



CDC WORKSITE HEALTH SCORECARD

2018 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? >

37% of employers have a comprehensive workplace nutrition program^a including policies and environmental support strategies

On average, employer's nutrition score was **8%** lower in 2018 than 2017

On average, employers have 5 of 12 (**42%**) Nutrition ScoreCard strategies in place



^aComprehensive programs refer to a coordinated set of strategies, which include programs, policies, benefits, environmental supports, and links to the surrounding community that are designed to meet the health and safety needs of all employees. The 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^b

**% OF WORKSITES
WITH STRATEGY
IN PLACE
(2018 SCORE)**

	Provide employees with food preparation and storage facilities	96% ^c
	Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of healthy eating	72% ^c
	Provide places to purchase food and beverages	64% ^c
	Provide free or subsidized nutrition counseling or self-management programs on healthy eating	53% ^c
	Provide a series of educational seminars, workshops, or classes on nutrition	52% ^c
	Offer or promote an on-site or nearby farmers' market where fresh fruits and vegetables are sold	41% ^c
	Have a written policy that makes healthier food and beverage choices available in <i>cafeterias or snack bars</i>	34% ^d
	Identify healthier food and beverage choices with signs or symbols	33% ^d
	Have a written policy that makes healthier food and beverage choices available in <i>vending machines</i>	32% ^d
	Make a majority of items in vending machines, cafeterias, and snack bars healthy	32% ^d
	Label foods with nutritional information	28% ^d
	Have a written policy that makes healthier food and beverage choices available during meetings when food is served	24% ^d
 24920500548	Use pricing to encourage purchase of healthy options	18% ^d

^bEvidence-based practices (i.e., programs, policies, environmental supports, benefits) with the highest weighted scores (2 or 3 points) in the CDC Worksite Health ScoreCard, including the strategy's impact on population health outcomes and the strength of the scientific evidence supporting this impact.

^cPercentages based on 873 ScoreCard submissions in 2018.

^dPercentages based on 560 ScoreCard submissions who reported providing places to purchase food and beverages in 2018.