








# Workplace Health Achievement Index



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# 2020 Strategic Impact Goal

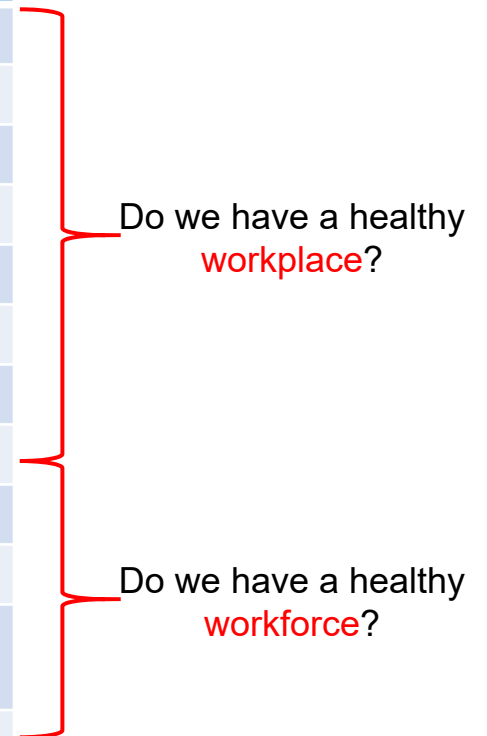
Updated 02/17

LIFE'S SIMPLE 7	POOR	INTERMEDIATE	IDEAL
 <b>Smoking Status</b> Adults >20 years of age Children (12–19)	Current Smoker Tried prior 30 days	Former ≤ 12 mos	Never /quit ≥ 12 mos
 <b>Physical Activity</b> Adults > 20 years of age  Children 12-19 years of age	None  None	1-149 min/wk mod or 1-74 min/wk vig or 1-149 min/wk mod + vig  >0 and <60 min of mod or vig every day	150+ min/wk mod or 75+ min/wk vig or 150+ min/wk mod + vig  60+ min of mod or vig every day
 <b>Healthy Diet</b> Adults >20 years of age Children 5-19 years of age	0-1 components 0-1 components	2-3 components 2-3 components	4-5 components 4-5 components
 <b>Healthy Weight</b> Adults > 20 years of age Children 2-19 years of age	≥30 kg/m <sup>2</sup> >95 <sup>th</sup> percentile	25-29.9 kg/m <sup>2</sup> 85 <sup>th</sup> -95 <sup>th</sup> percentile	<25 kg/m <sup>2</sup> <85 <sup>th</sup> percentile
 <b>Blood Glucose</b> Adults >20 years of age Children 12-19 years of age	126 mg/dL or more 126 mg/dL or more	100-125 mg/dL or treated to goal 100-125 mg/dL	Less than 100 mg/dL Less than 100 mg/dL
 <b>Cholesterol</b> Adults >20 years of age Children 6-19 years of age	≥240 mg/dL ≥200 mg/dL	200-239 mg/dL or treated to goal 170-199 mg/dL	<170 mg/dL
 <b>Blood Pressure</b> Adults >20 years of age Children 8-19 years of age	SBP ≥140 or DBP ≥90mmHg >95 <sup>th</sup> percentile	SBP120-139 or DBP 80-89 mmHg or treated to goal  90 <sup>th</sup> -95 <sup>th</sup> percentile or SBP ≥120 or DBP ≥80 mmHg	<120/<80 mm Hg  <90 <sup>th</sup> percentile

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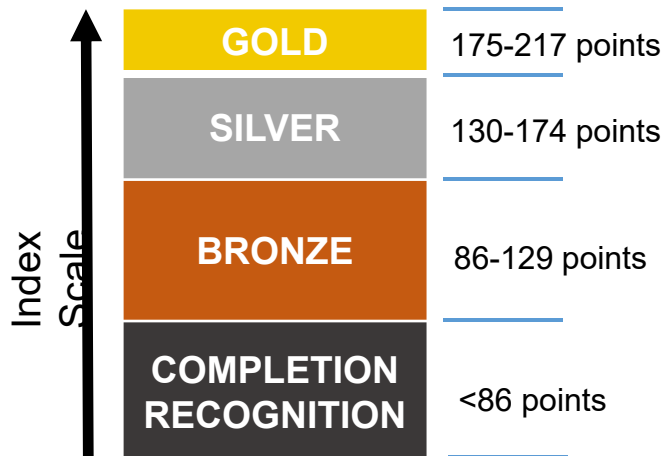


PROCESS & PERFORMANCE MEASURES	#QUESTIONS	POINTS
Leadership	6	17
Policies & Environment	22	52
Communications	6	16
Programs	10	31
Engagement	6	15
Partnerships	1	5
Reporting Outcomes	4	15
<b>PROCESS TOTAL</b>	<b>55</b>	<b>151</b>
Percentage of Emps with LS7 completed	1	33
Aggregate Heart Health Score	1	33
Relative Improvement in Average Heart Health Score (%)	1	33
<b>PERFORMANCE TOTAL</b>	<b>3</b>	<b>99</b>
<b>INDEX TOTAL</b>	<b>58</b>	<b>250</b>

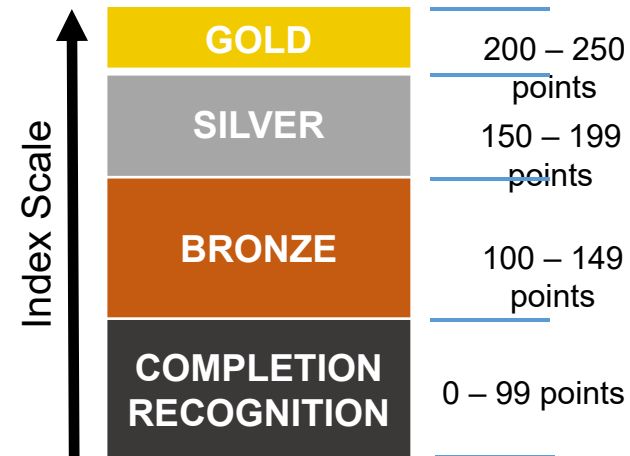


# Workplace Health Achievement Index

## Company's First Cycle



## Subsequent Cycles



*Note: 33 points are added to subsequent cycles to award those that improve in their aggregate heart score from one cycle to the next. (250 points total instead of 217)*



# Company Recognition

## ■ GOLD

- Baylor College of Medicine
- Harris Health System
- King Ranch, Inc.

