



HOW strategies

Refer to five flyers that cover each of the following workplace wellness topics to learn more about improving the health of your employees and workplace:

- Physical Activity
- Healthy Eating
- Building Resilience
- Tobacco Cessation
- Breastfeeding

The annual **return on investment** for worksite wellness programs is **\$3-\$6 saved** for every \$1 spent after about 2 to 5 years

Achieve employee satisfaction

A healthy, motivated employee is vitally important to a workplace as a whole and has a significant impact on an employer's bottom line.

Maximize productivity

Poor health of employees is correlated with a 51 percent decrease in overall productivity, with lost employee productivity due to health issues costing companies an estimated \$225.8 billion annually, or \$1,685 per employee per year.

Minimize absenteeism

Annually, the number of missed work days due to chronic diseases and co-morbid conditions totals 2.5 billion, resulting in a loss of \$1.1 trillion dollars due to absenteeism and decreased productivity.

Manage healthcare costs

Obese adults spend 42% more on direct health care costs than adults who are of healthy weight.

Sources

Minnesota Department of Health, Office of Statewide Health Improvement Initiatives
85 East Seventh Place, Suite 220, PO Box 64882
St. Paul, MN 55164-0882 651-201-5443
www.health.state.mn.us/worksite
www.uschamber.com/reports/healthy-workforce-2010-and-beyond
www.astho.org/programs/prevention/prevention-policy-statement/ accessed 9/5/2013
www.thestateofobesity.org