

CDC's Workplace Health Program

CDC created a workplace health program to address the leading health-related cost drivers for employers (e.g., heart disease and stroke, obesity, diabetes). This program:

- Provides employers with tools and resources that build their skills to implement effective and sustainable workplace health strategies
- Conducts research to identify and test promising strategies and interventions
- Monitors and reports trends in employer programs, policies, and practices to identify needs and gaps
- Helps workplaces identify changes they can make to support employees who want to protect and maintain their health.

146 million Americans spend the majority of their waking hours at work each day. Many employers today are seeking ways to support employees who want to protect their health. Sixty percent of companies expect to increase their wellness offerings in 2016-2017.

CDC focuses on small and mid-size employers who often lack internal capacity; 89% of U.S. employees work for smaller companies (3-100 employees.) Participating organizations reach adults that might not otherwise engage with the public health system.

Our Achievements

Through the Work@Health® employer training program, CDC has trained more than 300 employers and train-the-trainer participants from 42 U.S. states, territories and the District of Columbia.

"We are where we are today because of [CDC's] National Healthy Worksite Program (NHWP). It gave us the kick to get going and now we are committed to continuing." – ***Melissa Bird, CIPROMS Human Resources Vice President***

Over 18 months, the percentage of employees who participated in the National Healthy Worksite Program who met CDC recommendations for physical activity increased from 30% to 38%; the percentage who consumed at least 5 daily servings of fruits and vegetable

increased from 6% to 13%; and the percentage who were current smokers decreased from 14% to 12%.

Using the CDC Worksite Health ScoreCard, over 1,200 worksites representing 40 states have assessed how proven health promotion strategies are used in their worksites.

Members of the CDC Workplace Health Research Network are conducting innovative research to advance our knowledge of effective health interventions that can be applied in worksites.

"Going through the CDC Work@Health® training, it gives you that push. I'm doing this reporting and taking time to do this—I need to bump up my program. That pushed me to do this more." —***Marisa Mansfield, Human Resources Manager, SEPI Engineering & Construction***

Future Directions

Training and technical assistance: Expand opportunities using the Work@Health® curricula – a science-based comprehensive approach to build effective and sustainable workplace-based health promotion, including a scalable and replicable Train-the-Trainer model.

Data-driven decisions: Provide employers and states with data through the Workplace Health in America survey on current employer investments in workplace health programs, including strengths, gaps and emerging trends

Provide access to what works: Launch a centralized information clearinghouse of effective, science-based tools and resources from a broad array of publically available information sources.

Fill the gaps: Expand opportunities to understand and improve employee health and develop best practices through research.

For more information visit

www.cdc.gov/workplacehealthpromotion

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health

