



CDC WORKSITE HEALTH SCORECARD

2019 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

" The ScoreCard has really helped us boost the support for employee health and wellbeing.

—Richard Safer, MD, FAAFP, FACPM
Medical Director, Employee Health, Wellbeing and Innovation, Johns Hopkins Medicine

How Are Employers Doing?

31% of employers will spend the same amount or more on wellness programs next year

52% of employers use local hospitals and other health care professionals for their wellness programs

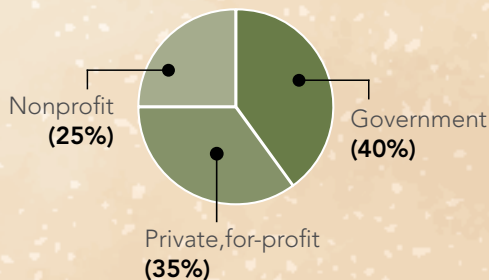
Employers have reached **1,042,813** employees with ScoreCard strategies

50% of employers have a paid health promotion coordinator

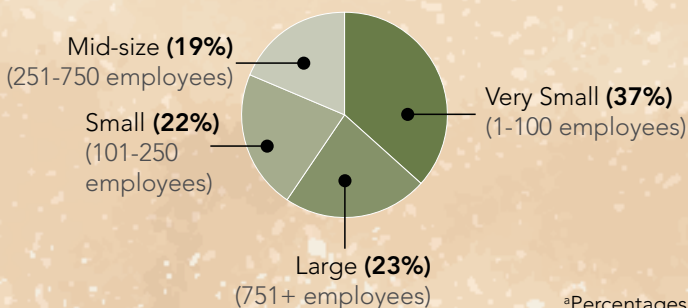
Average employer has **91** of **152 (60%)** ScoreCard strategies in place

Who Is Using the ScoreCard?

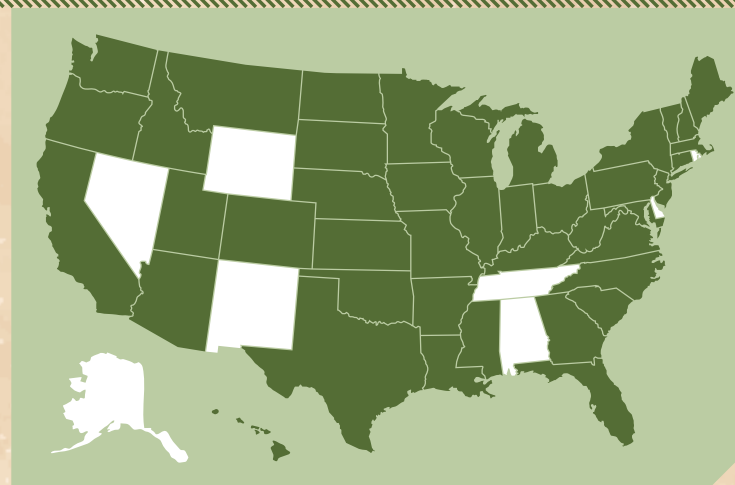
Business Type



Employer Size^a



^aPercentages do not equal 100% due to rounding



970 worksites from 618 employers in 42 states submitted ScoreCards



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

SCORECARD TOPIC	STRATEGY ^b	% WORKSITES WITH STRATEGY IN PLACE (2019 SCORE)
 Cancer	Provide health insurance coverage for screening and vaccinations	87%
 Vaccine Preventable Diseases	Provide on-site flu shots	78%
 Heart Attack and Stroke	Have Automated External Defibrillator (AEDs) in place	77%
 Tobacco Control	Have a policy banning tobacco use	76%
 Lactation Support	Provide private space for mothers to pump	75%
 Organizational Support	Have a health promotion champion	72%
 Alcohol and Other Substance Use	Provide screening and brief intervention and referral for treatment (SBIRT)	69%
 Stress Management	Involve employees in decisions about workplace issues that affect stress	64%
 Physical Activity	Have physical activity programs	61%
 Musculoskeletal Disorders (MSD)	Make job design changes to reduce MSD risk	60%
 Weight Management	Provide education on weight management	56%
 High Blood Pressure	Provide blood pressure screening	55%
 Prediabetes and Diabetes	Have diabetes self-management programs	55%
 Depression	Offer depression counseling	55%
 SAFETY Occupational Health and Safety	Coordinate occupational health and safety programs with health promotion	54%
 High Cholesterol	Provide cholesterol screening	43%
 Nutrition	Make a majority of items in vending machines, cafeterias, and snack bars healthy	35% ^c
 Sleep and Fatigue	Design work schedules to reduce fatigue	34%

^bEvidence-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.

^cPercentages based on 700 ScoreCard submissions who reported providing places to purchase food and beverages in 2019.