



***Heart***  
 ***Healthy***  
Waukesha County

Collaborative on Workplace Wellness



# Return on investment

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What is the average payback on employee wellness programs?

- a. Less than 50%
- b. Approximately 100%
- c. More than 300%

# Return on investment

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c. More than 300%

The average payback is about \$3.50  
per dollar spent. Savings range  
from \$1.40 to \$13 per dollar spent.

*American Journal of Health Promotion, 2001*

# Lifestyle risk factors

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Risky lifestyle behaviors related to tobacco use, nutrition and exercise account for what percentage of deaths in the U.S.?

- a. Less than 25%
- b. About 50%
- c. Nearly 75%

# Lifestyle risk factors

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b. About 50%

About half of all deaths and most chronic diseases are attributable to lifestyle risk factors related to tobacco use, nutrition and exercise.

*American Journal of Health Promotion, 2001*

# Medical care costs

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Lifestyle risk factors account for what percent of medical care costs for employers?

- a. About 25%
- b. Around 50%
- c. Nearly 75%

# Medical care costs

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a. About 25%

Lifestyle risk factors account for an average of 25% of medical care costs for employers.

*American Journal of Health Promotion, 2001*

# Excess weight costs

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Medical costs for obese and overweight people average how much more annually than medical costs incurred by people of normal weight?

- a. Less than 25%
- b. Between 25% and 50%
- c. More than 50%

# Excess weight costs

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b. Between 25% and 50%

Medical costs for obese and overweight people average about 36% more annually than medical costs for people of normal weight.

*Health Affairs, 2002*

# Smoking costs

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Smokers cost employers about how much per year in lost productivity and excess medical expenditures?

- a. \$1000 - \$2000
- b. \$2000 - \$3000
- c. \$3000 - \$4000

# Smoking costs

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c. \$3000 - \$4000

Each smoker costs his employer about \$1,760 in lost productivity and \$1,623 in excess medical expenditures for a total of about \$3,383.

Centers for Disease Control and Prevention. 2002

# Cost of physical inactivity

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In Waukesha County alone, physical inactivity costs business about how much per year?

- a. About \$100,000,000
- b. Nearly \$250,000,000
- c. More than \$350,000,000

# Cost of physical inactivity

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c. More than \$350,000,000

Physical inactivity costs Waukesha County businesses an estimated **\$377,300,878** annually.

Estimate based on known county data using the cost calculator at <http://www.activelivingleadership.org>