PREVENTION MEANS BUSINESS

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.

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

$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

PREVENTION PAYS AT WORK

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

WORKPLACE WELLNESS

For every **$1** spent on workplace wellness programs, employers can save up to **$6**

ADDRESS HEALTH RISKS

1% ↓ reduction in health risks would save as much as = **$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.

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 $73.9 million for those who cycle recreationally.

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.

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 800 new jobs.

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.

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APHA American Public Health Association
www.apha.org

Full references available at bit.ly/preventionmeansbusiness