Health is Everything Stats and Facts

FACTS

1. More than one-third of Americans are overweight or obese.
2. As of 2012, 117 million Americans had one or more chronic illnesses, which account for 75 percent of all health care costs in the U.S.
3. The Centers for Disease Control and Prevention estimates that nearly 86 million Americans have prediabetes, and less than 10 percent of them are aware of their condition.
4. Top two chronic health conditions driving health-related costs for employers were depression and obesity, research showed.
5. Employees who scored low on “life satisfaction” stayed home from work 1.25 more days per month than those with higher scores, adding up to about 15 additional days off per year.
6. Approximately 80 percent of people are not ready to take action to change their health behaviors at any given time, according to management research.
7. If an individual does the following five things, they typically spend 33 percent to 50 percent less on health care costs:

    - Walking 30 minutes per day.
    - Eating healthy
    - Not smoking
    - Having a waist size less than half their height
    - Drinking alcohol only in moderation

STATS

- A survey from 2019 found that 83 percent of employers believed their company’s wellness program had a positive impact on worker’s health, while 84 percent believed such

programs had a positive impact on productivity and performance.

- Work-related physical injury occurs most commonly in professions dealing requiring strenuous physical activity, such as logging work, fishing, and structural iron and steel work. In 2018, there were around 5,250 deaths from occupational injury in the U.S., with the largest portion involving those aged 45 to 54 years.
- A Statista survey from 2017 found that 47 percent of those aged 18 to 30 years went to work when they were sick within the past year, compared to 38 percent of those aged 46 to 60 years. 58 percent of those aged 18 to 30 years took less than six sick days in the past year. Stress from work can be a major cause for absenteeism and can also impact workers productivity and lead to burn-out.
- The main causes of stress at work include workload, people issues, juggling work and personal life, and a lack of job security. According to a survey from Statista, 74 percent of employees stated they felt stressed often or sometimes, compared to 70 percent of those with management responsibility. Wellness in 2016 that not only guidance on running why it’s likely these chronic.