



## Fact Sheet

### Recent Research – Workplace Health and Wellness

According to a September 2007 survey conducted through the Synovate Global Opinion Panel (SGOP) **two out of three overweight employees are interested in employer-sponsored weight control programs.**

#### Key research findings include:

- There is strong interest in employer-sponsored health and wellness programs among overweight employees.
- Among the types of programs available, overweight employees consider healthier food options (53%) to be most important, followed by gym/health club programs (48%).
- Women express a higher level of interest in all programs, including nutrition and weight loss classes, counseling and meetings – which are less appealing to men.
- Presently, less than half (44%) of overweight employees have access to employer-sponsored weight control programs.
  - Only about one in five overweight employees currently participate in an employer-sponsored weight control program.
  - Free/reduced-cost gym or health club membership (31%) is the most common employer-sponsored program.
- The most common reasons for not participating in an employer-sponsored weight control program, include:
  - Feel weight-control to be of a personal matter (49%).
  - Prefer to seek out services independently (40%).
- Most overweight employees (74% to 82%) indicate they would have a better opinion of their employer if any weight control or exercise programs were offered.