



# CDC WORKSITE HEALTH SCORECARD

## 2020 Small 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.

### 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

*Small employers are defined as organizations with 101 to 250 employees that include full-time, part-time, and temporary workers.*

### How Are Small Employers Doing?

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

**46%** of small worksites use local hospitals and other health care professionals for their wellness programs.

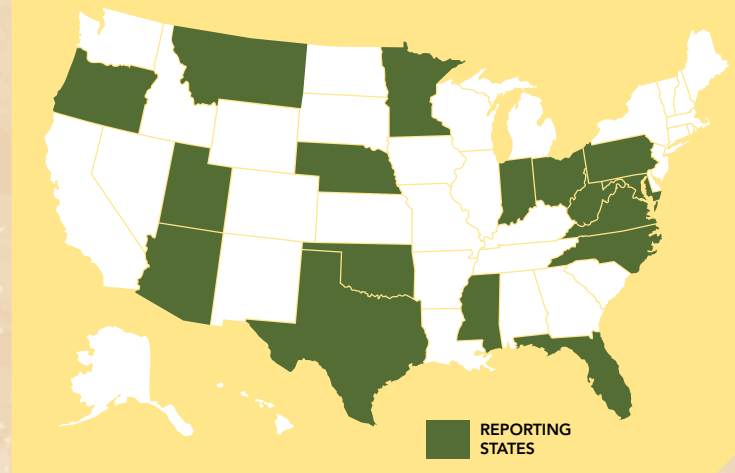
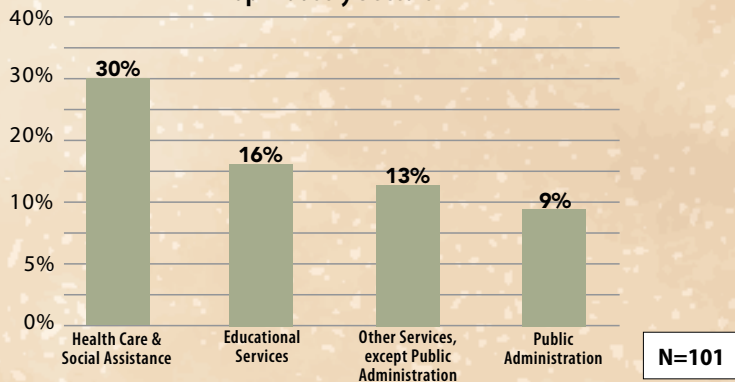
Small employers have reached **16,460** employees with ScoreCard strategies.

**47%** of small worksites have a paid health promotion coordinator.

Average small employer has **96** of **152 (63%)** ScoreCard strategies in place.

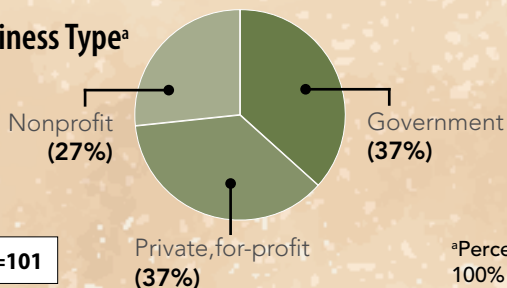
### Who Are the Small Employers Using the ScoreCard?

#### Top Industry Sectors



111 worksites from 101 small employers in 17 states submitted ScoreCards.

#### Business Type<sup>a</sup>



<sup>a</sup>Percentages do not equal 100% due to rounding



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

**SCORECARD  
TOPIC**

**STRATEGY<sup>a</sup>**

**% SMALL WORKSITES  
WITH STRATEGY  
IN PLACE (2020 SCORE)**



**Cancer**

Provide health insurance coverage for screening and vaccinations

**87%**



**Vaccine Preventable Diseases**

Provide on-site flu shots

**83%**



**Maternal Health and Lactation Support**

Provide private space for mothers to pump breastmilk

**82%**



**Heart Attack and Stroke**

Have Automated External Defibrillator (AEDs) in place

**81%**



**Tobacco Control**

Have a policy banning tobacco use

**81%**



**Alcohol and Other Substance Use**

Provide screening and brief intervention and referral for treatment (SBIRT)

**76%**



**Organizational Support**

Have a health promotion champion

**71%**



**Stress Management**

Involve employees in decisions about workplace issues that affect stress

**70%**



**Physical Activity**

Have physical activity programs

**68%**



**Weight Management**

Provide education on weight management

**64%**



**Depression**

Offer depression counseling

**62%**



**Musculoskeletal Disorders (MSD)**

Make job design changes to reduce MSD risk

**61%**



**Prediabetes and Diabetes**

Have diabetes self-management programs

**59%**



**High Blood Pressure**

Provide blood pressure screening

**59%**



**SAFETY**

**Occupational Health and Safety**

Coordinate occupational health and safety programs with health promotion

**49%**



**High Cholesterol**

Provide cholesterol screening

**44%**



**Nutrition**

Make most items in vending machines, cafeterias, and snack bars healthy

**42%<sup>b</sup>**



**Sleep and Fatigue**

Design work schedules to reduce fatigue

**39%**

<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 81 ScoreCard submissions from small employers who reported providing places to purchase food and beverages in 2020.