KEEPING CONNECTICUT'S WORKERS HEALTHY

WORKPLACE WELLNESS PROGRAMS

Programs and policies that promote healthy behaviors can make a life-saving difference for employees' health and wellness. Studies have shown that every dollar invested by employers in workplace health promotion results in a minimum 3:1 cost savings return on investment. There is no doubt that a comprehensive wellness program targeted specifically to meet a company's needs can reduce injuries, workers' compensation/ disability claims, healthcare costs, absenteeism, employee turnover, and increase productivity, and morale.

FAST FACTS

- Workplace physical activity programs can

    - reduce short-term sick leave by 6 to 32 percent,

    - reduce health care costs by 20 to 55 percent, and

    - increase productivity by as much as 52 percent.

- 60% of American adults do not exercise regularly.

- In Connecticut 634,000 adults are obese, which is an increase of 188,000 individuals over the last 10 years.

- Obesity-related health care costs total an estimated $147 billion per year.

- The average person can burn 178 calories by walking 3.5 mph or stretching/ doing Yoga for 30 minutes.

- Three-fourths of employees believe today's workers have more on-the-job stress than a generation ago.

There is a need for intervention at national, state, and community levels, and across multiple settings (e.g., worksites, community venues, and restaurants) to improve access to and availability of health and wellness programs.

INFORMATIONAL RESOURCES

http://www.cdc.gov/healthyweight/

http://aspe.hhs.gov/health/reports/physicalactivity/

http://www.healthguidance.org/entry/6299/1/Physical-Fitness-and-Exercise-The-Facts.html

http://www.cdc.gov/NationalHealthyWorksite/

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