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HERO Announces 2025 Health & Well-Being Award Honorees

Industry Leaders Recognized for Advancing Workplace Health and Human-Centered Leadership

Raleigh, NC – The Health Enhancement Research Organization (HERO) has announced the winners of its 2025 Health & Well-Being Awards, honoring visionary professionals whose work is reshaping the future of workplace well-being. The awards were presented during the annual HERO Forum and Think Tank, which convened industry leaders under the theme of “kindness as a business imperative.”

The 2025 award recipients are:

- **Dr. Dexter Shurney** – *Bill Whitmer Leadership Award*
- **Dr. Bruce Sherman** – *Mark Dundon Research Award*
- **Adam Houdeshell** – *Healthy HERO Award*, sponsored by Workpartners

“HERO is proud to recognize these changemakers who are advancing both the science and practice of well-being,” said Karen Moseley, HERO President & CEO. “In a time when workplace culture is facing rapid change, these individuals are setting the standard for leadership rooted in equity, compassion, and evidence-based strategy.”

Meet the 2025 Award Recipients

Bill Whitmer Leadership Award: Dr. Dexter Shurney

A nationally recognized leader in population health and lifestyle medicine, Dr. Shurney serves as the EVP and Chief Health Officer for Blue Zones, as well as Chief Physician Executive for Blue Zones Health. His career spans clinical innovation, health equity, and executive leadership across sectors. Formerly Chief Health Equity, Diversity, and Inclusion Officer at Adventist Health, Dr. Shurney has held executive positions at Cummins, Inc., Vanderbilt University and Medical Center, Healthways, and Blue Cross Blue Shield of Michigan. Dr. Shurney has also served on many boards and currently chairs the HERO Board of Directors and is former president of the American College of Lifestyle Medicine. A tireless advocate for community-connected care and a more equitable healthcare future, Dr. Shurney exemplifies the type of bold, human-centered leadership the Bill Whitmer Award honors.

Mark Dundon Research Award: Dr. Bruce Sherman

Dr. Sherman is a trusted voice in workforce well-being research and policy, currently consulting with employers and teaching as an adjunct professor at UNC-Greensboro and Case Western Reserve University. His advisory work with the North Carolina Business Coalition on Health and prior leadership roles at organizations including Walmart and Goodyear reflect a career-long commitment to applying rigorous research to real-world workplace challenges. Known for his humility, intellect, and generosity as a mentor and collaborator, Dr. Sherman continues to raise the bar for evidence-driven wellness innovation.

Healthy HERO Award: Adam Houdeshell

Presented in partnership with Workpartners, the Healthy HERO Award honors individuals who have made significant personal strides in health and well-being. Adam Houdeshell, production trainer at Covestro, is this year's recipient. His story of meaningful lifestyle change serves as a powerful reminder that individual action, supported by workplace culture, can drive sustained health outcomes. Adam's journey reflects the deep personal courage and resilience at the heart of well-being success.

About HERO

The Health Enhancement Research Organization (HERO) is a national, nonprofit 501(c)(3) dedicated to discovering and promoting evidence-based practices that improve the health and well-being of employees, families, and communities. Since 1996, HERO has served as a collaborative learning hub for researchers, employer leaders, and consultants who believe in the value of people-first workplaces.

Learn more at: www.hero-health.org.

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