



## Healthy Worksite Initiative Fact Sheet: 2008 Oregon Employer Survey

Because most U.S. adults spend a considerable amount of time in their workplaces, worksite health promotion is important to chronic disease prevention and control.<sup>1</sup> Research shows that employee health promotion programs can decrease health care costs and absenteeism, and increase productivity. The return on investment ranges from \$2.05 to \$19.41, with an average \$5.81 benefit received per \$1 invested in health promotion worksite programs.<sup>2</sup>

Given that 61 percent of Oregon adults have at least one chronic medical condition,<sup>3</sup> and most chronic disease is closely linked to physical

inactivity, poor nutrition and tobacco use, it is clear that the main foci of worksite wellness efforts should be on supporting physical activity, nutrition and tobacco cessation.

In order to collect information on health policies and environments in Oregon workplaces, in 2008 we conducted the *Oregon Healthy Worksite Initiative Employer Survey*. This fact sheet summarizes and presents results from 1,609 businesses that responded to the survey. Results are grouped in four types of businesses: 383 large government worksites, 437 large private worksites, 369 small government worksites and 420 small private worksites.

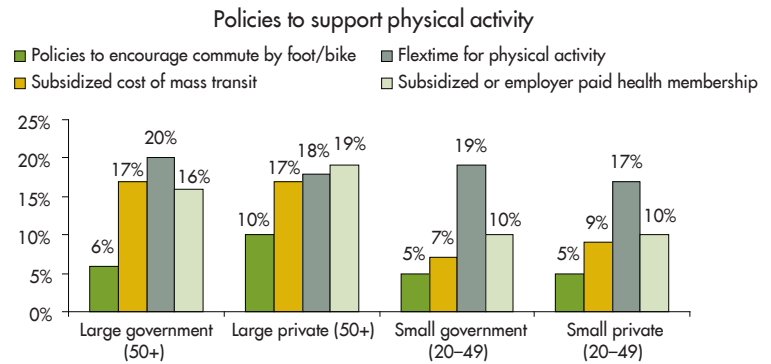
### Key results

- Eighty-five percent of worksites have written policies reinforcing the Oregon Indoor Clean Air Act.
- Among worksites with cafeterias, snack bars or food services, 59 percent provide easy access to healthy food choices. This shows that many Oregon employers realize the importance of access to healthy foods.
- Seventy-seven percent of Oregon worksites give employees opportunities to move around or stretch outside of the rest and meal breaks required by law. These opportunities are important, because stretching helps prevent injuries and maintain employees' physical health.
- Indoor or outdoor exercise facilities are available in 51 percent of worksites, which can be utilized to increase employees' physical activity.
- Sixty percent of the worksites would like to access a web-based toolkit that shows how to create a healthier and more productive environment. This indicates that Oregon employers want to learn how to maintain and improve employees' health.

## Worksite policies supporting healthy behavior

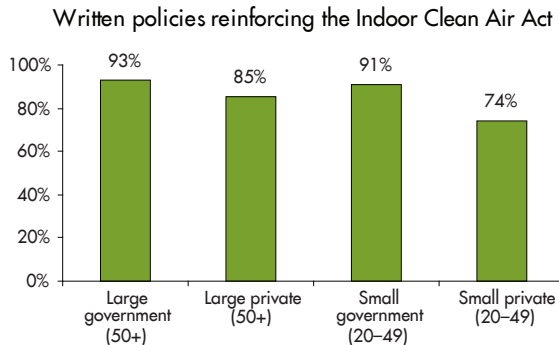
### Physical activity policies across all worksites

- Eighteen percent have a written flextime policy to allow employees to include physical activity in their schedules.
- Seven percent have a policy that encourages walking or bicycling as alternatives to driving to work. Thirteen percent offer incentives or subsidize the cost of mass transit.
- Fourteen percent subsidize or offer employees employer paid membership at a YMCA, health spa, or health club, during the last 12 months.



### Tobacco policies across all worksites

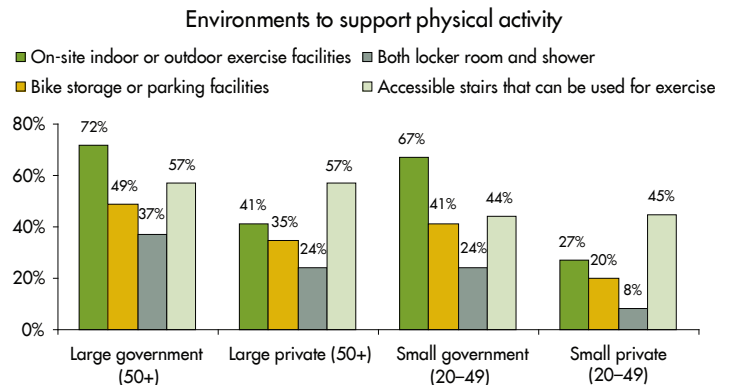
- The majority (85 percent) have written policies reinforcing Oregon's Indoor Clean Air Act, which restricts smoking in workplaces.
- Thirty-three percent do not allow smoking anywhere on their grounds.
- Ten percent permit smoking at all entranceways to the building. Nineteen percent permit smoking at certain entranceways.



## Worksite environments supporting healthy behaviors

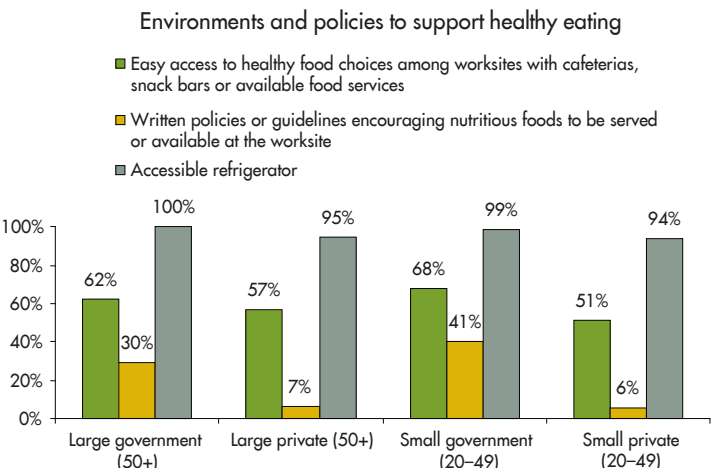
### Environments supporting physical activity across all worksites

- Thirty-six percent have bicycle storage or parking facilities. Twenty-three percent have both showers and locker rooms on site.
- Fifty-one percent have indoor or outdoor exercise facilities, including indoor areas or courts and aerobic exercise or strength training equipment and outdoor trails or courts; large government worksites are more likely (72 percent) to offer exercise facilities. Outdoor jogging/walking trails or tracks are the most often reported facilities (37 percent).
- Fifty-one percent have accessible stairs that employees could use for exercise or physical activity.



### Environments and policies supporting healthy eating across all worksites

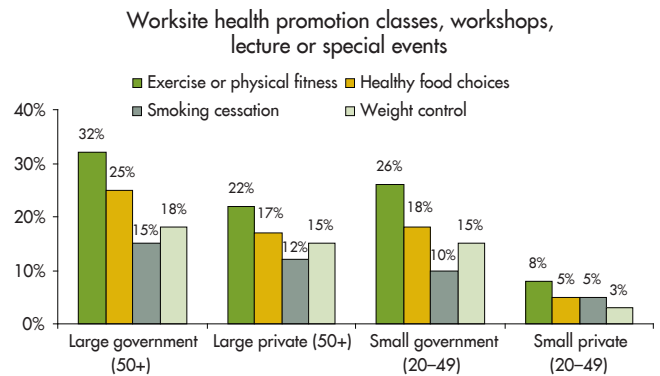
- Fifty-nine percent of worksites with a cafeteria, snack bar, or food services provide easy access to healthy food choices. Nineteen percent have written policies regarding nutritious foods.
- The majority of worksites (97 percent) have refrigerators for employees to store healthy food.



## Health education and health services

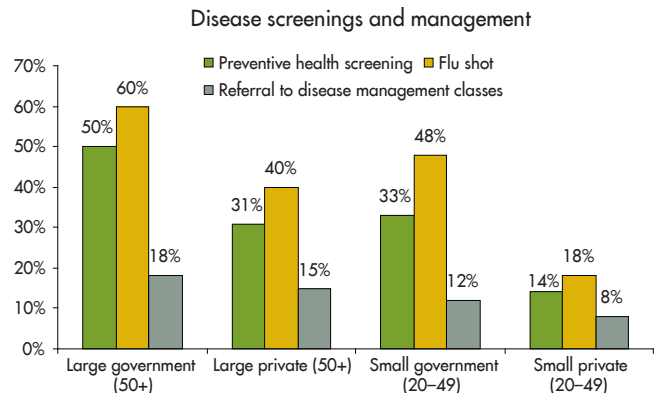
### Physical activity, nutrition, and quit smoking education events across all worksites

- Large government worksites are more likely than other sectors to offer health education events.
- In past 12 months, exercise or physical fitness classes, workshops, lectures or special events were offered in 22 percent of worksites, although only 13 percent of worksites had weight control educational events.



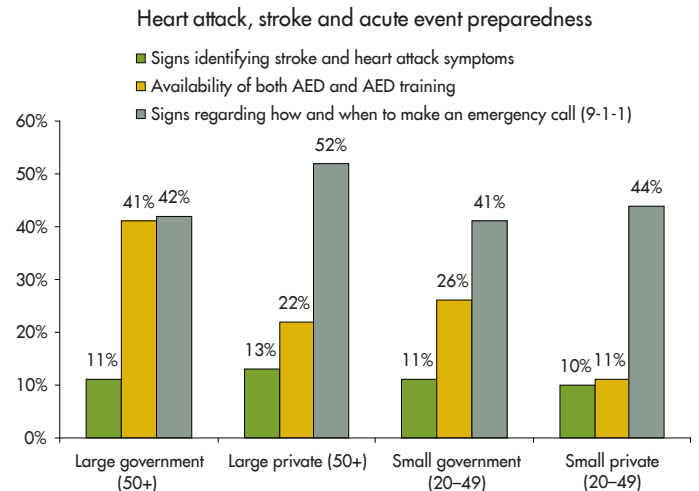
### Screenings and disease management across all worksites

- Large government worksites are the leader in offering preventive health services.
- Forty-one percent offered flu shots last year.
- Thirty-one percent offered preventive health screening in the past 12 months; health risk appraisal was most common screening (19 percent), followed by blood pressure screening (16 percent), cholesterol screening (12 percent) and blood sugar (10 percent).
- Thirteen percent of worksites have a system in place that refers people with known chronic diseases (such as diabetes, heart disease or hypertension) for free or discounted disease management classes.



### Heart attack, stroke, or acute events preparedness across all worksites

- Thirty-two percent have automated external defibrillators (AED) present at the worksite. Cardiopulmonary resuscitation (CPR) training is available in 74 percent of all worksites. Large government worksites are most likely to have AEDs on site and to offer AED training.
- Signs identifying stroke and heart attack signs and symptoms are displayed in 11 percent of worksites.
- About half (45 percent) display signs regarding how and when to make an emergency call (9-1-1). Large private worksites are more likely to have calling 9-1-1 signs than any other sectors.



### Worksite mission to improve or maintain employee health across all worksites

- Thirteen percent of all worksites have mission statements or goals that refer to improving or maintaining employee health.
- Worksites with such a mission statement or goal are more likely to offer at least one health promotion or disease management class (65 vs. 38 percent), to offer healthy food sales or promotion (22 vs. 11 percent), to subsidize employee membership in health fitness clubs (25 vs. 13 percent), and to offer incentives to employees to use alternatives to driving to work (25 vs. 14 percent).



## Recommendations for Oregon employers to promote a healthy work environment

- Take the Healthy Worksite Assessment and use the Healthy Worksite Toolkit found at: [www.oregon.gov/DHS/ph/worksites/toolkit/index.shtml](http://www.oregon.gov/DHS/ph/worksites/toolkit/index.shtml). Currently, 60 percent of worksites would like access to a Healthy Worksites toolkit.
- Create worksite policies that encourage physical activity, eating healthy food and being tobacco-free.
- Provide health services including physical exams, flu shots and screenings on blood pressure, cholesterol, glucose, depression and smoking cessation. Last year, only 31 percent of worksites offered health screening.
- Promote Living Well with Chronic Conditions (the Chronic Disease Self-Management Program) and refer people to self-management classes found at: [www.oregon.gov/DHS/ph/livingwell/index.shtml](http://www.oregon.gov/DHS/ph/livingwell/index.shtml). Only 13 percent of worksites have a referral system to free or discounted disease self-management classes.
- Post signs and provide training on identifying stroke and heart attack symptoms and when to call 9-1-1. Place automated external defibrillators (AED) at the worksite and provide training on proper use of the AED and performing cardiopulmonary resuscitation (CPR). Only 11 percent of all worksites have signs regarding heart attack and stroke symptoms.

### Methodology and sample size

The *Oregon Employer Survey* was first conducted in 2005 to assess health policies, supporting environments and health practices in Oregon workplaces. In 2008, the survey was repeated. Surveys were distributed to a random sample of four types of business: large government with 50 or more employees; large private business with 50 or more employees; small government with 20-49 employees; small private business with 20-49 employees. Samples for each of the four types were identified by the State of Oregon Employment Department, which reflected the Oregon worksites as of the third quarter of 2007. Government sector includes federal, tribal, state and local. Total sample size for 2008 survey was 3,795, and 1,609 surveys were returned. The response rate was 42.4 percent, ranging from 38.7 percent in small private businesses to 46.9 percent in large governments.

### References

1. Linnan, L, Bowling, M, Childress, J, et al. Results of the 2004 National Worksite Health Promotion Survey. *Am J Public Health*. 2008; 98; 1503-1509.
2. Chapman, LS. Meta-evaluation of worksite health promotion economic return studies. *The Art of Health Promotion*. 2003; 6(6):1-16.
3. Percentage of adults who have at least one of the following conditions: arthritis, asthma, diabetes, high blood pressure, high cholesterol, or stroke, 2002-2005.

**Disclaimer:** The Healthy Worksite Initiative Fact Sheet was produced by the Health Promotion and Chronic Disease Prevention Section with grant support from the Centers for Disease Control and Prevention (CDC). The Fact Sheet does not necessarily reflect the views of CDC.

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