



A Review of the Knowledge Base on Healthy Worksite Culture

Objective: To identify the need for worksite cultures of health, the organizational factors that support worksite cultures of health, the tools that have been used to measure worksite cultures of health, and the research needs related to healthy worksite culture.

Methods: A cross-sectional survey involving a sample of 500 companies representing a broad spectrum of industries and business sectors. A literature review was conducted.

Results: Similar to a culture of safety that encourages safer behaviors and enables a safer workplace, a culture of health provides a supportive work leadership with a favorable work environment and health-related policies that promote employee health and result in substantial decrease in employee health risks and medical costs.

Conclusion: Worksite policies and environments supporting a culture of health are important to helping employees adopt and maintain healthy behaviors.

This research project is complete, peer-reviewed and published in the April, 2012 issue of the JOURNAL of OCCUPATIONAL and ENVIRONMENTAL MEDICINE

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