

CDC Worksite HealthScoreCard

Overview and Frequently Asked Questions

What is the CDC Worksite HealthScoreCard?

Heart disease and stroke are the first and third leading causes of death for both men and women in the United States. To avoid the high costs of treating these conditions, employers must consider providing worksite prevention services and interventions to promote employee health.

The Centers for Disease Control and Prevention (CDC), in collaboration with Emory University, state health departments, and worksite experts, have developed the **CDC Worksite HealthScoreCard (HSC)** to support these efforts. The **HSC** assesses worksite health promotion interventions (programs, policies, and environmental supports) that employers can put in place to promote a healthy workforce, reduce healthcare costs, and increase productivity.

In the first phase of this project, the CDC/Emory study team held meetings and focus groups with subject matter experts and potential end-users to develop the survey tool, establish a weighting and scoring methodology, and improve the tool's scientific evidence base, usability, and relevance. The second phase of this project will focus on field-testing the tool in order to evaluate its reliability and validity in preparation for public dissemination. We invite you to participate in this validation study.

Who can participate in the study?

For this study, we are recruiting employers that represent a variety of industries, business types and sizes. Specifically, we would like to recruit at least 30 employer participants from each of the following business sizes: *very small* (10-99 employees); *small* (100-249); *medium* (250-749); and *large* (750+). Employers may be for-profit or non-profit, government or private. Employers from all states and regions may participate.

This study will collect data from just one worksite in each organization. In the case of large organizations that have multiple worksites, we will ask that you restrict your responses to just one worksite.

What topics are covered in the HealthScoreCard?

The **HSC** includes questions on all of the key evidence-based and best practice interventions that are part of a comprehensive worksite heart disease/stroke prevention program. The topics include:

- Tobacco Control
- Nutrition
- Physical Activity
- Stress Management
- Weight Management
- Depression
- High Blood Pressure
- High Cholesterol
- Diabetes
- Signs and Symptoms of Heart Attack and Stroke
- Emergency Response to Heart Attack and Stroke
- Organizational Supports

What is expected of employers?

There are three steps in this validation study: an online survey, telephone interviews, and site visits. All participating worksites will complete the **online survey**, but only a small subset of employers will participate in interviews and site visits.

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We will ask two respondents from each worksite to independently complete the survey. We expect this to take about 30 minutes. A respondent may be a human resource manager, health benefit manager, occupational nurse, or anyone else who is responsible for worksite health promotion.

A subgroup of 30 employers will be randomly selected to participate in follow-up telephone interviews (approximately 1 hour in length). This process is intended to determine if any of the items require further refinement and clarity.

A separate subgroup of 8 participants will be randomly selected (from the Washington, DC and Atlanta area employers) to participate in site visits. Study staff will visit these employers to complete the **HSC** through a review of the organization's policy and environmental supports (e.g., observing vending machine offerings, reviewing the company's tobacco policy document). Employers at these sites will need to identify a host who can be available for approximately half a day for the study team to conduct their site visit.

We will ask that participants complete a non-disclosure agreement and refrain from distributing the contents of the **HSC** prior to public release.

What are the benefits for employers?

Employers can use this tool to assess their health promotion programs, identify gaps, and prioritize interventions aimed at preventing heart disease, stroke, and related health conditions.

After completing the survey, employers will receive an automated report showing their scores on the **HSC** (overall and by 12 subsections). At the end of the study, employers will receive a comprehensive individualized feedback report which will also include benchmarking information so that they can see how their scores compare to average scores for other employers in their business size category. The individualized report will also outline relevant high-impact interventions that the employer can use to improve employee health.

Emory University will keep all individual employer scores and responses confidential.

How can employers sign up to participate?

To indicate interest in participating in this study, please complete the attached application form and return it to the CDC/Emory study team by **December 15, 2010**.

If you have any questions, please feel free to contact the HSC Study Coordinator, Dr. Enid Chung Roemer [enid.c.roemer@emory.edu].

Thank you for your assistance!

What is the timeframe for this study?

<i>Period</i>	<i>Activity</i>
Nov - Dec 2010	Employer recruitment
Jan - Feb 2011	Online survey administration
Mar - Apr 2011	Follow-up interviews
May 2011	Site visits
Jun - Jul 2011	Data analysis
Aug - Sep 2011	Benchmark reports

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Validation Study Application

If your organization would like to participate in this evaluation of the CDC Worksite HealthScoreCard, please complete this form and return it to Karen Kent [karen.kent@emory.edu] by December 15, 2010. Thank you.

Organization Information

Organization Name: [Click here to enter text.](#)

Worksite Address: [Street](#)

[City](#) [State](#) [Zip](#)

Number of Employees

- < 100 100-249 250-749 750+

Business Type

- For-profit Non-profit/government Non-profit/other

Organization's Industry

- | | |
|---|--|
| <input type="checkbox"/> Agriculture, Forestry, Fishing & Hunting | <input type="checkbox"/> Finance & Insurance |
| <input type="checkbox"/> Mining, Quarrying & Oil and Gas Extraction | <input type="checkbox"/> Information |
| <input type="checkbox"/> Retail, Wholesale & Trade | <input type="checkbox"/> Construction |
| <input type="checkbox"/> Accommodation & Food Services | <input type="checkbox"/> Educational Services |
| <input type="checkbox"/> Professional, Scientific & Technical Services | <input type="checkbox"/> Manufacturing |
| <input type="checkbox"/> Transportation, Warehousing & Utilities | <input type="checkbox"/> Administrative & Support |
| <input type="checkbox"/> Health Care & Social Assistance | <input type="checkbox"/> Waste Management & Remediation Services |
| <input type="checkbox"/> Real Estate & Rental and Leasing | <input type="checkbox"/> Arts, Entertainment & Recreation |
| <input type="checkbox"/> Management of Companies and Enterprises | <input type="checkbox"/> Public Administration |
| <input type="checkbox"/> Other Services (except Public Administration): | Click here to enter text. |

Survey Respondent One

Contact Name: [Click here to enter text.](#)

Job Title: [Click here to enter text.](#)

Telephone Number: [Click here to enter text.](#)

Email Address: [Click here to enter text.](#)

Survey Respondent Two

Contact Name: [Click here to enter text.](#)

Job Title: [Click here to enter text.](#)

Telephone Number: [Click here to enter text.](#)

Email Address: [Click here to enter text.](#)