



Employers for Healthcare Value Since 1980

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For Immediate Release

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LVBCH Awards Employers for Weight Management Efforts

Bethlehem, PA (May 6, 2016) The **Lehigh Valley Business Coalition on Healthcare (LVBCH)** recognized 15 local businesses for their commitment to worksite health and wellness as evidenced through their employee weight management programs. Each employer was presented with the **LVBCH 2016 Wellness Spotlight Award** during the Coalition's 36th annual conference, "*Healthcare in Transition: Strategies to Increase Healthcare Value*" at DeSales University on May 5th.

"We applaud these employers on their encouragement and support of their employees' efforts to manage their weight, and consequently reduce their risk of serious diseases and health conditions," says Tom Croyle, LVBCH President. "By providing access to nutritious food and encouraging physical activity, employers demonstrate their genuine concern for their employees' health and welfare."

Award recipients are:

- Andesa Services
- B. Braun Medical Inc.
- City of Bethlehem
- Computer Aid
- Crayola
- Essroc Cement Corp
- Follett Corporation
- Lancaster-Lebanon Intermediate Unit 13
- Lehigh University
- Lehigh Valley Health Network
- Members 1st Federal Credit Union
- Schlouch Incorporated
- St. Luke's University Health Network
- Victaulic
- Volvo Group / Mack Trucks

The Wellness Spotlight is a new program to recognize member companies for their commitment to best practices in worksite health and wellness.

"We selected weight management this year because it is a problem with which so many people struggle," Croyle says. In fact, 30 percent of adults in Pennsylvania are considered obese, according to a 2014 Robert Wood Johnson Foundation study, *The State of Obesity: Better Policies for a Healthier America*.

“If every employer offered similar weight management benefits, we could significantly reduce that statistic,” Croyle adds. “Making it easy for employees to incorporate healthy lifestyle choices into their workday goes a long way in helping them be successful in losing weight and maintaining a healthy weight.”

To be considered for the award, employers completed a survey that assessed their participation in initiatives that were considered “good, better or best” based on available evidence and expected impact level for each. Best initiatives have sufficient and strong evidence available and would be expected to have large impact as measured by improvements in one year.

Among the initiatives of award recipients are:

- Healthy food choices in cafeterias and vending machines
- On-site gyms, walking programs or fitness classes, such as yoga or dance
- Reimbursement or discounts for off-site gym membership or fitness classes
- Weight loss competitions
- Health fairs
- Weight loss counseling and lectures

Carol Michaels, MCHES, Director, Health Promotion and Wellness and Amanda Greene, MCHES, Strategic Wellness Consultant – both wellness experts from BeneFIT Corporate Wellness / Populytics were on hand to make the award announcements and presentations.

About LVBCH

LVBCH is a multi-state, not-for-profit, coalition of employers striving to provide access to quality affordable healthcare for their employees. The Coalition’s mission is to improve the delivery, cost and quality of health care in our communities through: Collective employer action; Quality and data initiatives; Value based purchasing; and, Providing forums for the exchange of information, ideas and resources. The Coalition is also a member of the National Business Coalition on Health, the National Quality Forum and The Leapfrog Group. For more information, visit www.LVBCH.com.