



Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force recommends worksite programs intended to improve diet and/or physical activity behaviors based on strong evidence of their effectiveness for reducing weight among employees.

Facts about Obesity

More than one-third of U.S. adults are obese.¹ Obesity-related conditions include heart disease, hypertension, dyslipidemia, type 2 diabetes, stroke, osteoarthritis, and some cancers.²

Research has shown links between long work hours, shift work, and job stress and body mass index.³

What are Worksite Programs?

Worksite nutrition and physical activity programs are designed to improve health-related behaviors and health outcomes. These programs can include one or more approaches to support behavioral change from three different types of intervention strategies.

Informational and educational strategies aim to increase knowledge about a healthy diet and physical activity through lectures, written materials, and educational software. Behavioral and social strategies target the thoughts and social factors that affect behavior changes.

Policy and environmental approaches aim to make healthy choices easier and target the entire workforce by changing physical or organizational structures, such as improving access to healthy foods.

Major Findings

After 12 months, participating employees lost an average of 2.8 pounds and reduced their average body mass index by 0.5.

In general, obesity prevention programs at worksites can enhance employee self-confidence and improve the relationship between management and labor.⁴ They also have the potential to boost the profits of companies by increasing employee productivity and reducing medical care and disability costs.⁴

Learn More

Summary of Evidence and Task Force Finding

www.thecommunityguide.org/obesity/workprograms.html

CDC, Overweight and Obesity

www.cdc.gov/obesity/index.html

Putting the Community Guide to Work at Workplaces: Partnering to Reach Employers

[www.thecommunityguide.org/CG-in-Action/
PartneringWorkplaces-WA.pdf](http://www.thecommunityguide.org/CG-in-Action/PartneringWorkplaces-WA.pdf)

The Community Preventive Services Task Force (Task Force) is an independent, nonfederal, unpaid body of public health and prevention experts. It is congressionally mandated to identify community preventive programs, services, and policies that save American lives and dollars, increase longevity, and improve quality of life. The Community Guide is a collection of all the evidence-based findings and recommendations of this Task Force. Find more information at www.thecommunityguide.org.

The Centers for Disease Control and Prevention provides administrative, research, and technical support for the Community Preventive Services Task Force.

1Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011–2012. *JAMA* 2014;311(8):806–14.

2National Institutes of Health. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults. NIH Publication 1998. Available from: http://www.nhlbi.nih.gov/files/docs/guidelines/ob_gdlns.pdf

3Schulte PA, Wagner GR, Ostry A, Blanciforti LA, Cutlip RG, Krajnak KM. Work, obesity, and occupational safety and health. *American Journal of Public Health* 2004;97(3):428–36.

4Anderson LM, Quinn TA, Glanz K, Ramirez G, Kahwati LC, Johnson DB, Ramsey Buchanan L, Archer WR, Chattopadhyay S, Kalra GP, Katz DL. Task Force on Community Preventive Services. The effectiveness of worksite nutrition and physical activity interventions for controlling employee overweight and obesity: a systematic review. *American Journal of Preventive Medicine* 2009;37(4).