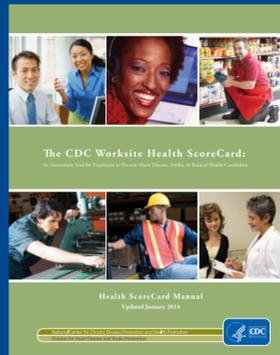




HOW DO WE BEGIN TO USE THE CDC WORKSITE HEALTH SCORECARD?

1. Decide that you want to create a healthy workplace.
2. Determine who knows the most about your organization (may be several people) so that they can complete the survey.
3. Identify your appropriate Score Goal based on the size of your worksite.
4. Create a "New User" account and follow prompts to register your worksite. For additional details on how to use this ScoreCard go to: <https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/usingscorecard.html>
5. Complete the CDC Worksite Scorecard survey online. <http://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>
6. The online version will provide feedback and links to helpful information. There are instructions, resources and the onsite survey tool, which allows tracking of progress over time.
7. Review your areas of strength and opportunity.
8. Begin to address the opportunities that you wish to improve. The CDC website has tools and resources that can assist in improving your score.
9. Focus and implement healthier behaviors in your workplace.
10. Set a time for a year in the future to repeat the survey and follow your improvements.



ACKNOWLEDGEMENTS

Employers for Health Consortium-Akron

- Akron Children's Hospital
- Cleveland Clinic Akron General
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- The Goodyear Tire & Rubber Co.
- Open M
- Summa Health System
- Summit County Public Health
- The University of Akron

Partners

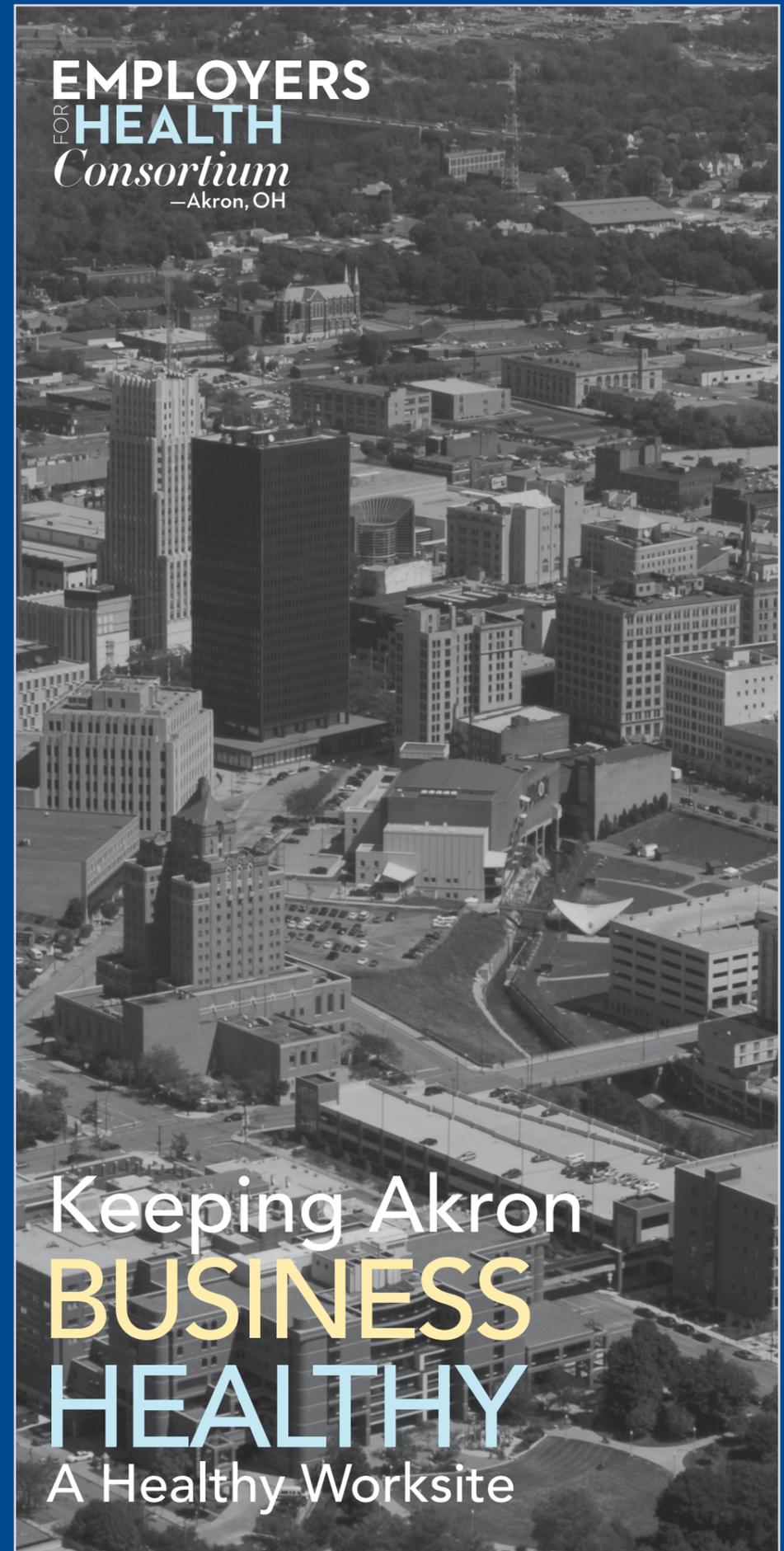
- Centers for Disease Control and Prevention
- City of Akron—Mayor's Office
- Employers Resource Council
- Greater Akron Chamber
- Kent State University
- Social Services Advisory Board
- Summit County Executive Office

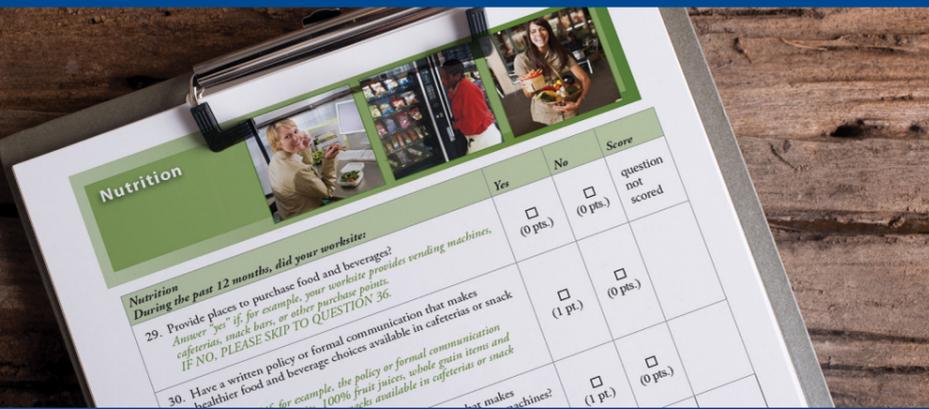
Employers for Health Consortium—Akron is a group of forward thinking Akron-area employers and healthcare organizations working collectively across industries to improve the health of our community.

**EMPLOYERS
FOR HEALTH
Consortium**
—Akron, OH

For More Information, Contact:

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WHAT IS THE CDC WORKSITE HEALTH SCORECARD?

The CDC Worksite Health ScoreCard is a free, online tool designed by the Centers for Disease Control and Prevention (CDC) to help employers assess whether they have implemented science-based healthy worksite strategies to prevent heart disease, stroke, and related conditions such as high blood pressure, diabetes, and obesity.

WHAT DOES THIS HAVE TO DO WITH MY BUSINESS?

Chronic diseases are creating a health epidemic that threatens businesses' competitiveness because of lost productivity and unsustainable health care costs.

- Heart disease and stroke (the primary components of cardiovascular disease) are the 1st and 4th leading causes of death in Summit County.
- 25.6 % of adults in Summit County are affected by obesity, which is a major contributor to risk for heart disease and diabetes.
- Diabetes contributes not only to direct medical expenses, but also significant indirect costs attributed to disability, work loss, and premature mortality. 13.9% of Summit County residents have type II diabetes.
- Tobacco use also contributes greatly to direct medical costs and lost productivity. The smoking rate for Summit County was about 21% in 2014.

Although chronic diseases are among the most common and costly of all health problems, adopting healthy lifestyles can help prevent them.

A wellness program aimed at keeping employees healthy doesn't have to be extensive or expensive, and can be quite effective by making simple changes in the worksite environment. This helps employees adopt healthier lifestyles and, in the process, lower their risk of developing costly chronic diseases:

- Helping to reduce absenteeism/downtime/lost productivity.
- Helping to control employers' health insurance costs.



WHY USE THE CDC WORKSITE HEALTH SCORECARD IN AKRON?

16.6% of Summit County residents perceive that they are in "fair" or "poor" health. A person's view of their own health has been linked in research to clinical health outcomes. Those that say they were in "fair" or "poor" health often show worse health outcomes than those saying their health was "good" or "excellent".



While employers have a responsibility to provide a safe and hazard-free workplace, they also have many opportunities to promote individual health and foster a healthy work environment. The CDC encourages employers to provide their employees with preventive services, training and tools, and an environment to support healthy behaviors.

The CDC Worksite Health ScoreCard includes questions on many of the key science-based and best practice strategies and interventions that are part of a comprehensive worksite health approach that address the leading health conditions driving health care and productivity costs.

WHO CAN USE THE CDC WORKSITE HEALTH SCORECARD?

The CDC Worksite Health ScoreCard can be used at any sized worksite. It can lead to a healthier work environment by establishing a baseline evaluation and allows for tracking improvements over time, allowing employers to more effectively direct resources to support employee health and well-being.

WHAT CAN THE CDC WORKSITE HEALTH SCORECARD TELL YOU?

The tool contains 125 questions that assess how science-based health promotion strategies are implemented at a worksite. By understanding what is important and by utilizing available tools, a business of any size can become healthier and improve its score over time. Employers can use this tool to assess current information and programs offered to their employees, to help identify program gaps, and to prioritize across the following health topics:

- Organizational Support
- High Cholesterol
- Tobacco Control
- Diabetes
- Nutrition
- Depression
- Lactation Support
- High Blood Pressure
- Physical Activity
- Weight Management
- Occupational Health and Safety
- Stress Management
- Emergency Response to Heart Attack and Stroke
- Signs and Symptoms of Heart Attack and Stroke
- Vaccine-Preventable Diseases
- Community Resources

WHAT SHOULD OUR GOAL BE WHEN USING THE CDC WORKSITE HEALTH SCORECARD?

Topic	Total points possible	Very small (< 99 employees)	Small (100 - 249 employees)	Medium (250 - 749 employees)	Large (750 + employees)
Score Goal* (overall average)	270	129	143	170	191
Organizational support	34	21	21	24	27
Tobacco control	23	11	11	13	16
Nutrition	21	8	8	11	12
Physical activity	23	9	10	15	16
Weight management	11	5	6	8	9
Stress management	14	9	9	11	11
Depression	19	6	9	9	10
High blood pressure	17	8	10	10	12
High cholesterol	17	8	9	9	12
Diabetes	15	7	8	9	11
Signs and symptoms of heart attack and stroke	4	2	2	2	2
Emergency response to heart attack and stroke	17	7	12	12	13
Lactation support	15	4	4	7	10
Occupational health and safety	22	13	13	15	15
Vaccine-preventable disease	18	11	11	15	15

* The Score Goal was determined by the developer of the survey tool who measured the average score for organizations of each size. The averages of the survey components were added to determine the Score Goal based on the worksite size.

