

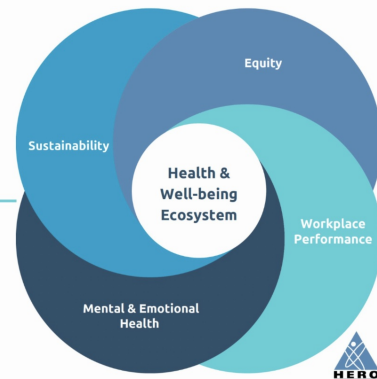


March, 2023

Mary T. Imboden, PhD, Director of Research

The goal of this newsletter is to keep you and your organization up-to-date on HERO and industry research. Additionally, we hope to gain your input on specific research topics and ideas.

HERO
**Research
Agenda**



HERO Research

HERO Research Updates

HERO Scorecard 2022 Progress Report

The HERO Scorecard 2022 Progress Report was published earlier this year and provides highlights and achievements since 2020, as well as descriptions to all the HERO Scorecard commentaries written over the last two years. The Progress Report is also a great place to find benchmarking data. Check out the report [here](#).



NIOSH WellBQ Clearinghouse

HERO is partnering with NIOSH to advance the use of their Worker Well-Being Questionnaire (WellBQ). The WellBQ was designed to capture multiple facets of well-being to both broadly characterize the well-being of workers and inspect specific aspects of worker well-being. HERO will manage a public use database (the NIOSH WellBQ Clearinghouse) for accumulation of de-identified data arising from use of the English- and Spanish-language versions of the NIOSH WellBQ, as well as other certified translations as they become available.

Organizations that complete the WellBQ through the online survey platform receive a de-identified raw dataset of their employees' responses. The de-identified data from participating organizations will also be imported into the HERO WellBQ Clearinghouse for public use. Individuals interested in worker well-being can use this public database for research and education purposes. HERO plans to pilot the Clearinghouse with 5-10 organizations from a diverse array of industries to assess the process and gain valuable feedback from employers on acceptability and level of satisfaction with the process, as well as the overall value proposition of the data received from the WellBQ. If your organization is interested in being a part of this pilot, please contact [Mary Imboden](#).

We also want to hear from you!

What do you believe is the biggest value proposition of the WellBQ for employers?

Mark Dundon Research Award



Mark Dundon contributed to the advancement of health and well-being for the decades he spent working in the healthcare industry. Best known within the ranks of the HERO membership as the co-founder and former Chairman of the Board of HERO, Mark's contributions to the field of health and well-being research and the healthcare field include running a three state health care system in Kentucky, and providing the seed money for ground-breaking research. Each year at the HERO Forum, the Mark Dundon Research Award is presented to a researcher who embodies his dedication to advancing HWB research.

The individual who receives The Mark Dundon Research Award must meet the following criteria:

- Demonstrated sustained leadership in the creation and dissemination of research to advance the principle science and practice of workplace health & well-being (HWB) or a comparable field.
- Held at a position in workplace HWB or at an organization that has met the criteria for a healthy workplace (as defined by one of the benchmarking tools recognized by HERO).
- Demonstrated impact in the field of workplace HWB through one or more of the following:
 1. Published author in a peer reviewed article or study
 2. Lead or authored research that has helped to shape the field of prevention
 3. Provided leadership in the facilitation of important research in the field

Recommended Research & Readings

Check out HERO's Director of Research, Mary Imboden's editorial: [It's Time to \(Again\) Recognize the Considerable Clinical and Public Health Significance of Cardiorespiratory Fitness](#) in the Journal of American College of Cardiology.

Other recommended readings:

1. [What Makes Health Care Workers Stay in Their Job?](#)
2. [Cardiovascular disease: Taking 500 more steps each day may help lower risk](#)
3. [Eating Behaviours Among Healthcare Workers and Their Relationships With Work-Related Burnout](#)

HERO's President, Karen Moseley announced as Co-Chair for the CEO Pledge for Physical Activity.

HERO and the **Physical Activity Alliance** jointly announce the appointment of Karen Moseley, HERO President & CEO, and Dr. Jack Groppe, as National Co-chairs for the CEO pledge for Physical Activity. The CEO Pledge for Physical Activity is a social movement led by the Physical Activity Alliance and aligned with the **Centers for Disease Control and Prevention, Active People, Healthy NationSM** initiative, to make physical activity and healthy movement a cultural norm in workplace environments.

Read the full [Press Release](#)

HERO Upcoming events



**Spring
Think Tank**

**Measures that Matter to
Employers AND Employees**
May 22 & 23 | Free VIRTUAL Members-Only Event

Spring Think Tank
May 22 & 23rd
Virtual event

Measures that Matter
to Employers and
Employees

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