

Why you need to be in the “Waist Management “ Business

These are the facts.

- Approximately 65 percent of the nation’s adult population is overweight, and 30.5 percent is obese. (Center for Disease Control)
- Annual costs of obesity per number of employees:

10 employees	\$6,991
25 employees	\$17,477
50 employees	\$34,953
75 employees	\$52,430
100 employees	\$69,906
200 employees	\$139,813
250 employees	\$174,766
500 employees	\$349,532
750 employees	\$524,298
1000 employees	\$699,064



- Almost one-half of all Americans report having a chronic illness—and those illnesses account for 75 percent of our national spending on health care (Robert Wood Johnson Foundation). Furthermore, almost 80 percent of all chronic disease is caused by three preventable health behaviors—physical inactivity, poor nutrition and overeating, and smoking.
- Obesity has roughly the same association with chronic health conditions as 20 years of aging. It contributes to heart disease, diabetes, arthritis and some types of cancer. (Center for Disease Control)
- Approximately 40 percent of deaths in the US are caused by behavior patterns that could be modified. (The President’s Council on Physical Fitness & Sports Fact Sheet, & American Cancer Institute)
- More than 50 percent of corporate profits now go toward health care costs, versus only 7 percent three decades ago. (American Institute for Preventive Medicine)
- The U.S. Chamber of Commerce reports that in 2008, *a whopping 44 percent* of the payroll expenses in the average business will go straight to paying the bills for employee benefits.

- Lost time adds 50 percent more to an employer's health care expenditures. (U.S. Department of Health and Human Services)
- Overweight employees cost companies more in terms of days missed at work and medical cost. (July / August 2004, American Journal of Health Behavior)
- In a study by *Duke University* of workers who had at least one medical checkup from 1997 – 2004, they found 6 workers' comp claims were filed per 100 workers of normal BMI, compared with more than 11 claims filed per 100 of the heaviest workers.
- Medical claims costs per 100 workers were as follows:

Normal BMI:	\$7500
Overweight:	More than \$13,900
Mildly Obese:	More than \$19,000
Moderately Obese:	More than \$23,300
Severely Obese:	More than \$51,000 per 100 very obese workers

- The number of lost workdays was almost 13 times higher, medical costs were seven times higher and indemnity claims costs were 11 times higher among the heaviest employees compared with those of recommended weight. (Duke University Study, Archives of Internal Medicine, Truis Ostbye, MD, PhD)
- Body Mass Index, BMI, a measure of weight in proportion to height, predicted higher health-care costs and greater absenteeism among overweight workers:

Normal-weight employees (BMI below 25):	\$114 per year
Overweight employees (BMI 25-30):	\$513 per year
Obese employees (BMI greater than 30)	\$620 per year

- The Surgeon General reports a sedentary lifestyle is as detrimental to your health as smoking a pack of cigarettes a day. (former Vice Admiral Richard H. Carmona, M.D., M.P.H., FACS, Surgeon General)
- Type 2 diabetes in the U.S. has increased 1000 percent in the last 30 years. (National Institute of Diabetes and Digestive and Kidney Diseases, NIDDK)

Here's the good news—Workplace Wellness Works.

- For every dollar companies spend on wellness programs such as weight loss, nutrition and smoking cessation, they save up to \$6 on employee health benefits. That's a 600 percent return on their investment. National Business Group on Health and Research Triangle Institute (Published in: *American Journal of Preventive Medicine*)

- Adults gain two hours of life expectancy for each hour of regular exercise. (American Heart Association)
 - Taking the stairs for a total of 2 minutes, five days a week gives you the same calorie-burning results as a 20 minute walk. It burns 100 to 140 calories.
 - Physically active people save \$500 a year in healthcare costs. (American Heart Association)
 - Workplace interventions have been shown to be successful in increasing physical activity levels. (The President's Council on Physical Fitness & Sports Fact Sheet)
 - LoneStart offers a proven and affordable high-impact, turnkey, easy-to-implement employee wellness initiative that provides substantial payback through decreased health costs, lower absenteeism, healthier employees, and improved employee communication and morale.
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- For additional information, please visit LoneStart at www.lonestartnow.com, or call 512.894.3440. Find downloadable articles and case studies on “The Hospital Employee Wellness Initiative” or “The Workplace” pages, where you are invited to sign up to receive the complimentary monthly e-newsletter, *Wellness In The Workplace*.

