

Corporate health program reduces employee CVD medical, hospital costs

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A comprehensive health promotion program reduced cardiovascular disease-related medical and hospital costs, according to a new study.

CSX Transportation, a national company with 30,000 employees, developed the program in 2004 to address employees' high rates of [cardiovascular disease](#) when compared to national benchmarks and the associated higher healthcare costs.

Over time, the program included a variety of interventions, such as biometric screenings, nutrition and exercise health coaching, and on-site fitness centers at multiple employee locations. Researchers analyzed the impact of the program on cardiovascular disease-related medical and hospital claims, using 2006-08 data on 5,768 non-contract employees.

They found:

- In employees with high cholesterol, average total cholesterol declined from 196.4 to 185.2 mg/dL; average high-density lipoprotein (HDL) cholesterol increased from 38.7 to 42.1 mg/dL. The ratio of total [cholesterol](#) to HDL declined from 5.5 to a healthier 4.9. The percentage of employees reaching low-density lipoprotein (LDL) goals increased from 48 percent to 62.4 percent.
- In employees with [hypertension](#), average blood pressure declined

from 137.2/86.1 to 125.4/80.2 mm Hg. Blood pressure goal attainment increased from 42.5 percent to 67.4 percent.

- In employees with diabetes, average fasting [blood glucose](#) (BG) remained unchanged, while non-fasting BG declined from 152.3 to 146.2 mg/dL.
- The percentage of employees with a cardiovascular disease-related medical claim declined from 56.6 percent to 48.3 percent, and cardiovascular disease-related medical claims declined from 14.1 percent to 13.1 percent.
- The percentage of employees with a cardiovascular disease-related hospital claim declined from 6 percent to 4.3 percent and cardiovascular disease-related hospital claims declined from 2.5 percent to 1.7 percent.

Provided by American Heart Association

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