

# Nemours Named One of the 100th Healthiest Employers in America

A wide-variety of programs designed to help Nemours Associates achieve and sustain a healthy lifestyle helped Nemours Children's Health System rank as the 66th healthiest employer in the nation, according to a list released at the Fitbit Captivate Conference in Chicago earlier this month. The 2017 Healthiest Employers Award Program recognizes companies that achieved success in improving the health of their employees through wellness programs.

"To provide world-class care to our patients and families, our Nemours Associates need to be healthy too," said Terri Young, senior vice president of human resources for Nemours Children's Health Systems. "Nemours leaders made our wellness programs a priority and our Associates have embraced them. We are thrilled to have all those efforts recognized as among the very best."

Among the programs at Nemours that helped the health system earn top honors:

- 83% Associate completion rate for wellness programs where industry norms are 50%.
- A significant reduction in risk factors like obesity, high blood pressure and elevated cholesterol.
- Innovative activity programs, like DocWalks, in which physicians volunteer to lead a walk around the grounds of the hospital campus. During this time, Associates may ask questions about general health and wellness for themselves and their families.

Companies honored by the Healthiest Employer Award Program ranged in size from 13 employees to over 160,000 employees. The 100 winners were selected from more than 1,800 applicants.

Award applicants were evaluated across six key categories: Culture and Leadership, Foundational Components, Strategic Planning, Communication and Marketing, Programming and Interventions, and Reporting and Analysis. Completed assessments were ranked with the proprietary Healthiest Employer Index, a 1-100 metric for wellness programming.

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