Workplace Health Promotion (WHP) is a coordinated set of activities and strategies at the workplace to encourage the health and safety of all employees.

In 2016, there were more than 150 million working adults in the US.

In 2012, about half of all US adults (117 million) had at least one chronic health condition, and 1 in 4 had at least two.

As of 2013, 41 states had enacted some type of law to encourage and support WHP.

To date, no research has tested the impact of state WHP laws on health. In 2016, CDC assessed best available evidence, including worksite health intervention studies and expert opinion, for 21 types of WHP interventions that could be scaled for statewide adoption with a state law. Each type of intervention is shown below by evidence level: “best,” “promising,” and “emerging.” State laws that address the 13 types of WHP interventions with “best” evidence are expected to have the greatest potential for a positive health and associated economic impact. For the full report, visit the Division for Heart Disease and Stroke Prevention’s Policy Resources webpage at: https://www.cdc.gov/dhdsp/pubs/policy_resources.htm

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Types of interventions aligning with “Best” evidence

- Workplace Obesity Interventions*
- Workplace Health Risk Assessment with Education*
- Workplace Integration of WHP and Safety Programs
- Workplace Diabetes Interventions
- Workplace Provides Flexible Scheduling for WHP
- Workplace On-site Vaccinations*
- Workplace Incentives for Employee WHP Participation*
- Workplace Blood Pressure Interventions
- Workplace Depression and Stress Interventions
- Workplace Tobacco Interventions*
- Workplace Skin Cancer Prevention*
- Workplace Cholesterol Interventions
- Workplace Includes Family in WHP

*Recommended by the Community Guide to Preventive Services

Types of interventions aligning with “Promising” or “Emerging” evidence

- “Promising”
  - Workplace Lactation Support
  - Workplace Public Access Defibrillation
  - State Tax Credits for WHP

- “Emerging”
  - State Raises Awareness for WHP
  - State Certification of WHP Programs
  - Workplace Education About Signs of Heart Attack/Stroke
  - State Grants for WHP
  - State WHP Evaluation