Sutter County Recognized as One of the Healthiest Companies in America

Sutter County and other area public employers together sponsored an employee wellness program which provided health evaluations to their active employees and retirees. They were recognized as one of the “Healthiest Companies in America” by Interactive Health Solutions (IHS), the leading provider of employee health management programs. Sutter County as part of Tri-County Schools Insurance Group (TCSIG) was one of just 44 companies nationwide honored with the award for 2010. These corporations have significantly improved employee health while reducing healthcare costs through employee participation in a prevention-based health program in the workplace.

This is the third year in a row that Sutter County and other area employer members of TCSIG have been recognized as one of the Healthiest Companies in America.

The program was confidential and protected the employee’s health information. The aggregated totals however tell a very positive story. The participants in the program year-after-year showed improvement in their health scores. This is the third year in a row that Tri-County Schools Insurance Group has received this award.

For 2010, Interactive Health Solutions notified over 150 employees of serious life threatening health conditions that required their immediate attention. This intervention literally saved lives.

The Healthiest Companies in America for 2010 rankings are based on a series of clinical evaluations of employee participants across an index of key health indicators designed by Interactive Health Solutions of Arlington Heights, IL, the leading provider of population health management programs to companies throughout the U.S.

One of the evaluations is what percentage of employees is low risk. The Healthiest Companies in America (HCA) is 74%. TCSIG’s score is 73%. The comparison of employees with improved blood pressure was HCA 86% and for TCSIG 85%. The score for improved LDL was HCA 76% and TCSIG matched at 76%. They also looked at what percent of the tested population smoked. HCA showed 9%, TCSIG came in at 6%. The last category was the percentage of smokers who quit. HCA had 27%, TCSIG 23%.

“As the nation continues to focus on healthcare costs, we see population health management programs in the workplace becoming more and more crucial for both employers and employees,” said Joe O’Brien, Interactive Health Solutions Chief Executive Office. “We know that 15% of employees at most companies accrue 78% of all medical costs. But the data shows that through proactive engagement in preventive healthcare, smart companies can start changing those numbers for the better. Obviously healthier employees don’t just benefit their companies. These programs save lives as well as money, it’s that simple,” O’Brian added.
According to a study by The American Journal of Health Promotion, employers who invested in worksite health promotion saw a 28% reduction in sick leave absenteeism; 26% reduction in use of health care benefits; a 30% reduction in worker’s comp claims and disability management; and an average $5.93-to-$1 savings-to-cost ratio.

Current statistics regarding healthcare costs show that:

- 75 percent of healthcare costs are preventable, while less than three percent of all healthcare dollars are spent on preventative practices, per the Centers for Disease Control.
- Estimates show that 20 percent of an employer’s staff is typically responsible for 80 percent of all healthcare costs.
- The remaining population usually falls into low or moderate risk health categories, but as each year passes, many will migrate to a higher risk, higher cost status.

Other local public employers who were recognized as partners with Sutter County were Sutter County Superintendent of Schools, Yuba County Office of Education, Colusa County Office of Education, Plumas Elementary School District, Yuba City USD, Franklin Elementary, Nuestro Elementary, Brittan Elementary, Browns Elementary, Sutter Union High School, Yuba Community College, City of Marysville, Sutter High School District, Marcum-Illinois Union School District, and Winship/Robbins Elementary School District.

All of these public agencies and more throughout the state are members of Tri-County Schools Insurance Group of Yuba City, which is a non-profit purchasing group for their employee benefits.