



# CDC Worksite Health ScoreCard

The following are examples of the benchmark reports that will be generated when you submit a CDC Worksite Health ScoreCard (ScoreCard). These reports provide scores for your worksite as well as benchmarks and guidance on how to read the reports.



















## Sample Summary Benchmark Report for a ScoreCard Completed in 2019

### 2019 Summary Benchmark Report - Any Town Office Park

[Interventions in Place](#)

[Resources for Action](#)  Score increased from prior year  Score decreased from prior year

 [Export to Excel](#)  [Export to PDF](#)

TOPIC	2019 ScoreCard Total Points Possible	2019 Score	2019 Sample Scores	
			Medium Worksites (250-749 employees) <sup>c</sup>	All Worksites <sup>d</sup>
Organizational Supports 	44	25	32	32
Tobacco Use 	18	12	15	13
High Blood Pressure 	16	12	11	11
High Cholesterol 	13	9	9	9
Physical Activity 	22	18	15	15
Weight Management 	8	4	6	8
Nutrition 	24	16	12	11
Heart Attack and Stroke 	19	12	14	13
Prediabetes and Diabetes 	15	9	11	10
Depression 	16	10	11	10
Stress Management 	14	6	10	9
Alcohol and Other Substance Use 	9	8	7	6
Sleep and Fatigue 	9	0	4	3
Musculoskeletal Disorders 	9	6	6	5
Occupational Health and Safety 	18	18	15	14
Vaccine Preventable Diseases 	14	10	13	11
Maternal Health and Lactation Support 	15	7	11	10
Cancer 	11	6	7	6
<b>TOTAL</b>	<b>294</b>	<b>188</b>	<b>209</b>	<b>196</b>

#### Footnotes

<sup>c</sup>Total number of worksites included in Medium Worksites 2019 average: 19

<sup>d</sup>Total number of worksites included in All Worksites 2019 average: 93

#### Source

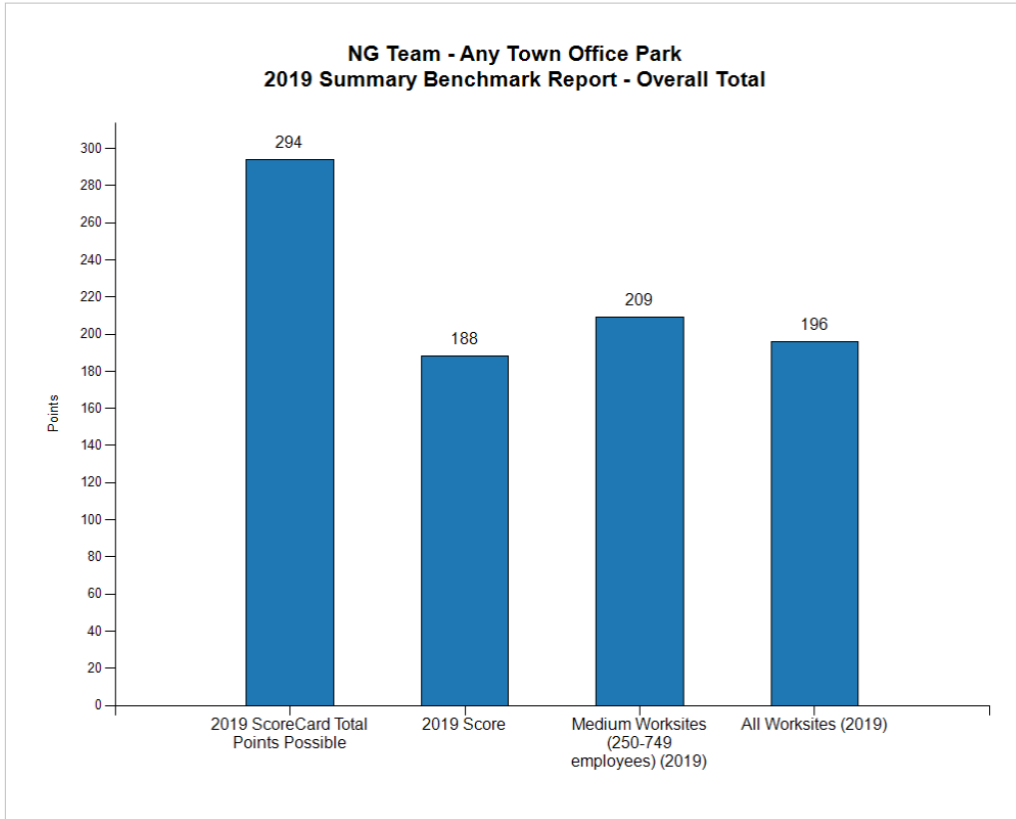
CDC Worksite Health ScoreCard Online

Overall Total  
or By Topic

Overall Total



Export to Excel Export to PDF



**Source**

CDC Worksite Health ScoreCard Online

#### How to Read this Benchmark Report

##### What do the points mean?

The CDC Worksite Health ScoreCard (HSC) scoring system was developed to reflect the relative impact of proven health promotion strategies. As part of the development process, each of the strategies in the HSC was assigned a weighted score based on an expert panel's assessment of each item's evidence-base and impact level. Each item (question) on the HSC survey has been assigned a point value between 1 and 3 (where 1=good, 2=better, and 3=best). This point value reflects the level of impact that the strategy has on the intended health behaviors or outcomes and the strength of scientific evidence supporting this impact. For example, awareness-building materials such as brochures (1 point) have less of an effect on employee health than lifestyle counseling or self-management programs (3 points). For more information about the evidence and impact rating system, please see *The CDC Worksite Health ScoreCard Scoring Methodology: Evidence and Impact Ratings and Supporting Citations* document: [http://www.cdc.gov/dhdsp/pubs/docs/HSC\\_Score\\_Method.pdf](http://www.cdc.gov/dhdsp/pubs/docs/HSC_Score_Method.pdf).

##### How are the points calculated?

Scoring your completed HSC generates two scores — a total HSC score and individual scores for each of the 18 scored topic sections (Community Resources is not scored). The total HSC score is determined by adding the point values of all the questions to which you responded YES. The individual topic section scores are determined by adding the point values of all of the questions to which you responded YES in a particular section (e.g., organizational supports). A higher score (for all scores combined or for an individual topic) indicates a greater number of strategies in place, a higher percentage of high-impact strategies (i.e., higher-weighted score), or both.

##### Why does the report compare current scores against averages from prior years?

The CDC Worksite Health Scorecard generates benchmarking data by comparing the scores of your worksite to other worksites in the database. In order to allow for the maximum number of worksites for you to benchmark your scores against, the complete prior year's number of HSC submissions is used, rather than a smaller number of HSC submissions representing only a portion of a calendar year. For example, if you submit your annual HSC in February, you could only be benchmarked against other employers who have submitted their annual HSCs in January or February of that year, which would exclude all the worksites who will submit their annual HSCs during the remaining 10 months of year.

##### What is the meaning of each report column?

- 2019 Score — represents the points received based on the answers provided (when the individual scores of all the questions in a Health Scorecard topic are added together) by topic and overall for an individual worksite that was reported between January 1-December 31, 2019.
- Medium Worksites (250-749 employees) — represents the average score by topic and overall of all Medium worksites (250-749 employees) who submitted a pilot version of the current Health Scorecard in 2018.
- All Worksites — represents the average score by topic and overall for all worksites regardless of size who submitted a pilot version of the current Health Scorecard in 2018.

## Sample Detailed Benchmark Report for a ScoreCard Completed in 2019

Detailed benchmark reports are available for each of the 18 ScoreCard modules.

### 2019 Detailed Benchmark Report - Any Town Office Park

Jump to Topic:  ▼ Topic 9 of 18

[Interventions in Place](#)

[Resources for Action](#) ▲ Score increased from prior year ▼ Score decreased from prior year

[Export to Excel](#) [Export to PDF](#)

ScoreCard Question	2019 ScoreCard Total Points Possible	2019 Score	2019 Sample Worksites Responding "YES"	
			Worksites <sup>c</sup>	All Worksites <sup>d</sup>
<b>Prediabetes and Diabetes</b> <span>📌</span>	15	9	11	10
During the past 12 months, did your worksite...				
85 Provide free or subsidized prediabetes and diabetes health risk assessment (beyond self-report) and feedback, followed by blood screening (fasting glucose or A1c) <b>and</b> clinical referral when appropriate?	3	3	58 %	57 %
86 Provide educational materials on prediabetes and diabetes?	1	0	63 %	67 %
87 Provide <b>and</b> promote <u>interactive educational programming</u> on preventing and controlling diabetes?	3	3	58 %	58 %
88 Provide <b>and</b> promote free or subsidized intensive <u>lifestyle coaching/counseling</u> and follow-up monitoring for employees with prediabetes or diabetes?	3	0	79 %	62 %
89 Provide <b>and</b> promote self-management programs for diabetes control?	3	3	63 %	61 %
90 Provide health coverage with free or subsidized out-of-pocket costs for diabetes medications as well as supplies for diabetes management (e.g., glucose test strips, needles, monitoring kits)?	2	0	68 %	63 %

#### Footnotes

<sup>c</sup>Total number of worksites included in Worksites 2019 average: 19

<sup>d</sup>Total number of worksites included in All Worksites 2019 average: 93

#### Source

CDC Worksite Health ScoreCard Online

## How to Read this Benchmark Report

### What do the points mean?

The CDC Worksite Health ScoreCard (HSC) scoring system was developed to reflect the relative impact of proven health promotion strategies. As part of the development process, each of the strategies in the HSC was assigned a weighted score based on an expert panel's assessment of each item's evidence-base and impact level. Each item (question) on the HSC survey has been assigned a point value between 1 and 3 (where 1=good, 2=better, and 3=best). This point value reflects the level of impact that the strategy has on the intended health behaviors or outcomes and the strength of scientific evidence supporting this impact. For example, awareness-building materials such as brochures (1 point) have less of an effect on employee health than lifestyle counseling or self-management programs (3 points). For more information about the evidence and impact rating system, please see *The CDC Worksite Health ScoreCard Scoring Methodology: Evidence and Impact Ratings and Supporting Citations* document: [http://www.cdc.gov/dhdsp/pubs/docs/HSC\\_Score\\_Method.pdf](http://www.cdc.gov/dhdsp/pubs/docs/HSC_Score_Method.pdf) .

### How are the points calculated?

Scoring your completed HSC generates two scores — a total HSC score and individual scores for each of the 18 scored topic sections (Community Resources is not scored). The total HSC score is determined by adding the point values of all the questions to which you responded YES. The individual topic section scores are determined by adding the point values of all of the questions to which you responded YES in a particular section (e.g., organizational supports). A higher score (for all scores combined or for an individual topic) indicates a greater number of strategies in place, a higher percentage of high-impact strategies (i.e., higher-weighted score), or both.

### Why does the report compare current scores against averages from prior years?

The CDC Worksite Health Scorecard generates benchmarking data by comparing the scores of your worksite to other worksites in the database. In order to allow for the maximum number of worksites for you to benchmark your scores against, the complete prior year's number of HSC submissions is used, rather than a smaller number of HSC submissions representing only a portion of a calendar year. For example, if you submit your annual HSC in February, you could only be benchmarked against other employers who have submitted their annual HSCs in January or February of that year, which would exclude all the worksites who will submit their annual HSCs during the remaining 10 months of year.

### What is the meaning of each report column?

- Topic — a category of questions in the Health Scorecard. Eighteen topics are used to group questions that ask about related public-health strategies and interventions (e.g., Nutrition, Physical Activities, and Lactation Support).
- Total Points Possible — represents the maximum number of points available when the individual scores of all questions in a Health Scorecard topic and overall are added together.
- 2019 Score — represents the points received based on the answers provided (when the individual scores of all the questions in a Health Scorecard topic are added together) by topic and overall for an individual worksite that was reported between January 1-December 31, 2019.
- Worksites — represents the average score by topic and overall of all worksites who submitted a pilot version of the current Health Scorecard in 2018.
- All Worksites — represents the average score by topic and overall for all worksites regardless of size who submitted a pilot version of the current Health Scorecard in 2018.