



## **The Impact of Worksite Wellness in a Small Business Setting**

**Objective:** This study evaluates the level of participation and effectiveness of a worksite wellness program in a small business setting.

**Methods:** Three years of wellness participation and risk data from Lincoln Industries was analyzed.

**Results:** All Lincoln Industry employees participated in at least some level of wellness programming. Significant improvements in body fat, blood pressure, and flexibility were observed across time. The largest improvements in risk were seen among older employees and those with the highest baseline values.

**Conclusions:** This small business was able to improve the health of the entire workforce population by integrating wellness deeply into their culture and operations. Replication of this program in other small business settings could have a large impact on public health since 60 million adults in the United States work in small business.

This research project is complete, peer-reviewed and published in the Feb, 2011 issue of the JOURNAL of OCCUPATIONAL and ENVIRONMENTAL MEDICINE.

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