

2020 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 *2018 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



CDC WORKSITE HEALTH SCORECARD

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?

62% of employers have a comprehensive workplace physical activity program^a including policies and environmental support strategies.

15% of employers work with YMCAs to provide health-related information, programs, and resources to employees.

82% of employers have an environmental support strategy (e.g., on-site fitness facility or walking trail) as part of their worksite physical activity program.

Average employer has 6 of 10 (**60%**) 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 that include programs, policies, benefits, environmental supports, and links to the surrounding community and are designed to meet the health and safety needs of all employees. The 2020 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

**PERCENTAGE OF
WORKSITES^c WITH
STRATEGY IN PLACE
(2020 SCORE)**



Provide educational materials that address the benefits of physical activity

83%



Provide and promote interactive educational programming on physical activity, such as a series of educational seminars, workshops, or classes on physical activity

76%



Provide or promote other environmental supports for recreation or physical activity

75%



Provide and promote organized physical activity programs for employees other than the use of an exercise facility

71%



Provide and promote free or subsidized lifestyle coaching, counseling, or self-management programs that equip employees with skills and motivation to set and meet their personal physical activity goals

67%



Subsidize or discount the cost of on-site or off-site exercise facilities

64%



Promote the use of activity trackers to support physical activity

56%



Provide an exercise facility on-site

43%



Encourage stair use by posting signs and making stairwells more inviting to use

40%



Encourage active transportation to and from work

37%

^bEvidence-based practices (i.e., programs, policies, environmental supports, and benefits) in the CDC Worksite Health ScoreCard have a weighted score from 1 to 3 points. The score is derived from the strategy's impact on population health outcomes and the strength of the supporting scientific evidence.

^cPercentages are based on 480 ScoreCard submissions in 2020.