



CDC WORKSITE HEALTH SCORECARD

2018 Employer 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>

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

“ For the past four years, the Mississippi State Employee Wellness Program (SEWP) has used the CDC Worksite Health ScoreCard to assess workplace wellness activities among its state agencies, boards, and commissions. The CDC ScoreCard has been a valuable assessment and planning tool in our efforts to promote workplace wellness activities that help employers create a culture of wellness. ”

—Brad Martin
SEWP, Mississippi State Department of Health

How Are Employers Doing?

23% of employers will spend the same amount or more on wellness programs next year

Average employer scored **3%** higher in 2018 than 2017

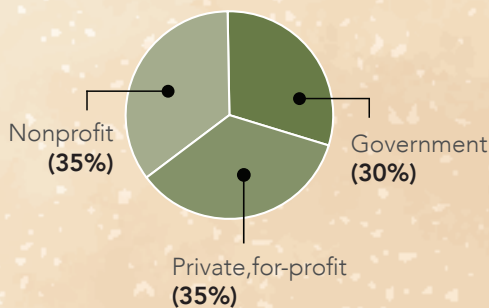
Employers have reached **589,419** employees with ScoreCard strategies

39% of employers have a paid health promotion coordinator

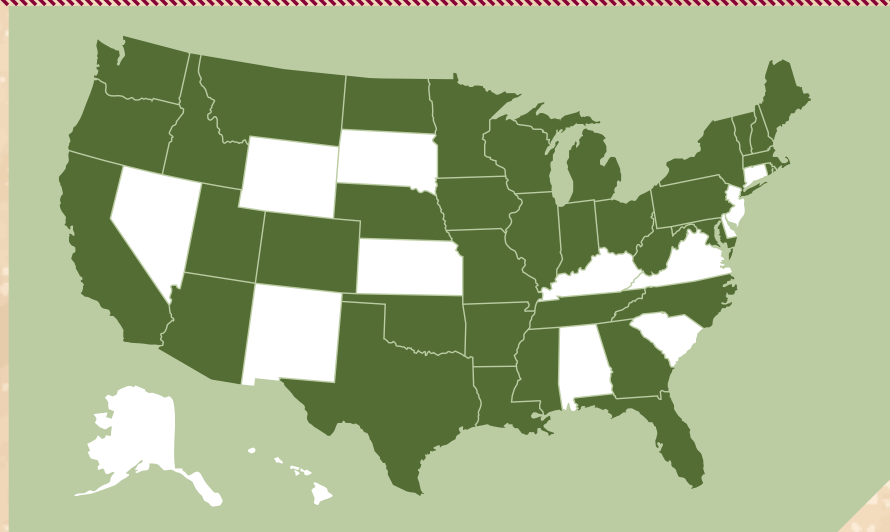
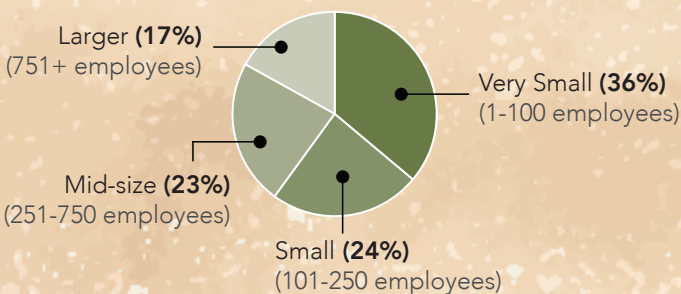
Average employer has **77** of **122 (63%)** ScoreCard strategies in place

Who Is Using the ScoreCard?

BUSINESS TYPE



EMPLOYER SIZE



873 worksites from 537 employers in 35 states submitted ScoreCards



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

**SCORECARD
TOPIC**

STRATEGY*

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

	Tobacco Control	Have a policy banning tobacco use	83%
	Lactation Support	Provide private space for mothers to pump	75%
	Organizational Support	Have a health promotion champion	73%
	Vaccine Preventable Diseases	Provide on-site flu shots	69%
	Emergency Response to Heart Attack and Stroke	Have Automated External Defibrillator (AED) in place	64%
	Occupational Health and Safety	Have an occupational health and safety professional	64%
	Stress Management	Involve employees in decisions about workplace issues that affect stress	60%
	Depression	Offer depression counseling	57%
	High Blood Pressure	Provide blood pressure screening	50%
	Physical Activity	Have physical activity programs	47%
	Diabetes	Have diabetes self-management programs	47%
	Weight Management	Provide education on weight management	45%
	High Cholesterol	Provide cholesterol screening	40%
	Signs and Symptoms of Heart Attack and Stroke	Post information in common areas about the signs of a heart attack	33%
	Nutrition	Make a majority of items in vending machines, cafeterias, and snack bars healthy	21%

*Evidence-based practices (i.e., programs, policies, environmental supports, or 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.