Good Health. Good for Business

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We have a health care crisis

67% of our workforce is overweight or obese

1 in 4 Americans has heart disease

1 in 3 Americans has high blood pressure
POOR HEALTH COSTS EMPLOYERS

$73 B
annual cost of obesity among full-time employees

50%
of company profits go towards health care costs

$153 B
loss to employers annually due to absenteeism from workers who are overweight or obese and have other chronic health conditions

450 M
additional work days missed every year by full-time workers who are overweight or obese and have chronic health conditions

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GOOD HEALTH IS GOOD FOR BUSINESSES

• Reduction in costs of employee health care benefits and workers’ comp
• Increased worker productivity
• Decreased absenteeism
• Increased retention and employee job satisfaction
WHAT DOES A HEALTHY COMMUNITY LOOK LIKE?
A HEALTHY COMMUNITY MAKES FOR A BETTER BOTTOM LINE

- Decreased absenteeism due to sick family members
- Reduction in costs of family health care benefits
- Reduction in subsidies for Medicare and Medicaid
- Reduction in subsidies for uninsured
- Healthier pool of potential employees
- Increased buying power and consumption, from improved community health and wealth
- Improved community relations and goodwill
GETTING STARTED

• Join a coalition

• Support policies that improve health

• Support public health infrastructure
A healthy, thriving workforce makes for a healthier business. Investing in health—in the workplace and in the community—reduces health care costs, improves productivity and makes businesses stronger.

**PREVENTION MEANS BUSINESS**

**POOR HEALTH IS BAD FOR BUSINESS**

Chronic disease drives health care expenditures, which cuts into company profits and productivity.

- **67%** of our workforce is overweight or obese
- **1 in 4** Americans has heart disease
- **1 in 3** Americans has high blood pressure

**PREVENTION PAYS AT WORK**

Even small investments in health within the workplace can create big returns:

**WORKPLACE WELLNESS**

For every $1.00 spent on workplace wellness programs, employers can save up to $6.00, or 25%.

**ADDRESS HEALTH RISKS**

1% reduction in health risks would save almost as much as 25% of workplace wellness programs.

- **$83-103** annually in medical costs, per person.

**SAVE MONEY**

Workplace wellness programs can reduce sick leave, medical costs and worker's comp claims by as much as 25%.

**HEALTHY COMMUNITIES = HEALTHY BUSINESSES**

Building a healthier community saves lives and money.

- **$73B** annual cost of obesity to employers
- **50%** of company profits go towards health care costs
- **$153B** loss to employers annually due to absenteeism from workers who are overweight or obese and have other chronic health conditions
- **450M** work days missed every year by full-time workers who are overweight or obese and have chronic health conditions

**SMOKE-FREE SPACES SAVE LIVES**

Are your shared community spaces and workplace smoke-free? Smoke-free strategies and education prevented 800 thousand deaths related to lung cancer between 1975-2000.

**HEALTHY OPTIONS, HEALTHY CHOICES**

Are healthy foods affordable and accessible at work meetings, in vending machines and in your community? Research shows that making the healthier option the default can lead to healthier choices.

**BIKING SAVES MILLIONS**

Do you have bike racks? Are there bike lanes on your streets? Bicycle commuters saved Iowa $13.2 million a year in health care costs and $7.39 million for those who cycle recreationally.

**WALKABLE SPACES + ECONOMIC GROWTH**

Do your workplace and community make physical activity easier? In one California city, $10 million spent on more walkable public outdoor spaces spurred a $125 million economic investment in the local downtown area, which led to the creation of 40 new businesses and 500 new jobs.

http://www.phi.org/resources/?resource=prevention-means-business

Full references available at bit.ly/preventionmeansbusiness
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