

## CHBWV receives Silver Level Recognition from American Heart Association



*Photo provided*

The CHBWV Wellness Committee at the **WVDP** submitted the application to the American Heart Association as part of their ongoing efforts to improve workplace health. Front Row, from left: John Rendall, CHBWV Deputy General Manager and Wellness Committee; Rachel Charette, Wellness Committee Chair; Michelle Mason, American Heart Association and Heather Lafferty, Wellness Committee. Back Row, from left: Scott Anderson, CHBWV President and Jennifer Bacon, CHBWV Safety Department. Committee members absent from the photo: Lettie Chilson, Tommy Fontaine and Joe Wolniewicz.

The Department of Energy Office of Environmental Management's prime contractor at the **West Valley Demonstration Project**, CH2M HILL BWXT West Valley, recently received Silver Level recognition from the American Heart Association for taking significant steps to build a culture of health in the workplace. The American Heart

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Association's Workplace Health Achievement Index is a self-assessment scorecard that measures the comprehensiveness and quality of a company's workplace health program, and the overall heart health of its employees.

AHA Director of Development Michelle Mason congratulated CHBWV for earning this health achievement recognition. "We know that good health is good business and you have reached an important milestone in building a culture of workplace health," Mason said.

The American Heart Association created the Index with its CEO Roundtable members, a leadership collaborative of more than 40 CEOs from some of America's largest companies who are committed to applying evidence-based approaches to improve their employees' overall health. The Index uses science-based best practices to evaluate the overall quality and comprehensiveness of their workplace health programs. A unique feature of the Index is that it calculates an average heart health score for employees of participating companies that securely submit aggregate health data.

"The Index is an important scientific-based tool that has helped us to further improve workplace health for our employees," Rachel Charette, Chairperson – CHBWV Health and Wellness Committee said. "Each year we continue to add more programs and fun activities that contribute to the health of our employees."

Companies receive benchmarking reports which allow them to identify potential areas of improvement so that they can advance their annual performance and recognition in the Index and help their workforce move toward ideal heart health. The framework of the Index was built so that organizations would continue to improve the health of their workplace and their workforce from one year to the next.

Recognition and awards are based on a company's score from completing the American Heart Association's Workplace Health Achievement Index. The Index remains available to organizations year-round to be used as a reference for making improvements in health-related practices and policies. The goal is to drive organizational improvements and improve the heart health of employees.