



What Are Overweight Employees Costing Your Company?

Six in ten people in the United States are overweight (BMI 25.0 - 29.0). More than a third are obese (BMI 30.0 and above). It is well-documented that these people are at increased risk for mostly preventable and expensive-to-treat chronic conditions.

In addition, obese workers miss more days of work than do employees at a healthy weight. On average, people miss about three days of work per year. Obese men miss five on average and obese women miss eight.

The following annual amounts are based on number of employees and national statistical averages, and represent the estimated medical, prescription and lost productivity costs you can expect to incur due to conditions of obesity and overweight among 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

The LoneStar Employee Wellness Initiative is a behavioral-based, high-impact strategy that provides honest information, creates realistic expectations and challenges your employees to make better, modest but meaningful lifestyle choices, and incrementally increase their level of physical activity. This proven initiative can effectively reduce employee health costs and absenteeism while fostering team-building and boosting employee morale. It is cost-effective and works equally well as a stand-alone initiative or as a “jumpstart” to existing yet underperforming wellness programs.