



# CDC WORKSITE HEALTH SCORECARD

## 2020 Employer Nutrition Program Profile

The CDC ScoreCard is a tool to help employers assess whether their health promotion programs are based on the best evidence for improving employees' health and wellness.

<https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>

Millions of Americans get food at work each day. Improving access to healthy food and beverages at the worksite to improve diet is a key component of a workplace nutrition program. People who eat a healthy diet live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For those with these conditions, healthy eating can help manage them and prevent complications.

### What Evidence-Based Practices Does the ScoreCard Assess?

#### PROGRAMS



Opportunities to begin, change, or maintain health behaviors

#### POLICIES



Formal or informal statements to protect or promote health

#### ENVIRONMENTAL SUPPORTS



Physical factors at work that help protect and enhance health

#### BENEFITS



Overall compensation, including health insurance

## How Are Employers Doing in Promoting Healthy Eating?

**44%** of employers have a comprehensive workplace nutrition program<sup>3</sup> including policies and environmental support strategies.

**47%** of employers have a policy strategy (e.g., healthy foods at meetings or subsidies) to improve healthy food and beverage access and availability as part of their worksite nutrition program.

On average, employers have 8 of 14 (**57%**) Nutrition ScoreCard strategies in place.



<sup>3</sup>Comprehensive programs refer to a coordinated set of strategies that, include programs, policies, benefits, environmental supports, and links to the surrounding community and are designed to meet the health and safety needs of all employees. The 2020 CDC ScoreCard nutrition module does not include any questions related to benefits.



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

**NUTRITION  
SCORECARD  
STRATEGIES**

**STRATEGY<sup>b</sup>**

**PERCENTAGE OF  
WORKSITES WITH  
STRATEGY IN PLACE  
(2020 SCORE)**

	Provide employees with food preparation and storage facilities and a place to eat	96% <sup>c</sup>
	Promote and provide access for increased water consumption	90% <sup>c</sup>
	Provide educational materials that address healthy eating	79% <sup>c</sup>
	Provide places to purchase food and beverages	75% <sup>c</sup>
	Provide and promote interactive educational programming on nutrition, such as a series of educational seminars, workshops, or classes on nutrition	67% <sup>c</sup>
	Provide and promote free or subsidized coaching, counseling, or self-management programs that equip employees with skills and motivation to set and meet their personal nutrition goals	66% <sup>c</sup>
	Offer or promote an on-site or nearby farmers' market where fresh fruits and vegetables are sold	44% <sup>c</sup>
	Make most items in vending machines, cafeterias, and snack bars healthy	43% <sup>d</sup>
	Identify healthier food and beverage choices with signs or symbols	42% <sup>d</sup>
	Label foods with nutritional information	38% <sup>d</sup>
	Have a written policy that makes healthier food and beverage choices available in <i>cafeterias or snack bars</i>	38% <sup>d</sup>
	Have a written policy that makes healthier food and beverage choices available in <i>vending machines</i>	36% <sup>d</sup>
	Have a written policy that makes healthier food and beverage choices available during meetings when food is served	28% <sup>c</sup>
	Use pricing to encourage purchase of healthy options	24% <sup>d</sup>

<sup>b</sup>Evidence-based practices (i.e., programs, policies, environmental supports, and benefits) in the CDC Worksite Health ScoreCard have a weighted score from 1 to 3 points. The score is derived from the strategy's impact on population health outcomes and the strength of the supporting scientific evidence.

<sup>c</sup>Percentages are based on 480 ScoreCard submissions in 2020.

<sup>d</sup>Percentages are based on 359 ScoreCard submissions from employers who reported providing places to purchase food and beverages in 2020.