

Fit at Work: the Importance of Worksite Physical Activity

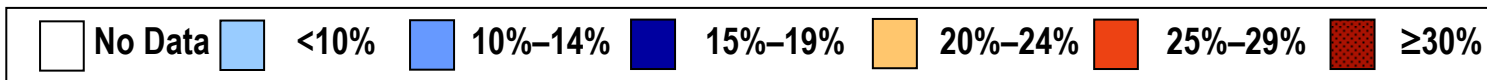
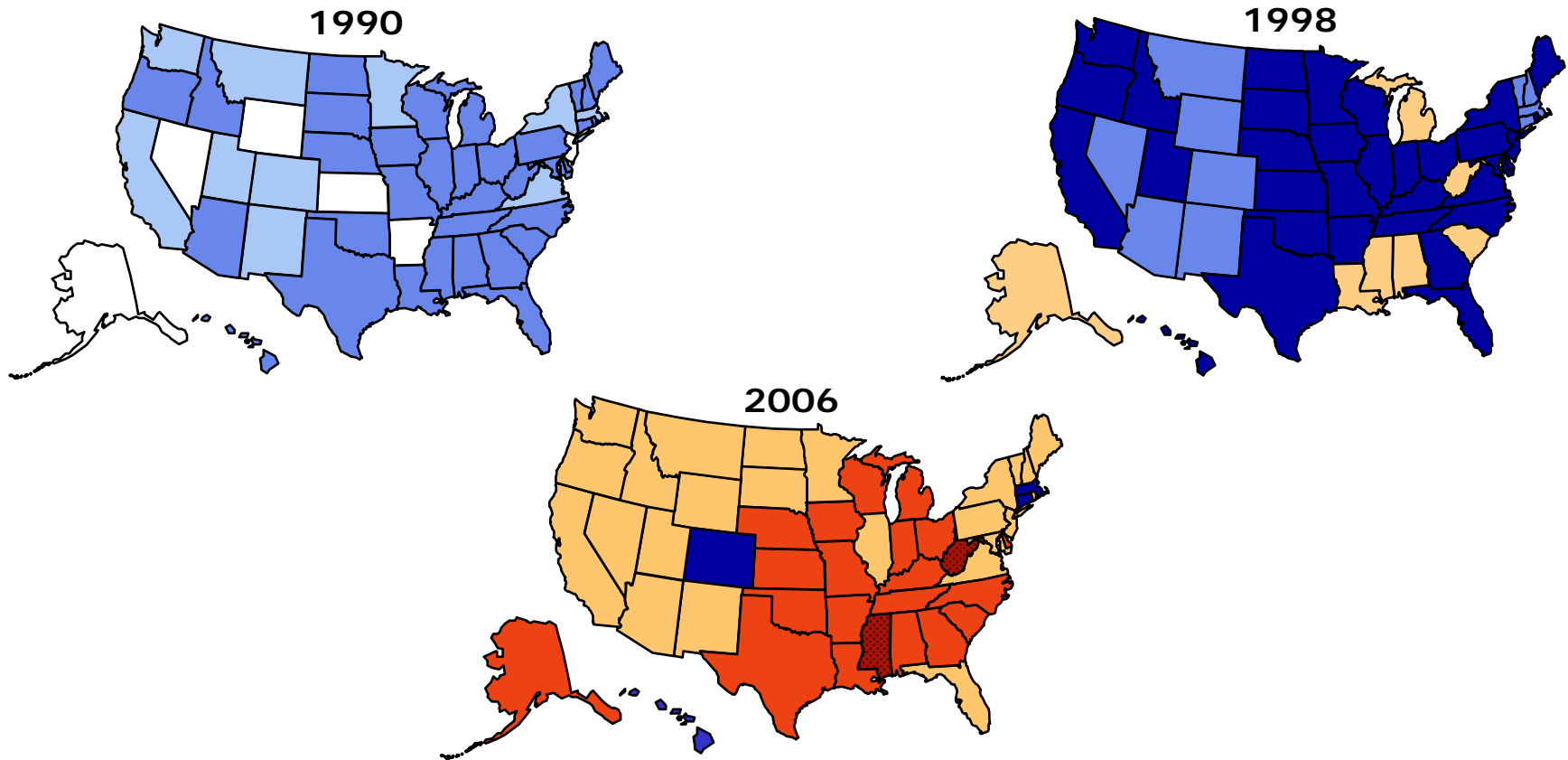
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Centers for Disease Control and Prevention

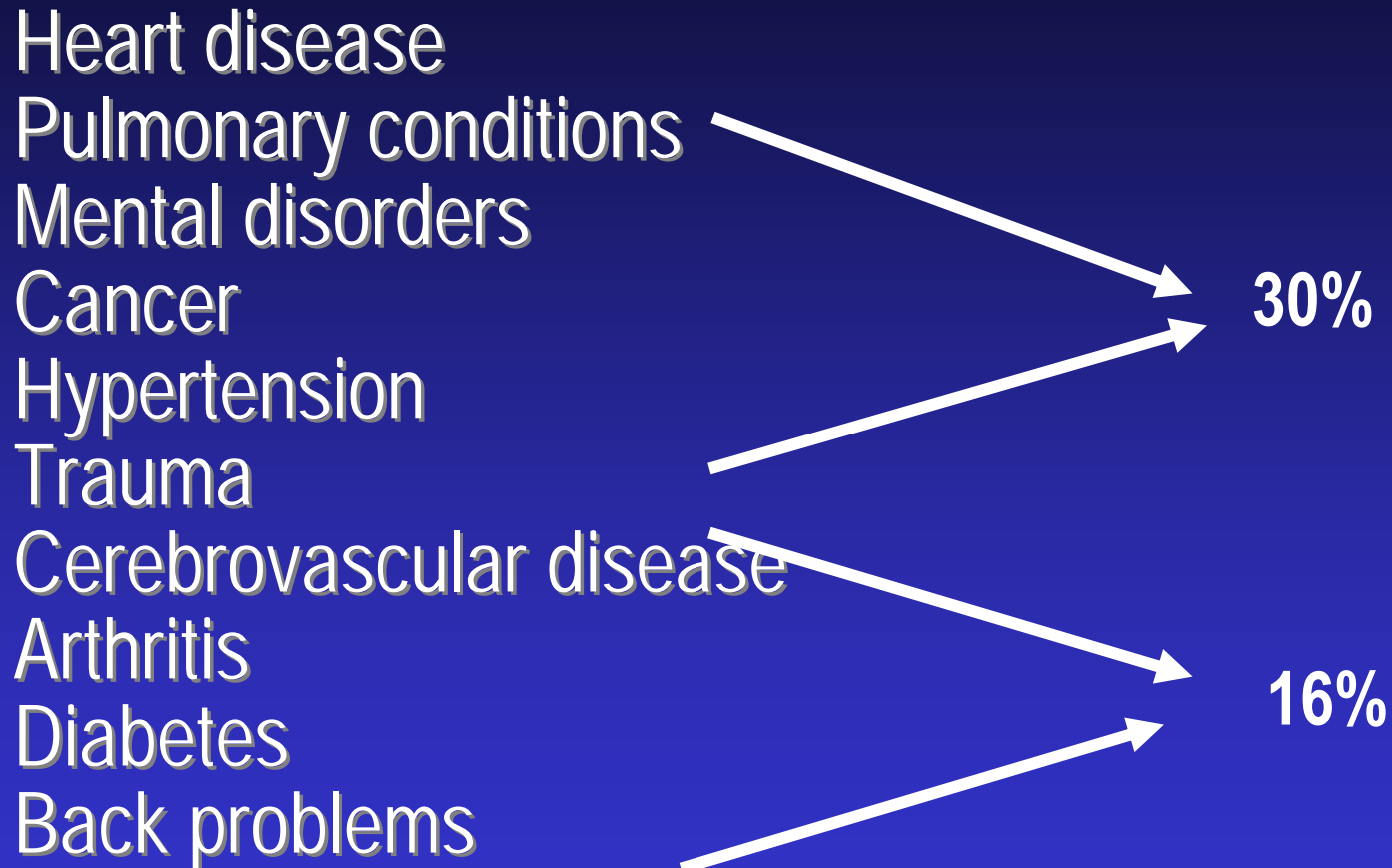


Obesity Trends Among U.S. Adults

BRFSS, 1990, 1998, 2006



% Total Change in Spending by Top 10 Conditions 1987-2000



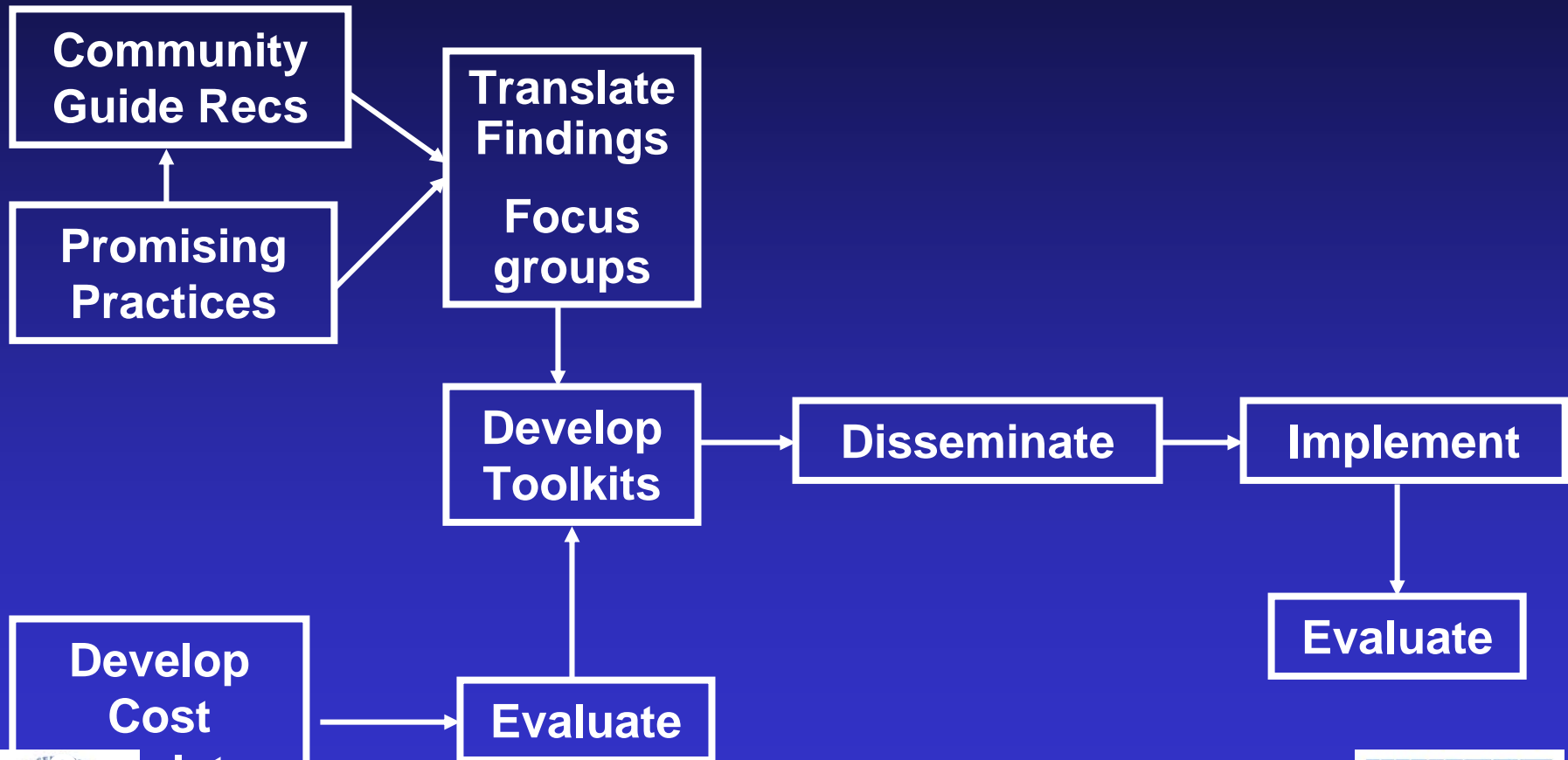
Thorpe et al. Health Affairs 2004; W4.437; W4.480



Worksite Health Promotion Triad (NGA)



CDC Projects Related to Worksites



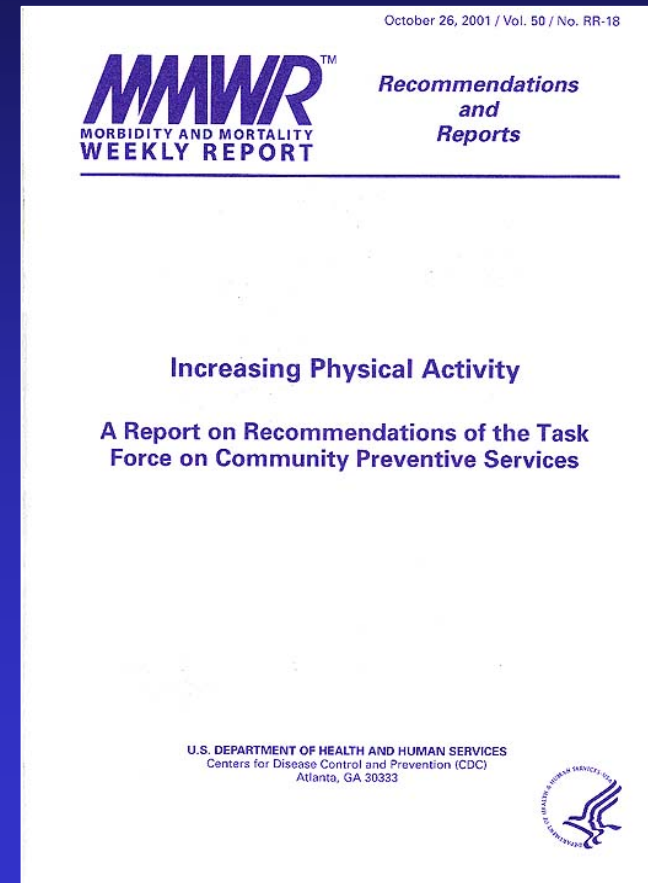
Role of Physical Activity in Weight Control

- Dose to prevent obesity unclear
- Dose to maintain weight after loss \approx 1 hr/d
- Relatively modest impact on weight loss
- Reduces obesity associated comorbidities



Effective Interventions to Promote Physical Activity

- **Informational**
 - Community-wide education
 - Point of decision prompts
- **Behavioral and social**
 - School-based PE
 - Non-family social support
 - Individually adapted behavior change
- **Environmental and policy**
 - Enhanced access with outreach
 - Urban design and land use



CDC Healthier Worksite Initiative

Health Promotion

Lifestyle centers

Exercise (1/2 h approved absence)

Leave for preventive screenings

Food/cafeteria choices

Modify GSA contract

Healthful food at meetings

Vending choices



CDC Healthier Worksite Initiative

Physical Environment

Stairwells

Lactation rooms

CDC walkability audit

Walkable campuses

Fresh produce vendor

Smoke-free campus



ROI: Worksite Health Promotion



Citibank had a savings of \$8.9 million over 2 years with a program cost of \$1.9 million – for \$4.70:\$1 benefits:cost ratio

From 1990–1999 Johnson & Johnson generated savings of about \$8.5 million/year



Analysis of 28 studies showed average ROI of \$3.48 per \$1 in cost

Sources: Ozminkowski et al. AJHP Jan/Feb 1999; Goetzel et al. J Occ Hlth & Environ Med 2002; Aldana AJHP May/June 2001.



Step By Step

- > [Why](#)
- > [Plan](#)
- > [Build](#)
- > [Promote](#)
- > [Assess](#)

Resources

- > [Definitions](#)
- > [Podcasts](#)
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[Learn more about LEAN for Life](#)



LEAN *for life*

LEADING EMPLOYEES TO ACTIVITY AND NUTRITION

Businesses, government agencies and organizations **spend \$117 billion each year** in health costs directly related to obesity and inactivity¹. And that amount increases every year. **How much does it cost your company?**

Lean for Life is CDC's interactive website designed to help companies design and implement effective employee obesity prevention and control programs.

Be the first to benefit! Get started with LEAN for Life today by choosing one of the stages below

WHY?	PLAN	BUILD	PROMOTE	ASSESS
Why should I create a program?	Where should I begin?	What program components and activities should I include?	How do I maintain interest and motivation?	Is my program working? Is it doing any good?

