

The American Heart Association (AHA) is driving towards a 2020 impact goal to improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular diseases and stroke by 20%. In order to achieve this goal, the AHA is working with employers to reach even more Americans with prevention messages and lifesaving skills to target heart diseases and stroke.

The American Heart Association offers a variety of workplace health solutions aimed at meeting employees and employers where they are in terms of health behavior changes.

Step 1 ASSESS:

ASSESS where your employees are with their health goals using the [My Life Check](#) online assessment. This tool asks individuals to report on their health with regards to the 7 pillars of cardiovascular health (nutrition, physical activity, smoking status, blood pressure, blood sugar, cholesterol and weight management). The My Life Check tool provides a heart health score to increase awareness about opportunities for health modifications.

ASSESS where you as an employer are with regards to health and wellness. The [Workplace Health Achievement Index](#) is an application to help companies gauge the overall robustness of their wellness program. The Index evaluates culture, structure and process and outcomes of the workplace health program. Specifically, the Workplace Health Achievement Index looks at Leadership, Policies & Environment, Communications, Programs, Engagement, Partnerships and Reporting Outcomes. Lastly, this tool takes into account population health performance measures based on the [My Life Check](#) assessment.

Step 2 ENGAGE:

ENGAGE employees in health behaviors or events based on their [My Life Check](#) scores and on the company's [Workplace Health Achievement Index](#) results. These two programs are designed to identify a pathway towards wellness for individuals and organizations.

Engagement tools include: AHA Icon Days such as [Wear Red Day](#) in support of women's heart health or [National Walking Day](#) to encourage increased physical activity throughout the work day!

Step 3 CHANGE:

CHANGE employees' health by changing their environment and changing their behaviors.

[CPR Anytime](#) teaches the invaluable lifesaving skill of hands only CPR. This training which takes 20 minutes impacts not only employees, but their families, friends and the community as a whole as we increase the number of bystanders who can assist in the event of a cardiac emergency.

The [Healthy Food & Beverage Toolkit](#) offers recommendations and tools to create a nutritious food and drink environment at work. The toolkit can help revamp everything from workplace vending machines to snacks offered in the breakroom and catered lunches. The goal of the toolkit is to Make the Healthy Choice the Easy Choice.

We encourage you to review the tools provided here and become a part of the American Heart Association's work of improving the heart health of all Americans by 20% and reducing death from cardiovascular diseases and stroke by 20%. Please contact our Corporate Wellness Director, Rachel King at Rachel.King@heart.org for additional information or assistance in implementing these resources at your worksite.