



News Release

FOR IMMEDIATE RELEASE

HERO SELECTS DEE EDINGTON AS RECIPIENT OF MARK DUNDON RESEARCH AWARD

MINNEAPOLIS (Oct. 1, 2014)—HERO (the [Health Enhancement Research Organization](#)) announced today that Dee Edington, Ph.D., founder and chairman of Edington Associates, has been chosen as the recipient of the [HERO Mark Dundon Research Award](#).

“This award recognizes how research experts, like Dee Edington, influence the process of conducting and bringing to life research that connects wellness programs with corporate objectives like improved employee health outcomes, lower health care costs, and improved productivity,” said Jerry Noyce, president and CEO of HERO. “As one of the true pioneers in the wellness industry with an impressive 35-year career, Dee was a natural fit for this award, because his career exemplifies the essential role that science-based research plays in advancing employee health management.”

The [HERO Mark Dundon Research Award](#) recognizes Edington’s efforts to enhance and promote research that advances the science of employee health management. While Edington has been prolific in his publication of research studies—more than 170 journal articles, nine books and more than 1,000 keynote presentations and workshops—he is also well known for transforming the Department of Physical Education at the University of Michigan into the thriving School of Kinesiology, while also establishing the Fitness Research Center, which later became the Health Management Research Center at the University.

Some of Edington’s most notable research achievements include developing the basic science behind the health risk assessment; conducting one of the first large-scale studies linking modifiable lifestyle factors to medical costs and later, to productivity; being among the first to demonstrate that health risks and costs increase over time if no preventive action is taken to slow the trend; and being among the first to quantify the costs associated with modifiable lifestyle factors.

Currently, he leads the team at Edington Associates, located in Ann Arbor, Mich., where they focus on making “health an organizational strategy” for employers through a combination of proprietary web-based software and decades of health management research and leadership experience.

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About HERO – Based in Edina, Minn., HERO (the Health Enhancement Research Organization) is a non-profit corporation dedicated to the creation and dissemination of employee health management research, education, policy, strategy, and leadership. HERO was established in 1996 as a not-for-profit, 501(c)3 corporation to create high quality employee health management

(EHM) research, especially that dealing with the impact of modifiable health risks on health care costs. To learn more, visit www.the-hero.org. Follow us on [Twitter](#), [Facebook](#) or [LinkedIn](#).

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