



## Facts about corporate fitness programs

1. There is a \$1.3 trillion total impact on the economy from seven chronic diseases-cancer, diabetes, hypertension, stroke, heart disease, pulmonary conditions and mental illness. Of this amount, **\$1.1 trillion** is attributed to lost productivity (DeVol et. al. 2007)
2. In 2004, the U.S. spent 85% of every healthcare dollar on people with chronic conditions ([www.silverbook.org/fact/1334](http://www.silverbook.org/fact/1334)).
3. Lowering the rates of obesity could produce productivity gains of \$254 billion and avoid \$60 billion in treatment expenditures annually (De Vol et. al. 2007).
4. More than \$500 million is spent on lower back pain alone in the US. More importantly, 2 billion is attributed to lose productivity due to lower back pain.
5. General Electric's in-house fitness program reduced their health care costs by 38% in an 18-month period while non participants increased their health care costs by 21% (Wellness Counsel of America).
6. A recent review of health promotion and disease management programs found a significant return on investment, with benefit-to-cost ratio ranging from \$1.49 to \$4.91 (median of \$3.14) in benefits for every dollar spent on the program (USDHHS 2003).
7. Presenteeism (days employees are at work but are performing at less than full capacity because they are ill due to chronic disease) is increasingly viewed as an important contributor to employee health costs. The January 2008 Journal of Occupational and Environmental Medicine reports that workers with moderate to severe obesity annually cost \$1,800 (about \$500 higher than for other workers) in presenteeism, based on hourly wage of \$21 (Gates et al. 2008).
8. More than half of multinational corporations in a 2006 survey expected to introduce or expand corporate fitness programs over the next five years (PricewaterhouseCoopers 2007).

Bottom Line – It is much cheaper to subsidize fitness programs than to pay for higher insurance costs and incidents of medical disability.