



CDC WORKSITE HEALTH SCORECARD

2019 Employer Nutrition Program Profile

The CDC ScoreCard is a tool to help employers assess whether their health promotion programs are based on the best evidence for improving employees' health and wellness.

<https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>

Millions of Americans get food at work each day. Improving access to healthy food and beverages at the worksite to improve diet is a key component of a workplace nutrition program. People who eat a healthy diet live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For those with these conditions, healthy eating can help manage them and prevent complications.

What Evidence-Based Practices Does the ScoreCard Assess?

PROGRAMS



Opportunities to begin, change, or maintain health behaviors

POLICIES



Formal or informal statements to protect or promote health

ENVIRONMENTAL SUPPORTS



Physical factors at work that help protect and enhance health

BENEFITS



Overall compensation, including health insurance

How Are Employers Doing in Promoting Healthy Eating?

38% of employers have a comprehensive workplace nutrition program^a including policies and environmental support strategies

42% of employers have a policy strategy (e.g., healthy foods at meetings or subsidies) to improve healthy food and beverage access and availability as part of their worksite nutrition program

On average, employers have 7 of 14 (**50%**) Nutrition ScoreCard strategies in place



^aComprehensive programs refer to a coordinated set of strategies, which include programs, policies, benefits, environmental supports, and links to the surrounding community that are designed to meet the health and safety needs of all employees. The 2019 CDC ScoreCard nutrition module does not include any questions related to benefits.

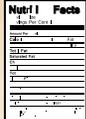


Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

**NUTRITION
SCORECARD
STRATEGIES**

STRATEGY^b

**PERCENTAGE OF
WORKSITES WITH
STRATEGY IN PLACE
(2019 SCORE)**

	Provide employees with food preparation and storage facilities and a place to eat	94%^c
	Promote and provide access for increased water consumption	89%^c
	Provide educational materials that address healthy eating	72%^c
	Provide places to purchase food and beverages	72%^c
	Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal nutrition goals	59%^c
	Provide and promote interactive educational programming on nutrition, such as a series of educational seminars, workshops, or classes on nutrition	59%^c
	Offer or promote an on-site or nearby farmers' market where fresh fruits and vegetables are sold	42%^c
	Identify healthier food and beverage choices with signs or symbols	36%^d
	Label foods with nutritional information	36%^d
	Have a written policy that makes healthier food and beverage choices available in <i>cafeterias or snack bars</i>	35%^d
	Make a majority of items in vending machines, cafeterias, and snack bars healthy	35%^d
	Have a written policy that makes healthier food and beverage choices available in <i>vending machines</i>	33%^d
	Have a written policy that makes healthier food and beverage choices available during meetings when food is served	24%^d
	Use pricing to encourage purchase of healthy options	19%^d

^b Evidence-based practices (i.e., programs, policies, environmental supports, benefits) in the CDC Worksite Health ScoreCard have a weighted score from 1 to 3 points, derived from the strategy's impact on population health outcomes and the strength of the scientific evidence supporting this impact.

^c Percentages based on 970 ScoreCard submissions in 2019.

^d Percentages based on 700 ScoreCard submissions who reported providing places to purchase food and beverages in 2019.