

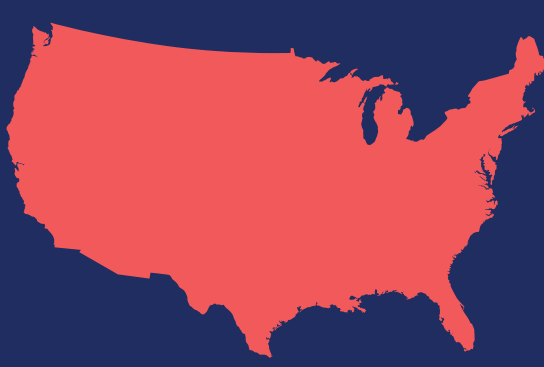


Obesity and the Workplace

The Centers for Disease Control and Prevention state that adults with a body mass index of 30 or higher are considered obese.



1/3 of the U.S. population is classified as obese¹



42% of the U.S. population is expected to be obese²



Obesity is associated with a

25% higher risk

of work-related injury³



Medical expenses for obese employees are estimated to be

42% higher

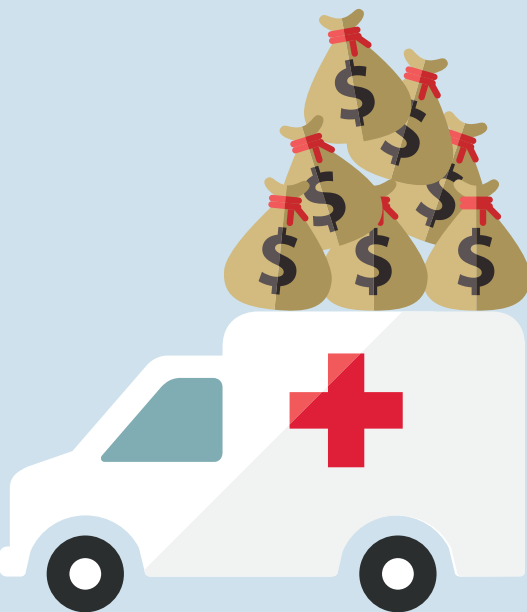
than those with a healthy weight⁴



Obesity among full-time employees costs employers more than



per year⁵

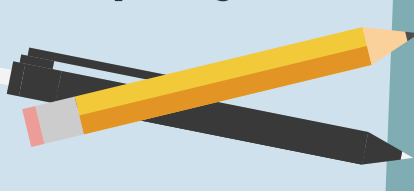


Medical claims are

7x more costly

for obese employees vs. non-obese employees⁶

Obese employees



more days of work from work-related injury or illness compared non-obese employees⁶

*When taking into account employee medical expenses, lost productivity on the job, and absences from work.

Promote a Healthier Workplace



1 Healthy food options



2 Incentives



3 Sponsor weight loss programs



[Learn more](#) about how to support and promote a healthier workplace.

1. Job Accommodation Network (2013). Accommodation Ideas for Obesity. Retrieved December 3, 2013, from <http://askjan.org/soar/obesity/obesity.html>

2. Brown, David. (May 7, 2012). Study predicts 42% of Americans will be obese in 2030. Retrieved December 9, 2013, from http://articles.washingtonpost.com/2012-05-07/national/35456376_1_obesity-rates-severe-obesity-obesity-program

3. Lin T, Verma SK, Courtney TK. Does obesity contribute to non-fatal occupational injury? Evidence from the National Longitudinal Survey of Youth. *Scand J Work Environ Health*. 2013;39(3):268-275.

4. Center for Disease Control (2009, July 27). Study Estimates Medical Cost of Obesity May Be As High as \$147 Billion Annually. Retrieved December 3, 2013, from <http://www.cdc.gov/media/pressrel/2009/r090727.htm>

5. Finkelstein EA, DiBonaventura Md, Burgess SM, Hale BC. The costs of obesity in the workplace. *J Occup Environ Med*. 2010 Oct;52(10):971-6.

6. Ostbye T, Dement JM, Krause KM. Obesity and workers' compensation: results from the Duke Health and Safety Surveillance System. *Arch Intern Med*. 2007 Apr 23;167(8):766-73.