



AMERICAN COLLEGE OF
OCCUPATIONAL AND
ENVIRONMENTAL MEDICINE



Fact Sheet

(July 2012)

Statistics about Workplace Wellness

Developed by the Health Enhancement Research Organization, American College of Occupational and Environmental Medicine (ACOEM), American Cancer Society and American Cancer Society Cancer Action Network, American Diabetes Association, and the American Heart Association.

- According to a 2012 annual market survey, about 35 percent of companies reported using rewards or penalties based on smoking or tobacco-use status in 2012, and another 17 percent of companies plan to add such incentives in 2013. (Towers Watson; National Business Group on Health. *Employer Survey on Purchasing Value in Health Care*; 2012.)
- Other categories of outcomes-based incentives (e.g., achievement of weight control or target cholesterol levels) are less common, with only 10 percent of companies using them in 2012. However, that number is poised to triple with another 23 percent of companies planning to implement such incentives in 2013. (Towers Watson; National Business Group on Health. *Employer Survey on Purchasing Value in Health Care*; 2012.)
- Approximately 150 million people in the United States receive their health care coverage through employer-sponsored group health plans. (Kaiser Family Foundation. *The Uninsured: A Primer*. December 2010.)
- Employers spent more than \$8,500 per active employee on health care coverage in 2011, 76 percent of the \$11,176 total cost, with employees covering the balance. (Towers Watson; National Business Group on Health. *The Road Ahead: Shaping Health Care Strategy in a Post-Reform Environment*; 2011.)
- Many employers are shifting a portion of these additional costs to employees, which is why employee contributions have increased 45 percent on average from five years ago compared to a 36 percent average increase for employers during the same period. (Kaiser Family Foundation. *The Uninsured: A Primer*. December 2010.)
- It is estimated that as much as 75 percent of total U.S. health care spending is for people with chronic conditions. (Centers for Disease Control and Prevention. *Four Common Causes of Chronic Disease*. April 2012.)
- Moreover, just four modifiable health risks (tobacco use, poor nutrition, lack of physical activity, and excessive alcohol consumption) are responsible for much of this chronic disease burden. (Centers for Disease Control and Prevention. *Four Common Causes of Chronic Disease*. April 2012.)
- According to a recent survey, 90 percent of companies with an outcomes-based program use a weight-related standard and 75 percent use blood pressure, cholesterol, and tobacco use. (Towers Watson; National Business Group on Health. *Pathway to Health and Productivity, 2011/2012 Staying@Work Survey Report*.)

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