



# CDC WORKSITE HEALTH SCORECARD

## 2020 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.

“ The staff is the heart of every hospital. Greater New York Hospital Association (GNYHA) supports its members in the development and continuous improvement of their internal employee health and wellbeing programs. GNYHA is currently supporting a subset of our independent hospitals that serve many of New York City's most vulnerable communities through a yearlong wellbeing collaborative. The CDC Worksite Health ScoreCard is a valuable tool that we hope will allow our participating member hospitals to assess their existing programming and create benchmarks and goals for improvement. ”

—Jenna Mandel-Ricci, vice president, GNYHA

### 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?

26% of employers will spend the same amount or more on wellness programs next year.

47% of worksites use local hospitals and other health care professionals for their wellness programs.

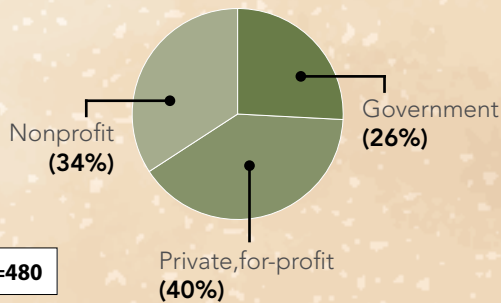
Employers have reached **647,865** employees with ScoreCard strategies.

58% of worksites have a paid health promotion coordinator.

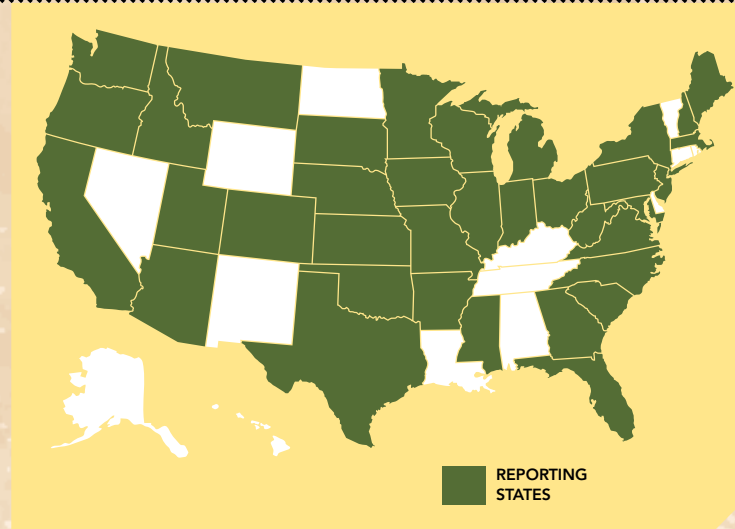
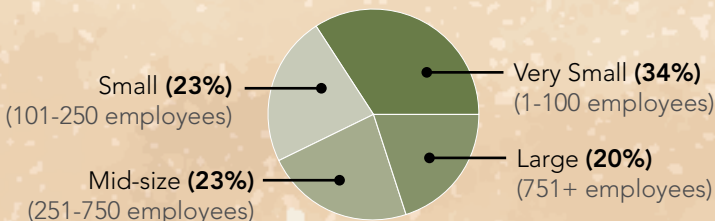
Average employer has **97** of **152 (64%)** ScoreCard strategies in place.

### Who Is Using the ScoreCard?

#### Business Type



#### Employer Size



480 worksites from 408 employers in 36 states submitted ScoreCards.



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

SCORECARD TOPIC	STRATEGY <sup>a</sup>	% WORKSITES WITH STRATEGY IN PLACE (2020 SCORE)
 Cancer	Provide health insurance coverage for screening and vaccinations	89%
 Vaccine Preventable Diseases	Provide on-site flu shots	82%
 Maternal Health and Lactation Support	Provide private space for mothers to pump breastmilk	79%
 Heart Attack and Stroke	Have Automated External Defibrillator (AEDs) in place	78%
 Tobacco Use	Have a policy banning tobacco use	78%
 Organizational Support	Have a health promotion champion	75%
 Alcohol and Other Substance Use	Provide screening and brief intervention and referral for treatment (SBIRT)	73%
 Physical Activity	Have physical activity programs	71%
 Stress Management	Involve employees in decisions about workplace issues that affect stress	70%
 Depression	Offer depression counseling	66%
 Musculoskeletal Disorders (MSD)	Make job design changes to reduce MSD risk	65%
 Weight Management	Provide education on weight management	64%
 Prediabetes and Diabetes	Have diabetes self-management programs	61%
 High Blood Pressure	Provide blood pressure screening	57%
 Occupational Health and Safety	Coordinate occupational health and safety programs with health promotion	53%
 High Cholesterol	Provide cholesterol screening	44%
 Nutrition	Make most items in vending machines, cafeterias, and snack bars healthy	43% <sup>b</sup>
 Sleep and Fatigue	Design work schedules to reduce fatigue	36%

<sup>a</sup> Evidence-based practices (i.e., programs, policies, environmental supports, and 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 supporting scientific evidence.

<sup>b</sup> Percentages are based on 359 ScoreCard submissions from employers who reported providing places to purchase food and beverages in 2020.