



CDC WORKSITE HEALTH SCORECARD

2019 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.

<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

Small employers are defined as those with 101-250 employees including full-time, part-time, and temporary.

How Are Small Employers Doing?

30% of small employers will spend the same amount or more on wellness programs next year

49% of small employers use local hospitals and other health care professionals for their wellness programs

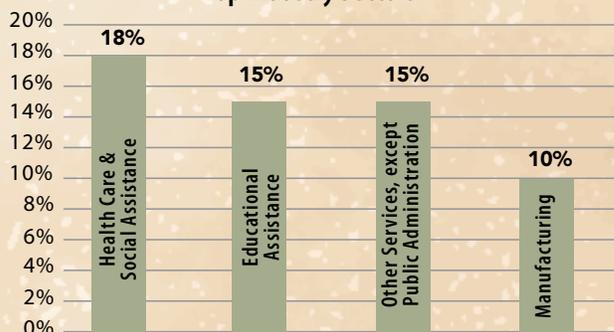
Small employers have reached **26,351** employees with ScoreCard strategies

37% of small employers have a paid health promotion coordinator

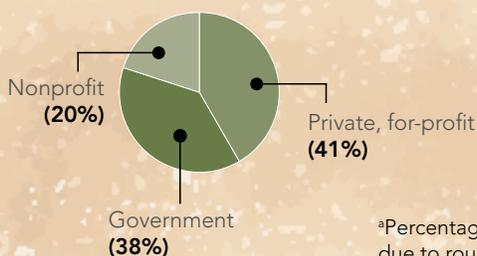
Average small employer has **82** of **152 (54%)** ScoreCard strategies in place

Who Are the Small Employers Using the ScoreCard?

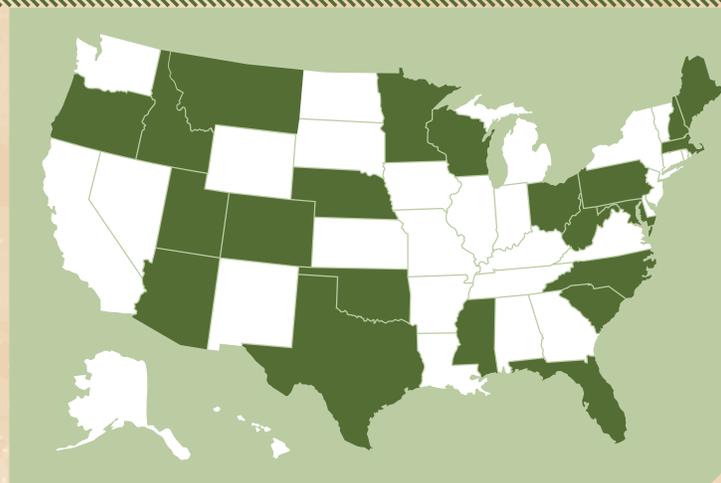
Top Industry Sectors



Business Type^a



^aPercentages do not equal 100% due to rounding



155 worksites from 133 small employers in 22 states submitted ScoreCards



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

SCORECARD TOPIC	STRATEGY ^b	% SMALL WORKSITES WITH STRATEGY IN PLACE (2019 SCORE)
 Cancer	Provide health insurance coverage for screening and vaccinations	85%
 Vaccine Preventable Diseases	Provide on-site flu shots	81%
 Heart Attack and Stroke	Have Automated External Defibrillator (AEDs) in place	77%
 Lactation Support	Provide private space for mothers to pump	76%
 Tobacco Control	Have a policy banning tobacco use	75%
 Organizational Support	Have a health promotion champion	66%
 Alcohol and Other Substance Use	Provide screening and brief intervention and referral for treatment (SBIRT)	53%
 Stress Management	Involve employees in decisions about workplace issues that affect stress	52%
 Musculoskeletal Disorders (MSD)	Make job design changes to reduce MSD risk	52%
 High Blood Pressure	Provide blood pressure screening	52%
 Physical Activity	Have physical activity programs	49%
 Depression	Offer depression counseling	49%
 High Cholesterol	Provide cholesterol screening	46%
 Prediabetes and Diabetes	Have diabetes self-management programs	45%
 Weight Management	Provide education on weight management	44%
 Occupational Health and Safety	Coordinate occupational health and safety programs with health promotion	40%
 Nutrition	Make a majority of items in vending machines, cafeterias, and snack bars healthy	36% ^c
 Sleep and Fatigue	Design work schedules to reduce fatigue	26%

^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 125 ScoreCard submissions from small employers who reported providing places to purchase food and beverages in 2019.