



# Business Case for the Community



## Worksite Health & Wellness Campaign Fact Sheet

Vision of the [National Prevention Strategy](#): Working together to improve the health and quality of life for individuals, families, and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness.

The workplace is a microcosm of the community, making it an important resource in improving the health of individuals in the United States and the development of healthy communities.

Federal agencies have consistently experienced and emphasized the importance of a healthy workplace culture to the achievement of improved organizational and employee outcomes, including increased employee productivity and decreased absenteeism. This can help agencies improve their global competitiveness and customer service, leading to the success and health of the communities served by these agencies. In turn, healthy communities attract the residents, businesses, and tourists that are vital for success.

*The health of the individual is inseparable from the health of the community, and the health of the community is inseparable from the health of the nation.*

Federal agencies can also achieve other positive societal effects by supporting the health of their employees. For example, by providing employees with health information and access to medical services (e.g., immunizations at the workplace, information about insurance coverage for vaccinations), employers can help prevent the spread of disease amongst the community at large. In addition, employees with high levels of physical, mental, and emotional wellbeing are more likely to contribute to the society around them, encourage a healthy lifestyle at home, and educate future generations to do the same.

### **HEALTHCARE COSTS**

The Centers for Disease Control and Prevention (CDC) have cited a variety of statistics indicating healthier individuals can have a large impact on national health expenditures:

- In 2007, national health care expenditures in the United States totaled \$2.2 trillion – 16% of the gross domestic product, representing an average of more than \$7,400 per person.
- Each year in the United States, chronic disease such as heart disease, stroke, cancer, and diabetes cause 7 in 10 deaths, and account for about 75% of the \$2 trillion spent on medical care.
- The direct annual cost of physical inactivity in the United States is \$24 to \$67 billion. The United States could save approximately \$76.6 billion if inactive American adults became physically active.
- Healthcare costs further increase exponentially as a result of other conditions, including mental illness, alcohol and substance abuse, and poor nutrition.

(All information adapted from [CDC's Workplace Health Promotion Making a Business Case; Leading by Example-Creating Healthy Communities Through Corporate Engagement](#), Partnership for Prevention; and [CDC's Well-Being Concept](#).)

### **RESOURCES & GUIDANCE FOR WORKSITE HEALTH & WELLNESS COORDINATORS**

[U.S. Office of Personnel Management's Health & Wellness Federal Tools & Resources Page](#)

This website provides Governmentwide guidelines, tools and resources, and information on Federal agencies that play a key role in worksite health & wellness to help one understand the basics of worksite health & wellness, explore issues in greater detail, and implement effective programs.

[HHS Centers for Disease Control and Prevention's \(CDC\) Workplace Health Promotion – Making a Business Case](#)

The HHS website provides additional resources to make the business case for worksite health & wellness programs. It provides information on the benefits of health promotion programs.