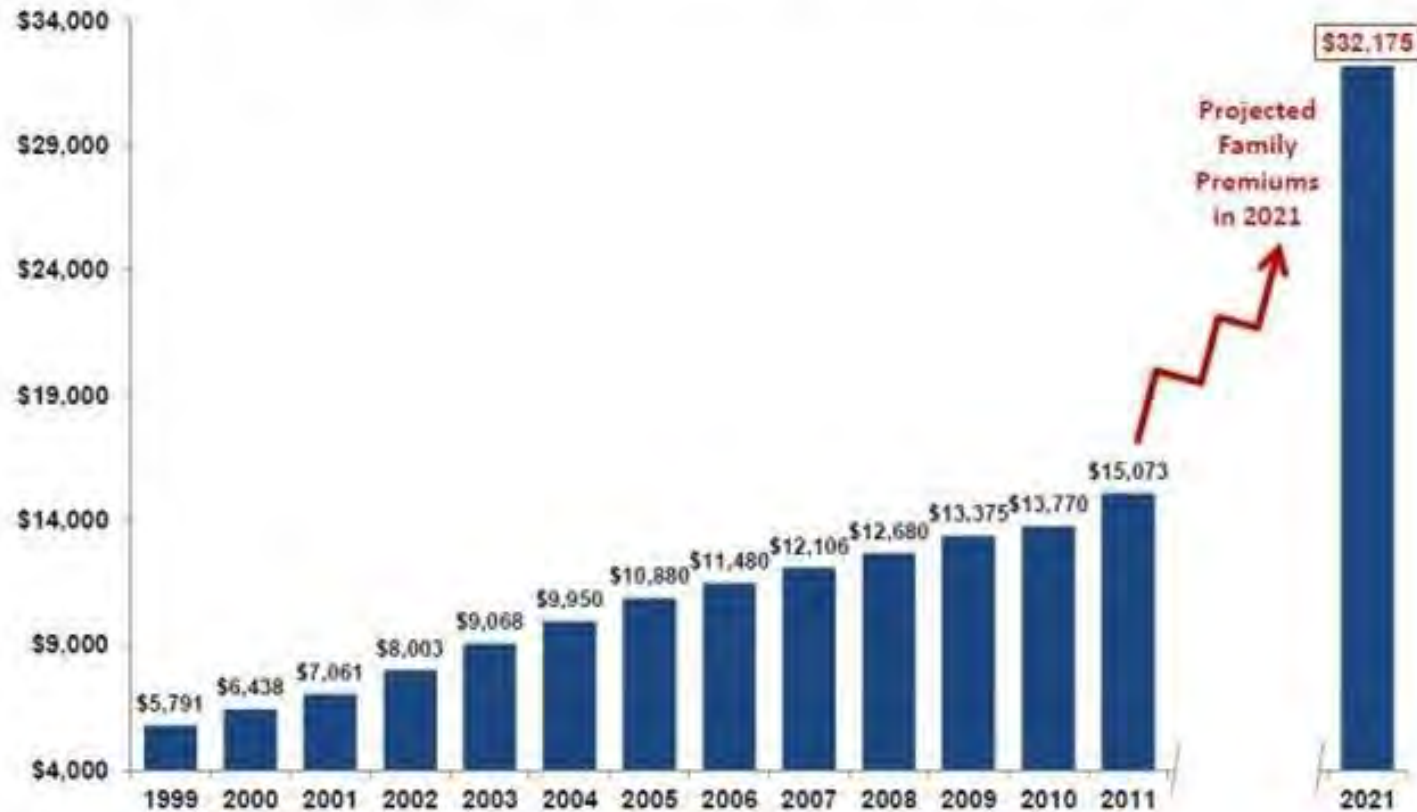
Obesity Rates



Source: Dariush Mozaffarian et al. *Circulation*. 2015;131:e29-e322

Or this?

Average Annual Premiums for Family Coverage



Note: The 2021 estimate is based on the average annual growth rate between 2001 and 2011.
Source: Kaiser/HRET Survey of Employer-Sponsored Health Benefits, 1999-2011.

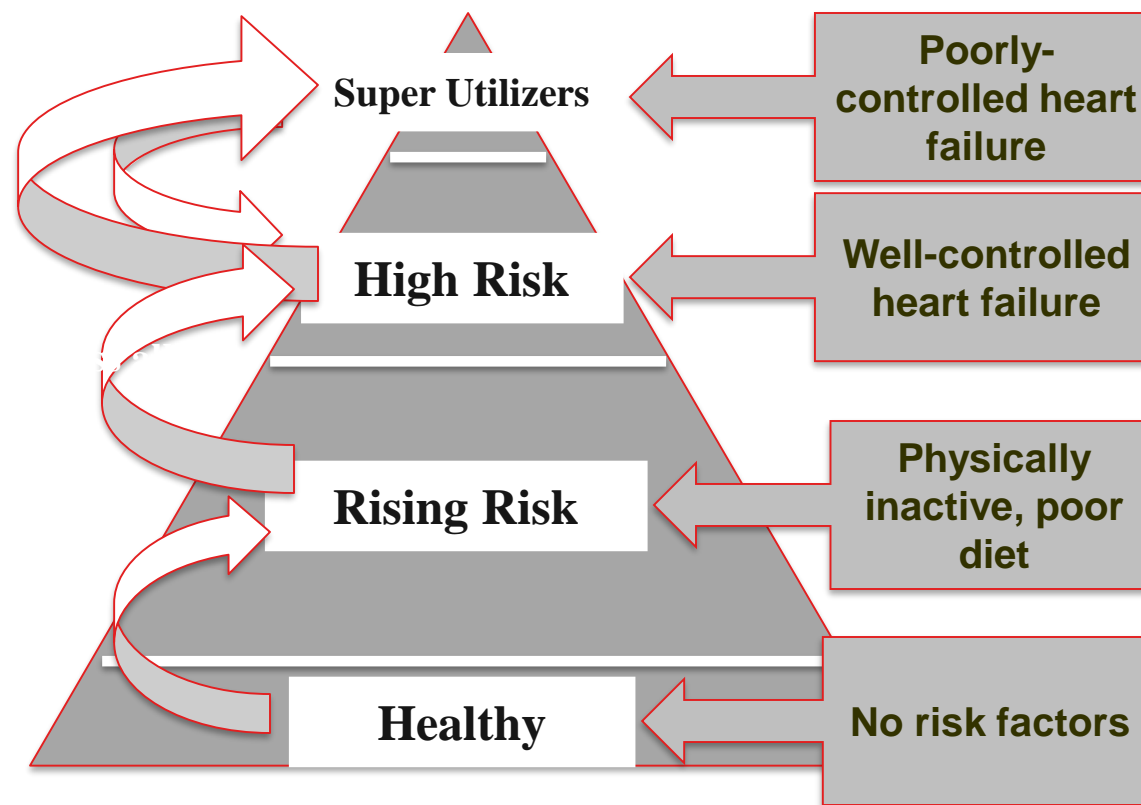


Most Employers Offer Workplace Health Programs



Source: Aon Hewitt Health Care Survey 2012

Managing top 5% of spenders: Necessary but not sufficient



Unhealthy lifestyle factors are expensive

10 Most Costly Risk Factors to Employers

1. Tobacco Use
2. Obesity
3. Hypertension
4. Dyslipidemia
5. Physical Inactivity
6. Poor Diet
7. Diabetes
8. Depression
9. Stress
10. Alcohol Abuse

Life's Simple 7

20%-30%

Companies' annual
healthcare expenditures

\$700 PEPY saving

If modifiable risk
factors reduced to their
theoretical minimums

Source: Goetzel et al. – *Health Affairs (Milwood)* (2012); Bolnick et al. *JOEM* (2013)
Courtesy of Chris Calitz, AHA



Well designed wellness programs can generate +ROI

PREVENTION

By Katherine Baicker, David Cutler, and Zirui Song

Workplace Wellness Programs Can Generate Savings

HealthAffairs

Studies reporting costs	12	\$3.27
All studies examining absenteeism savings	22	\$2.73

Source: Baicker et. al., Health Affairs, 2010
Courtesy of Chris Calitz, AHA



Recognition should consider heart health & culture of health

AHA Presidential Advisory

Workplace Wellness Recognition for Optimizing Workplace Health A Presidential Advisory From the American Heart Association

Gregg C. Fonarow, MD, FAHA, Chair; Chris Calitz, MPP; Ross Arena, PhD, PT, FAHA;
Catherine Baase, MD; Fikry W. Isaac, MD, MPH, FAHA; Donald Lloyd-Jones, MD, ScM, FAHA;
Eric D. Peterson, MD, MPH, FAHA; Nico Pronk, PhD; Eduardo Sanchez, MD, MPH;
Paul E. Terry, PhD; Kevin G. Volpp, MD, PhD; Elliott M. Antman, MD, FAHA;
on behalf of the American Heart Association

Recommendation: Update Fit-Friendly approach to also include employee heart health (Life's Simple 7) as a measure of success

Courtesy of Chris Calitz, AHA



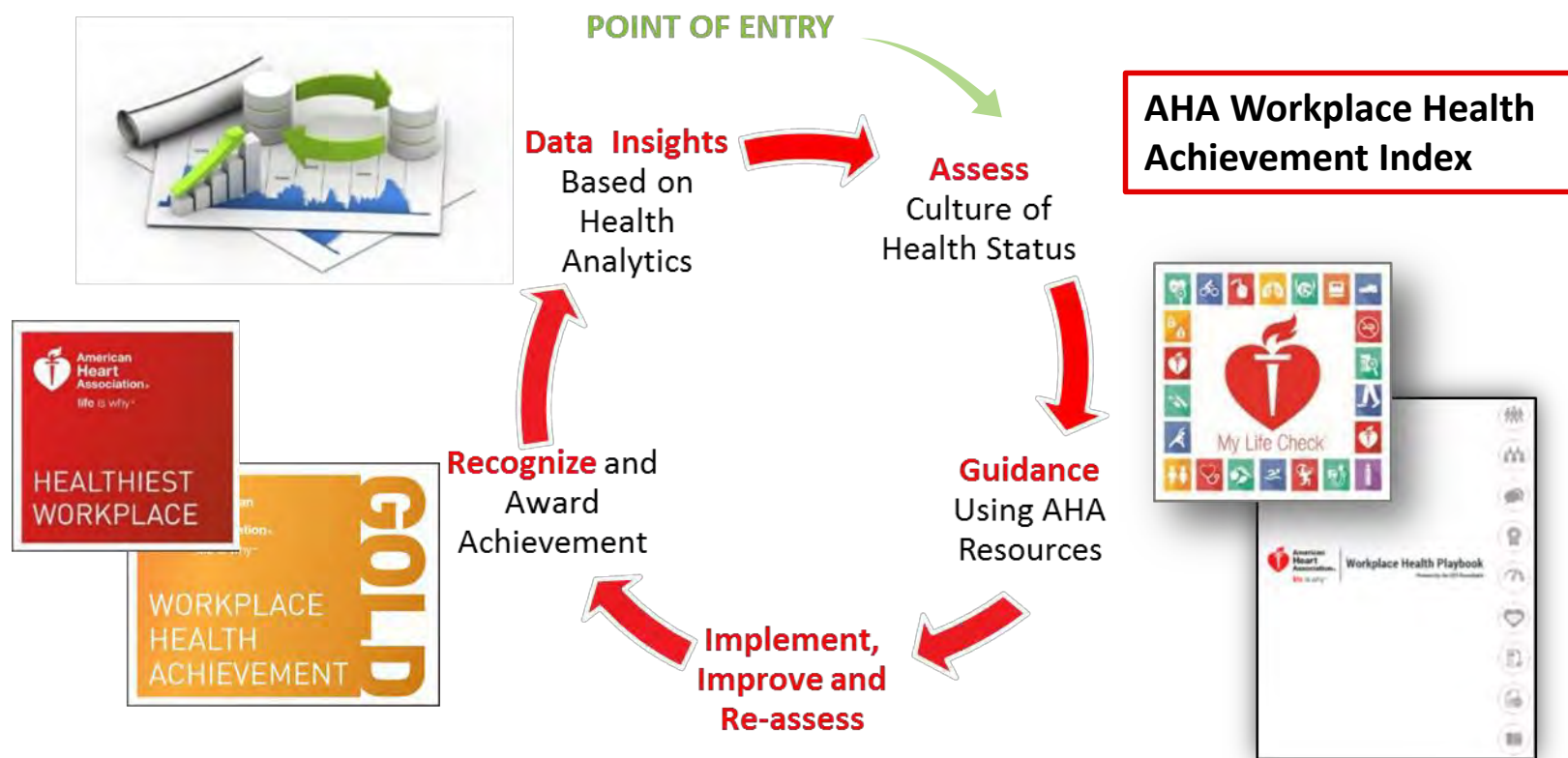
AHA's new recognition program

- **A voluntary online assessment that measures the comprehensiveness and quality of :**
 1. **A workplace's culture of health** (structures and processes) and
 2. **The heart health** of its workforce (Life's Simple 7)

Courtesy of Chris Calitz, AHA



Continuous QI for workplace health



Courtesy of Chris Calitz, AHA