



CDC WORKSITE HEALTH SCORECARD

2019 Large 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.

<https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>

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

Large employers are defined as those with 751+ employees including full-time, part-time, and temporary.

How Are Large Employers Doing?

16% of large employers will spend the same amount or more on wellness programs next year

59% of large employers use local hospitals and other health care professionals for their wellness programs

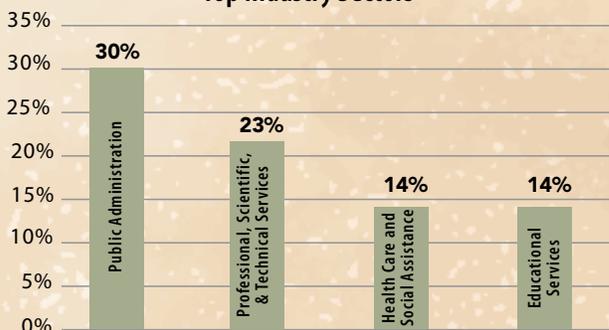
Large employers have reached **833,600** employees with ScoreCard strategies

66% of large employers have a paid health promotion coordinator

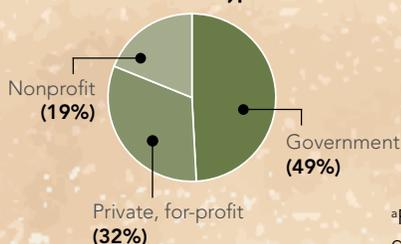
Average large employer has **104** of **152 (68%)** ScoreCard strategies in place

Who Are the Large Employers Using the ScoreCard?

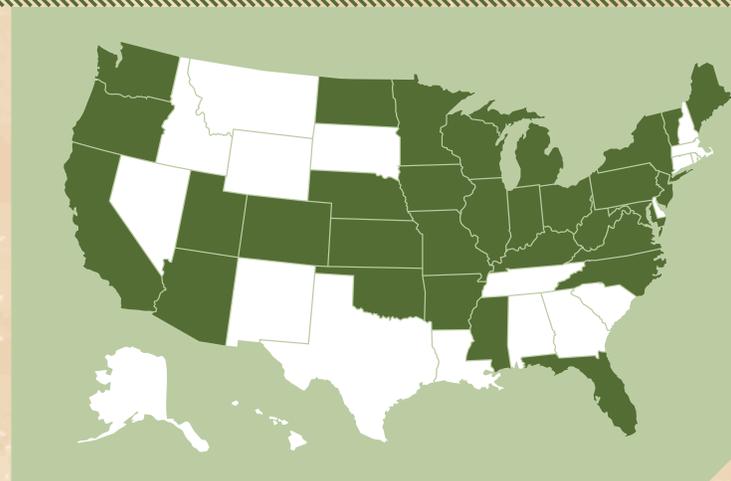
Top Industry Sectors



Business Type^a



^aPercentages do not equal 100% due to rounding



372 worksites from 141 employers in 31 states submitted ScoreCards



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

SCORECARD TOPIC	STRATEGY ^b	% LARGE WORKSITES WITH STRATEGY IN PLACE (2019 SCORE)	
	Cancer	Provide health insurance coverage for screening and vaccinations	96%
	Tobacco Control	Have a policy banning tobacco use	87%
	Heart Attack and Stroke	Have Automated External Defibrillator (AEDs) in place	86%
	Vaccine Preventable Diseases	Provide on-site flu shots	85%
	Alcohol and Other Substance Use	Provide screening and brief intervention and referral for treatment (SBIRT)	85%
	Organizational Support	Have a health promotion champion	79%
	Lactation Support	Provide private space for mothers to pump	77%
	Musculoskeletal Disorders (MSD)	Make job design changes to reduce MSD risk	76%
	Stress Management	Involve employees in decisions about workplace issues that affect stress	69%
	Weight Management	Provide education on weight management	67%
	High Blood Pressure	Provide blood pressure screening	67%
	Occupational Health and Safety	Coordinate occupational health and safety programs with health promotion	66%
	Depression	Offer depression counseling	66%
	Physical Activity	Have physical activity programs	65%
	Prediabetes and Diabetes	Have diabetes self-management programs	65%
	High Cholesterol	Provide cholesterol screening	49%
	Sleep and Fatigue	Design work schedules to reduce fatigue	42%
	Nutrition	Make a majority of items in vending machines, cafeterias, and snack bars healthy	31% ^c

^bEvidence-based practices (i.e., programs, policies, environmental supports, or 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 scientific evidence supporting this impact.
^cPercentages based on 294 ScoreCard submissions from large employers who reported providing places to purchase food and beverages in 2019.