

Community Initiative on Cardiovascular Health and Disease (CICV)
 Heart-Healthy and Stroke Free Worksite
Employer Interview Questions

Thank you for your willingness to meet with the Mid-America Coalition on Health Care. We are looking forward to seeking your input in developing a *Community Initiative on Cardiovascular Health and Disease* which meets employers concerns about improving the cardiovascular health and wellness of the region's employees. We hope you can take a few minutes to review the following questions which will be discussed during our interview.

Interest

1. Please describe your interests and motivations in pursuing cardiovascular health/wellness and heart disease and stroke prevention programs in the work place.

Costs and Data

2. What specific cost-drivers for employee cardiovascular health/wellness and heart disease and stroke prevention are you most concerned about? For example,
 - Risk factors such as hypertension, high cholesterol, physical inactivity, and obesity among employees.
 - Chronic comorbid conditions among employees, such as diabetes.
 - Absenteeism, presenteeism, disability, and/or medical and pharmacy claims costs
3. How do you measure the impact of these health burdens in your workplace? For example,

Data Available	Data Sources
Hypertension	Health Screening
Cholesterol	Health Screening Health Plan Lab Claims Data
Other, e.g., physical activity, nutrition, BMI, tobacco use, diabetes	Health Risk Assessments

Current Programs

4. What worksite policies does your company have in place specifically to address and support cardiovascular health/wellness and heart disease and stroke prevention issues?
5. Do you have a formalized internal infrastructure for effecting these policies? If so, please describe.
6. Do you have a separate operating budget to carry out these policies?
7. What types of interventions do you conduct in carrying out these policies?
 - a. If none, why not?
 - b. Do you plan to have a program in the future? If no, why not?

Employee Education

8. What educational programs and/or services do you and/or your health plan provide to promote cardiovascular health/wellness and to prevent or manage heart disease and stroke?
 - lipid management
 - blood pressure control
 - tobacco cessation
 - nutrition/dietary intake
 - weight management

- physical activity
- diabetes management
- cardiac/stroke rehabilitation
- depression management
- other

9. What sources of information do you use in designing worksite programs and benefit design around cardiovascular health/wellness and heart disease and stroke prevention? What additional information would you like to have?
10. What activities do you have to educate employees about signs and symptoms of heart attack and stroke, the need to call 9-1-1, and use of automated external defibrillators (AEDs) and CPR?
11. How do you assess employee perception, knowledge, and attitudes about interventions to control cardiovascular risk factors such as hypertension and high cholesterol?

Barriers

12. What types of barriers have you and your employees encountered when attempting to address 1) cardiovascular risk factors and 2) treatment for heart disease and stroke?

Opportunities

13. If you had the opportunity to participate in a community wide cardiovascular *Initiative* in which any and all resources could be made available to address the concerns of your company, what objectives would be of most importance to you?