



CDC WORKSITE HEALTH SCORECARD

2018 Employer Physical Activity 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>

According to the *Physical Activity Guidelines for Americans, 2nd edition*, each week adults need at least 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity or 75 minutes (1 hour and 15 minutes) of vigorous physical activity, or an equivalent combination of moderate- and vigorous-intensity activity for substantial health benefits.¹

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 Physical Activity? >

47% of employers have a comprehensive workplace physical activity program^a including policies and environmental support strategies

Average employer physical activity score was **8%** lower in 2018 than 2017

63% of employers have an environmental support strategy (e.g., on-site fitness facility or walking trail) as part of their worksite physical activity program

45% of employers work with YMCAs to provide health-related information, programs, and resources to employees

Average employer has 4 of 9 **(44%)** Physical Activity ScoreCard strategies in place












¹U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd edition*. Washington, DC: U.S. Department of Health and Human Services; 2018.

^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 physical activity module does not include any questions related to benefits.



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

PHYSICAL ACTIVITY SCORECARD STRATEGIES	STRATEGY ^b	% OF WORKSITES ^c WITH STRATEGY IN PLACE (2018 SCORE)
	Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity	69%
	Provide other environmental supports for recreation or physical activity	58%
	Subsidize or discount the cost of on-site or off-site exercise facilities	57%
	Provide free or subsidized self-management programs for physical activity	52%
	Provide organized individual or group physical activity programs for employees (other than the use of an exercise facility)	47%
	Provide a series of educational seminars, workshops, or classes on physical activity	45%
	Provide an exercise facility on-site	29%
	Provide or subsidize physical fitness assessments, follow-up counseling, and physical activity recommendations either on-site or through a community exercise facility	25%
	Post signs at elevators, stairwell entrances or exits, and other key locations that encourage employees to use the stairs	20%

^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.