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## AHA Recognizes Health Efforts at UAB

For the fifth year, UAB has been deemed a Gold-level Fit-Friendly Company by the American Heart Association to companies that promote a culture of wellness within the organization. This recognition and the addition of the Farm Stand initiative started by the UAB Employee Wellness program in 2011, helped UAB earn a new accolade – for Worksite Innovation – given twice yearly to companies that lead the development and implementation of innovative, effective programs that promote physical activity in the workplace.

“Our employee wellness program’s mission is to cultivate, innovate, and nurture a collaborative approach to providing health solutions to our employees,” explains Lauren Whitt, PhD, UAB wellness coordinator. “The Farm Stand was one of our first large-scale initiatives to provide access to fresh fruits and vegetables on campus for our employees and visitors, and it was an overwhelming success this year.”

Source: UAB News

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- [Buy Fresh Fruits & Veggies at the Farm Stand](#)
- [The Best Doctors in America](#)
- [Inpatient Glycemic Control: What YOU Need to Know](#)

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