



CDC WORKSITE HEALTH SCORECARD

2019 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

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?

59% of employers have a comprehensive workplace physical activity program^a including policies and environmental support strategies

78% of employers have an environmental support strategy (e.g., on-site fitness facility or walking trail) as part of their worksite physical activity program

18% of employers work with YMCAs to provide health-related information, programs, and resources to employees

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, which include programs, policies, benefits, environmental supports, and links to the surrounding community that are designed to meet the health and safety needs of all employees. The 2019 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
(2019 SCORE)**



Provide educational materials that address the benefits of physical activity

79%



Provide or promote other environmental supports for recreation or physical activity

71%



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

66%



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

65%



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

62%



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

61%



Promote the use of activity trackers to support physical activity

45%



Provide an exercise facility on-site

38%



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

37%



Encourage active transportation to and from work

36%

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

^cPercentages based on 970 ScoreCard submissions in 2019.