



Workplace Health Promotion

Why should businesses care?

- **There is a link between health and productivity:**
Personal and family health problems cost US employers \$1,685 per employee per year
- **Workforce demographics are changing:**
By 2018, nearly 24% of the total U.S. work force will be age 55 or older compared to 18% in 2008
- **Rising health care costs are unsustainable:**
Since 2000, health insurance premiums for a typical family of four have increased by 114%

For more information visit:

<http://www.cdc.gov/workplacehealthpromotion/>

