

Why Worksite Wellness in Mississippi?



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Why Health Promotion at Worksite?

- The majority of the workforce has shifted away from manual labour.
- The production jobs require less aerobic exertion.
 - In 1850, one-third of the energy used in factories, farms, and shops; today energy used from human muscle in the workplace is less than 1 percent (Carol Bergquist).
- Sedentary type of workforce increased dramatically due to the new technology development.

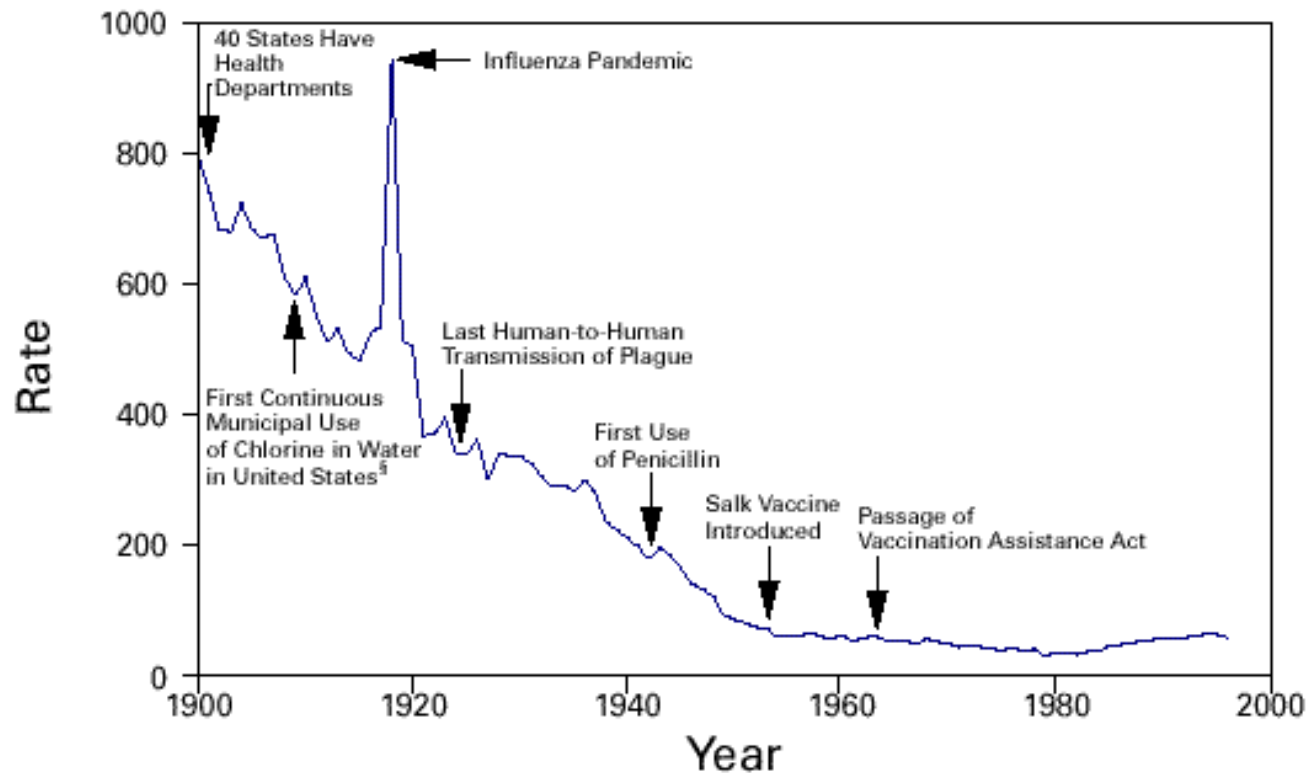
Why Health Promotion at Worksite?

However,

- The human body has not evolved to meet these changes.
- Muscular, respiratory, and circulatory systems still require physical exertion to maintain a healthy level.

Infectious Diseases Mortality, USA

FIGURE 1. Crude death rate* for infectious diseases — United States, 1900–1996†



*Per 100,000 population per year.

†Adapted from Armstrong GL, Conn LA, Pinner RW. Trends in infectious disease mortality in the United States during the 20th century. *JAMA* 1999;281:61–6.

§American Water Works Association. Water chlorination principles and practices: AWWA manual M20. Denver, Colorado: American Water Works Association, 1973.

Leading Causes of Death

Top Ten Causes of Death, Mississippi, 2009

<u>Cause of Death</u>	<u>No. of deaths</u>	<u>% of all deaths</u>
Heart Disease	7487	26.6
Cancer	6,093	21.6
Accidents	1,635	5.8
Chronic Lung Disease	1,553	5.5
Stroke	1,422	5.0
Diabetes Mellitus	897	3.2
Alzheimers Disease	896	3.2
Chronic Kidney Disease	698	2.5
Pneumonia/Influenza	578	2.0
Septicemia	537	1.9
Total	21,796 (out of 28,164)	77.3

Source: 2009 Mississippi Vital Statistics

Leading Causes of Death (Cont.)

- Top three leading causes of death has been switched from Pneumonia, Tuberculosis, Diarrhea in 1900 to CVD, cancer and unintentional injuries in 2009.
- Risk behavior /individual life style factors (unhealthy diet, physical inactivity, smoking, etc.) largely contribute to the chronic diseases.

Two Approaches on Health Promotion

- Individual focus
- Worksite focus
 - more business leaders acknowledge the importance;
 - more worksites adopt health promotion policies and conduct related activities.

Healthy People 2020 Objectives:

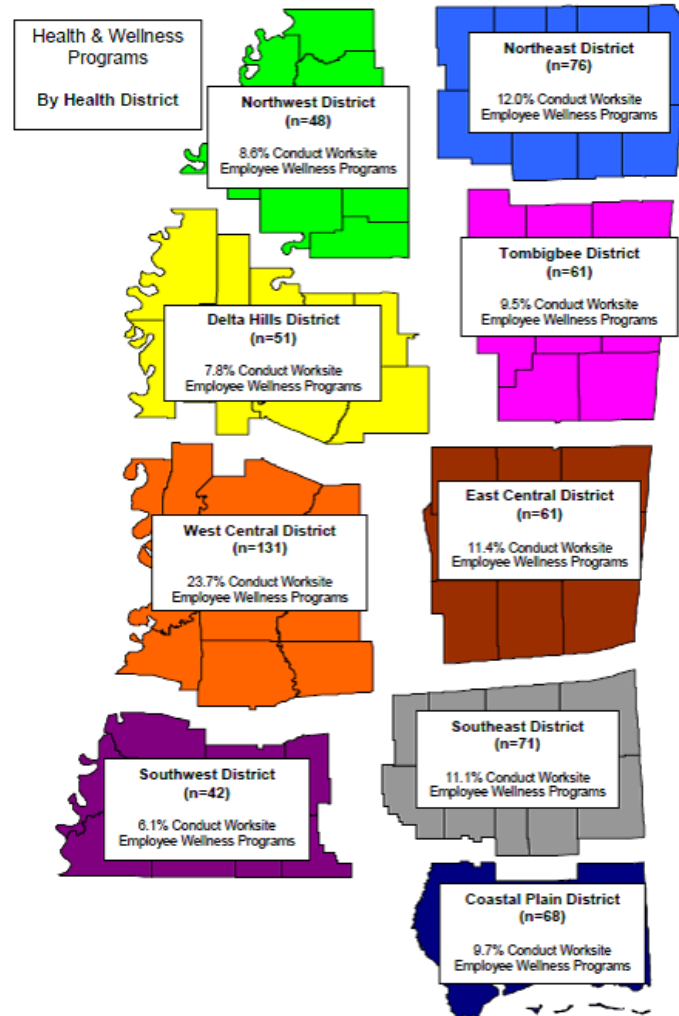
Educational and Community-Based Programs (ECBP 8 & 9)

- **ECBP–8:** (Developmental) Increase the proportion of worksites that offer an employee health promotion program to their employees.
- **ECBP–9:** (Developmental) Increase the proportion of employees who participate in employer-sponsored health promotion activities.

2009 Mississippi Worksite Survey

- Time: March–May, 2009;
- Sample frame: a telephone directory of businesses in Mississippi (a total of 2,828);
- Sample: 609 nongovernmental (based on SIC codes) worksites with size ≥ 50 ;
- Sampling method: simple probability sample;
- Survey method: telephone.

Survey Sample Distribution



Survey Results

The majority of the worksites surveyed were:

- Services: 26.8%**
- Manufacturing: 25.1%**
- Wholesale/retail: 17.0%**

Survey Results (Cont.)

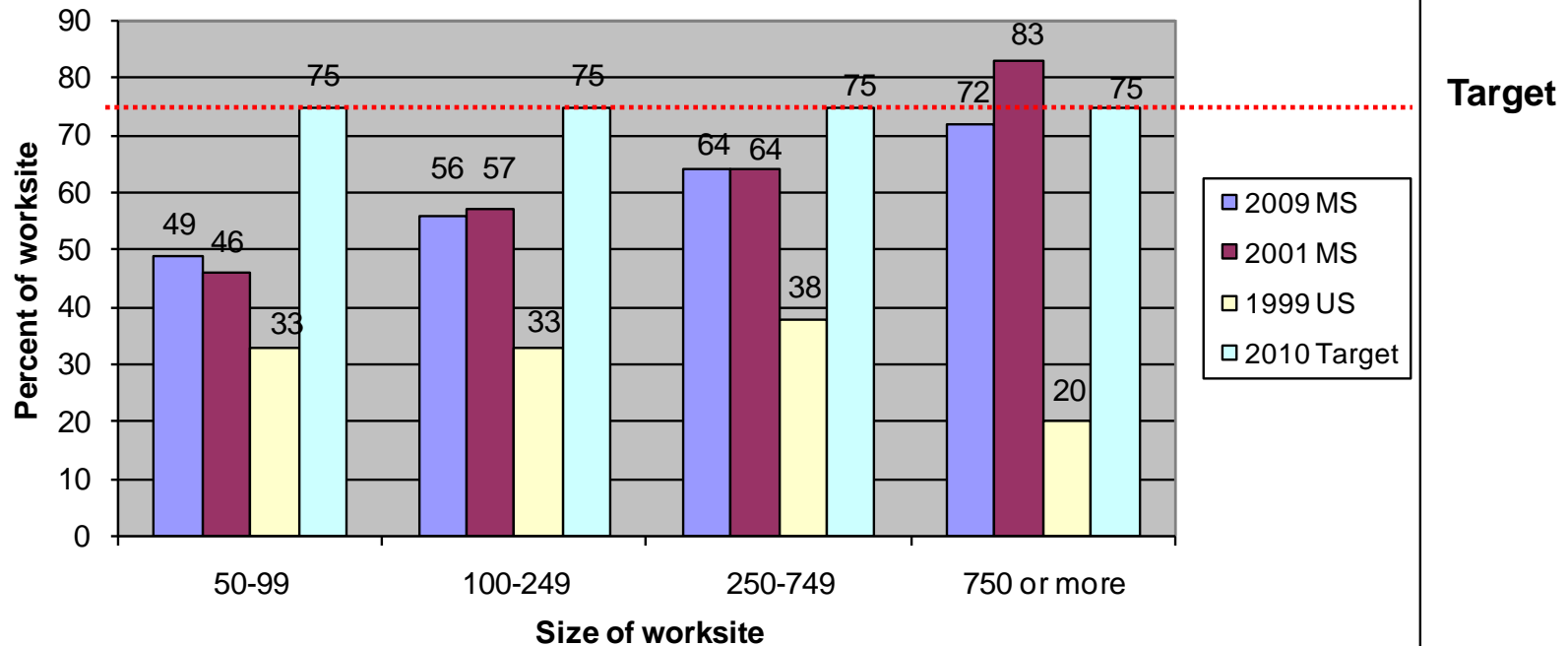
Major concerns in the company:

- Health care cost: 72%
- Employee performance: 64%
- Health and well-being of employees: 40%

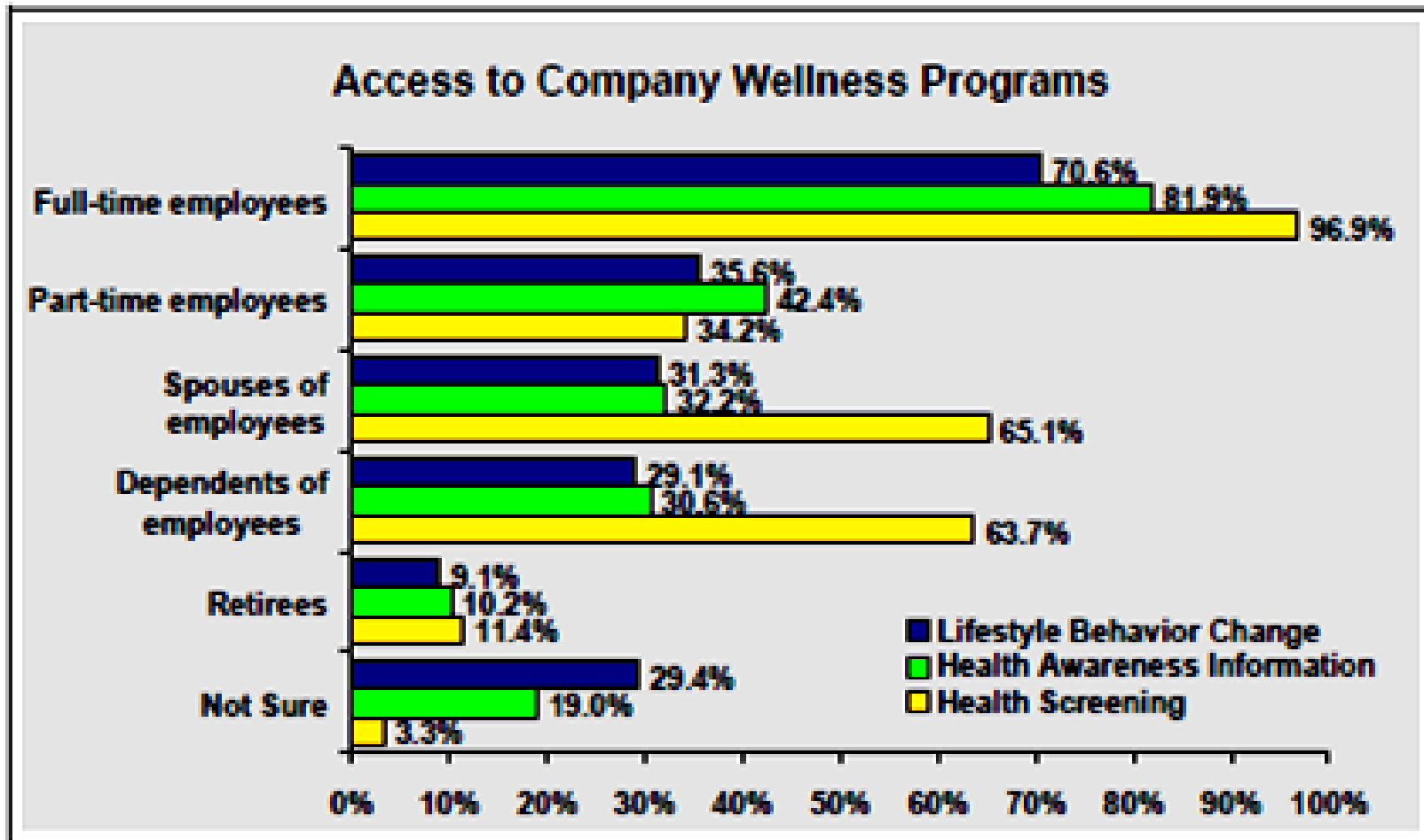
Survey Results (Cont.)

Worksites Conduct Employee Wellness Programs or Health Promotion Activities

2009 MS Total: 58.9%



Survey Results (Cont.)



Survey Results (Cont.)

Screenings: See handout (Tables 1 and 4)

-- Blood pressure: 63%

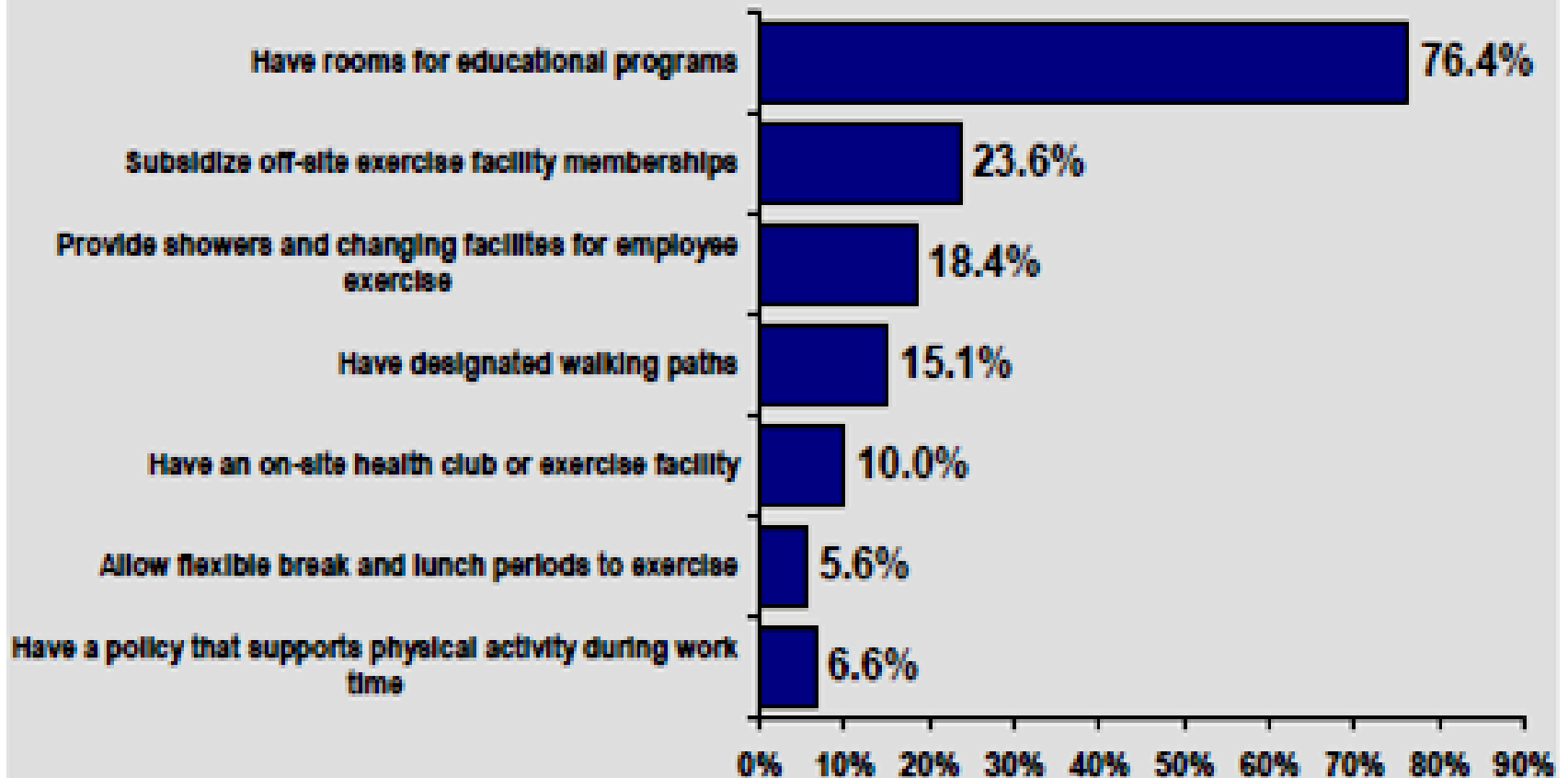
-- Blood cholesterol: 59%

-- Diabetes: 56%

-- Cancer: 52%

Survey Results (Cont.)

Physical Exercise Policies & Facilities



Cost-benefit Analysis

Studies have shown that worksite health promotion can:

- 1) Lower insurance cost;
- 2) Decrease absenteeism;
- 3) Improve performance and productivity.

Based on a 2008 study by Leurent, et al.:

- 1) ROI ratio: (1:4);
- 2) Some ROI can be as high as 1:10.

For More Information

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Questions?