



CDC WORKSITE HEALTH SCORECARD

2020 Employer Heart Disease and Stroke Program Profile

The CDC ScoreCard is a tool to help employers assess whether their health promotion programs are based on the best evidence for improving employees' health and wellness.

<https://www.cdc.gov/workplacehealthpromotion/initiatives/health-scorecard/index.html>

Cardiovascular disease is America's costliest disease—approximately \$363 billion annually in direct and indirect costs in 2016-2017.¹ Indirect costs—including missed workdays—cost about \$147 billion each year.¹ High blood pressure and high blood cholesterol put individuals at high risk for heart disease and stroke. You cannot tell who has high blood pressure or high blood cholesterol levels just by looking at them, but about 1 in 2 US adults have high blood pressure.²

What Evidence-Based Practices Does the ScoreCard Assess?

PROGRAMS



Opportunities to begin, change, or maintain health behaviors

POLICIES



Formal or informal statements to protect or promote health

ENVIRONMENTAL SUPPORTS



Physical factors at work that help protect and enhance health

BENEFITS



Overall compensation, including health insurance

How Are Employers Doing in Promoting Heart Healthy?

28% of employers have a comprehensive workplace blood pressure control program^a including education, environmental support, and benefits strategies.

340 worksites (**71%**) have an emergency response plan to address acute heart attack and stroke events.

On average, employers have 3 of 5 (**60%**) High Cholesterol Prevention ScoreCard strategies in place.



1. Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, et al. Heart disease and stroke statistics-2021 update: a report from the American Heart Association. *Circulation*. 2021;143: e00 –e006. DOI: 10.1161/CIR.0000000000000950.
2. Centers for Disease Control and Prevention (CDC). Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among US Adults Aged 18 Years and Older Applying the Criteria From the American College of Cardiology and American Heart Association's 2017 Hypertension Guideline—NHANES 2015–2018. Atlanta, GA: US Department of Health and Human Services; 2019. <https://millionhearts.hhs.gov/data-reports/hypertension-prevalence.html>. Accessed March 12, 2021.

^aComprehensive programs refer to a coordinated set of strategies that, include programs, policies, benefits, environmental supports, and links to the surrounding community and are designed to meet the health and safety needs of all employees. The 2020 CDC ScoreCard blood pressure module does not include any questions related to policies.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

**HEART DISEASE
AND STROKE
PREVENTION
STRATEGIES**

STRATEGY^b

**PERCENTAGE OF
WORKSITES^c WITH
STRATEGY IN PLACE
(2020 SCORE)**



Offer access to a nationally recognized training course on Cardiopulmonary Resuscitation (CPR) that includes training on Automated External Defibrillator (AED) usage

78%



Have one or more functioning AEDs in place

78%



Provide health insurance coverage with free or subsidized out-of-pocket costs for blood pressure control medications

75%

Provide health insurance coverage with free or subsidized out-of-pocket costs for cholesterol or lipid control medications

75%



Provide educational materials on preventing and controlling high blood pressure

68%

Provide educational materials on preventing and controlling high cholesterol

61%



Provide and promote free or subsidized lifestyle coaching, counseling, or self-management programs that equip employees with skills and motivation to set and meet their personal blood pressure management goals

59%

Provide and promote free or subsidized lifestyle coaching, counseling, or self-management programs that equip employees with skills and motivation to set and meet their personal cholesterol management goals

58%



Provide free or subsidized blood pressure screening, beyond self-report, followed by directed feedback and clinical referral when appropriate

57%



Provide and promote interactive educational programming on preventing and controlling high blood pressure

53%

Provide and promote interactive educational programming on preventing and controlling high cholesterol

49%



Provide free or subsidized cholesterol screening, beyond self-report, followed by directed feedback and clinical referral when appropriate

44%



Make blood pressure monitoring devices available with instructions for employees to conduct their own self assessments

34%

^bEvidence-based practices (i.e., programs, policies, environmental supports, and benefits) in the CDC Worksite Health ScoreCard have a weighted score from 1 to 3 points. The score is derived from the strategy's impact on population health outcomes and the strength of the supporting scientific evidence.

^cPercentages are based on 480 ScoreCard submissions in 2020.