



# **Texas Business Group on Health and Department of State Health Services**

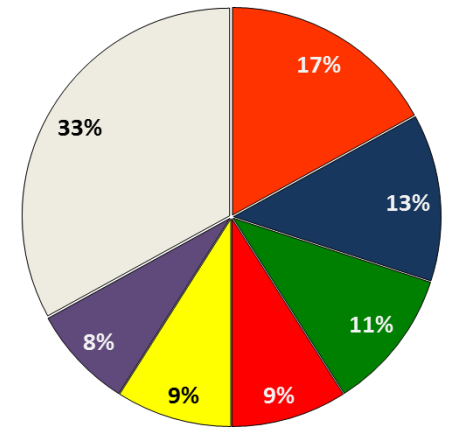
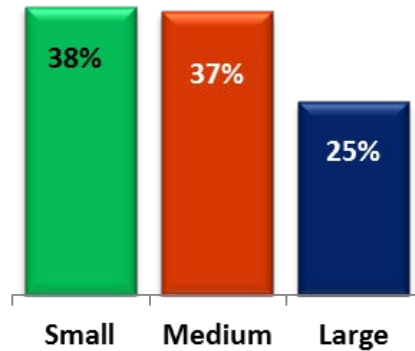
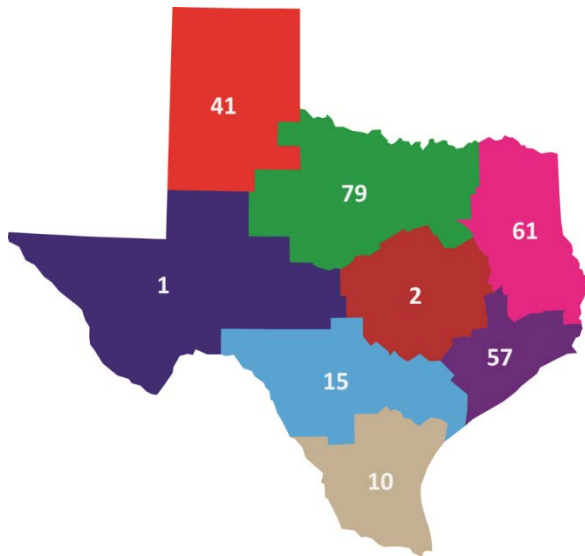
*proudly present*

# **Texas Employers Worksite Wellness Survey 2015**



# A Look at Surveyed Employers

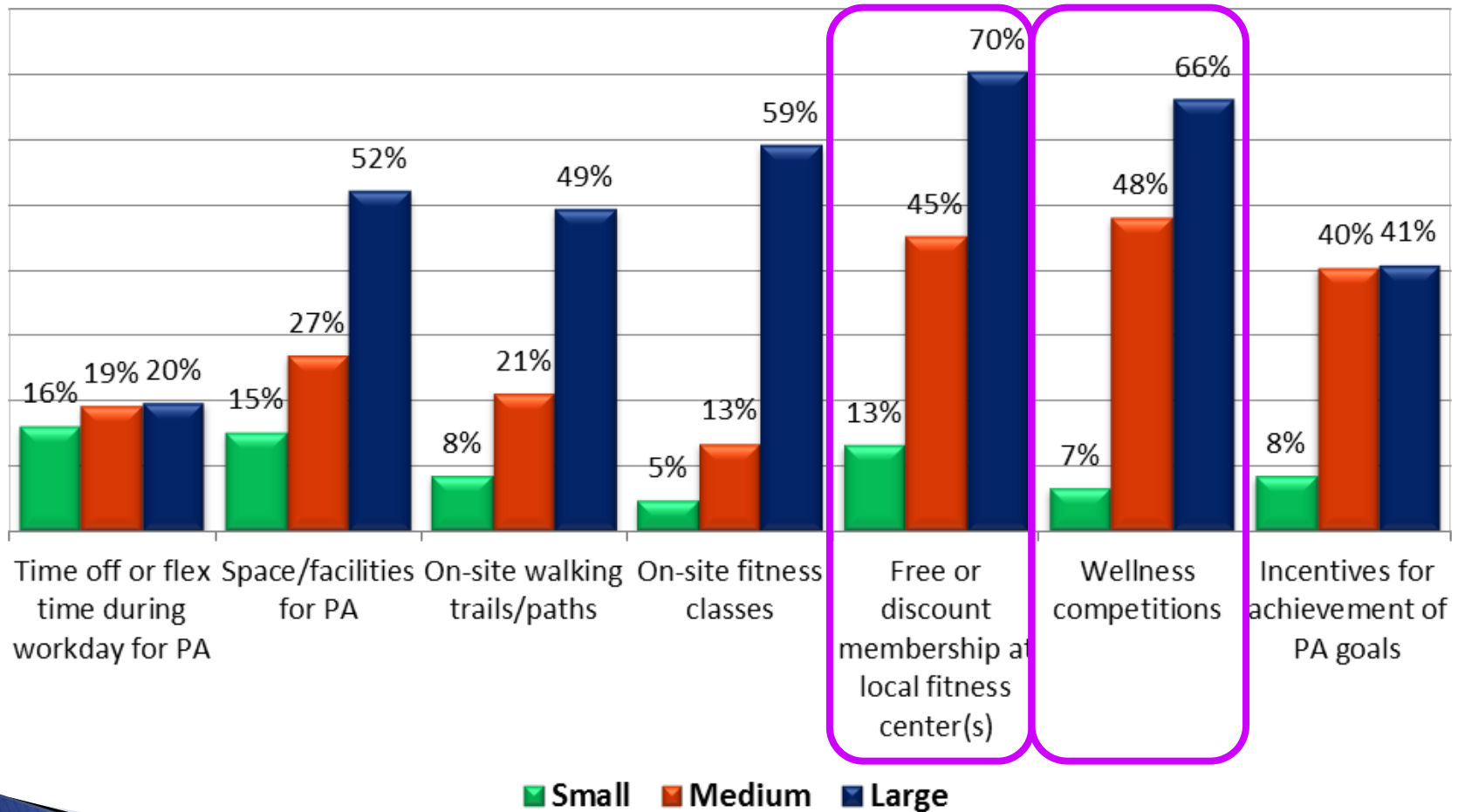
*The 281 survey responses from 40 Texas counties reflect employers of all sizes and multiple industry classifications*



- Health care and social assistance
- Finance and insurance
- Manufacturing
- Educational services
- Prof., Scient., and Techn. Services
- Public administration
- Other



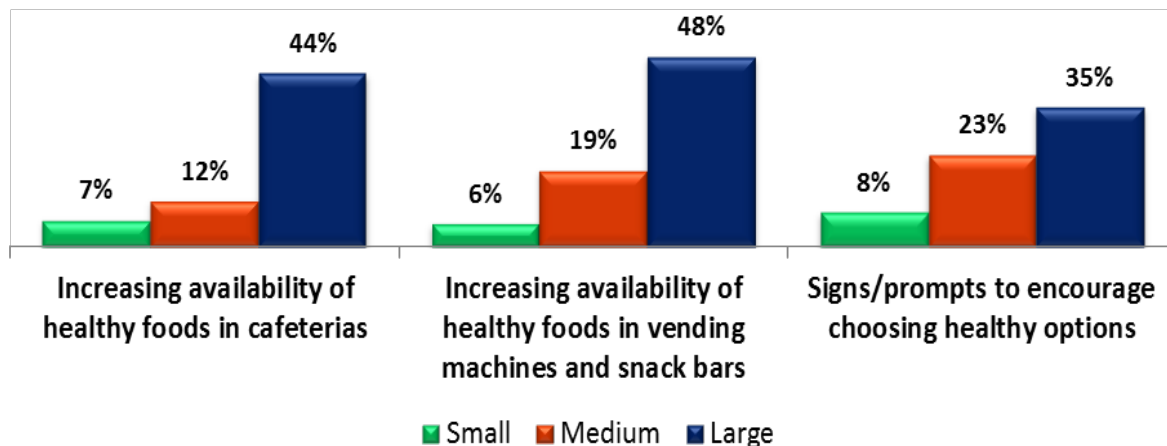
# Physical Activity Strategies



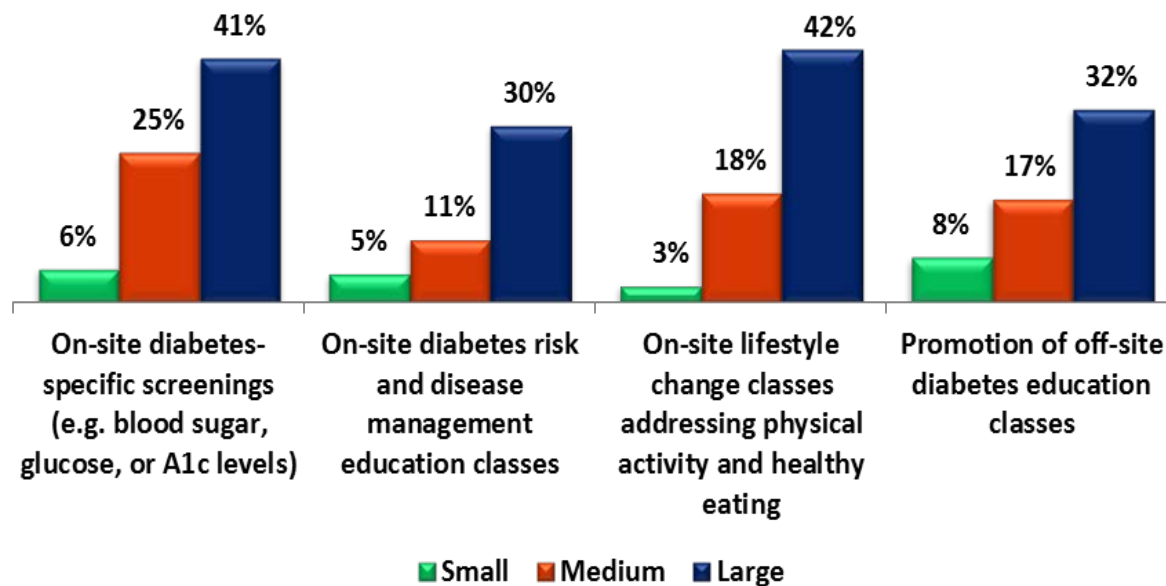


# Healthy Eating and Diabetes Programs

Nearly half of respondents are taking steps to encourage healthy eating



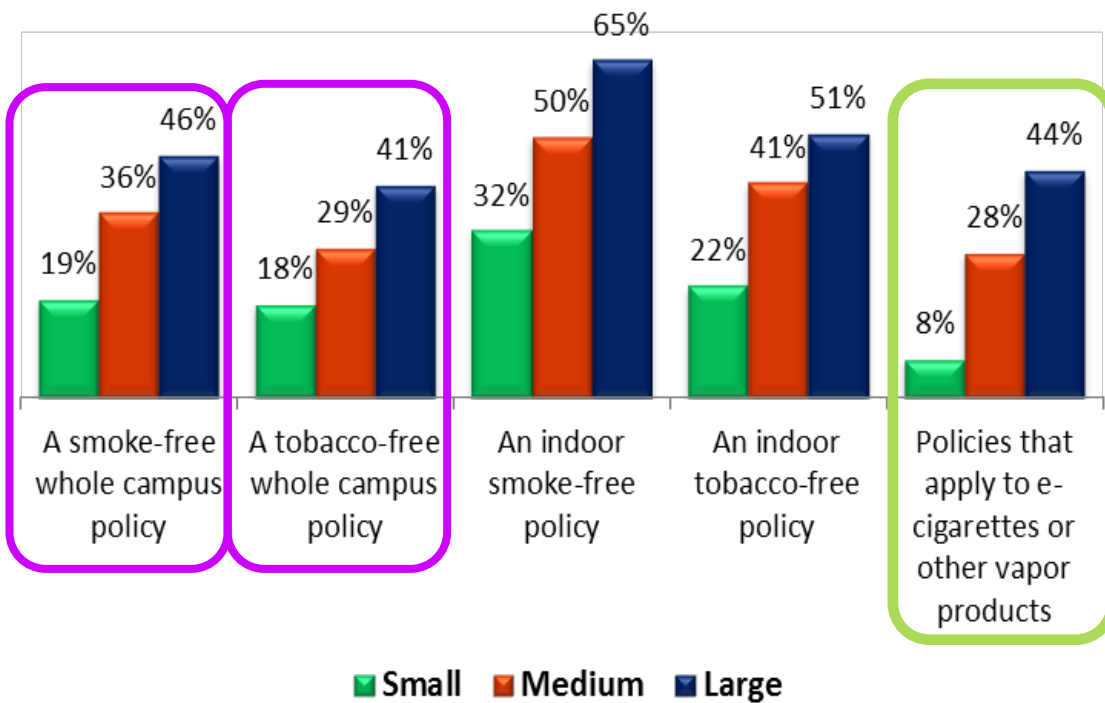
Diabetes risk and condition management strategies at a glance





# Tobacco and Smoking Policies

- ▶ Trends in worksite smoking policies include e-cigarette policies
- ▶ ACA mandates smoking cessation as a preventive service, with no cost-sharing

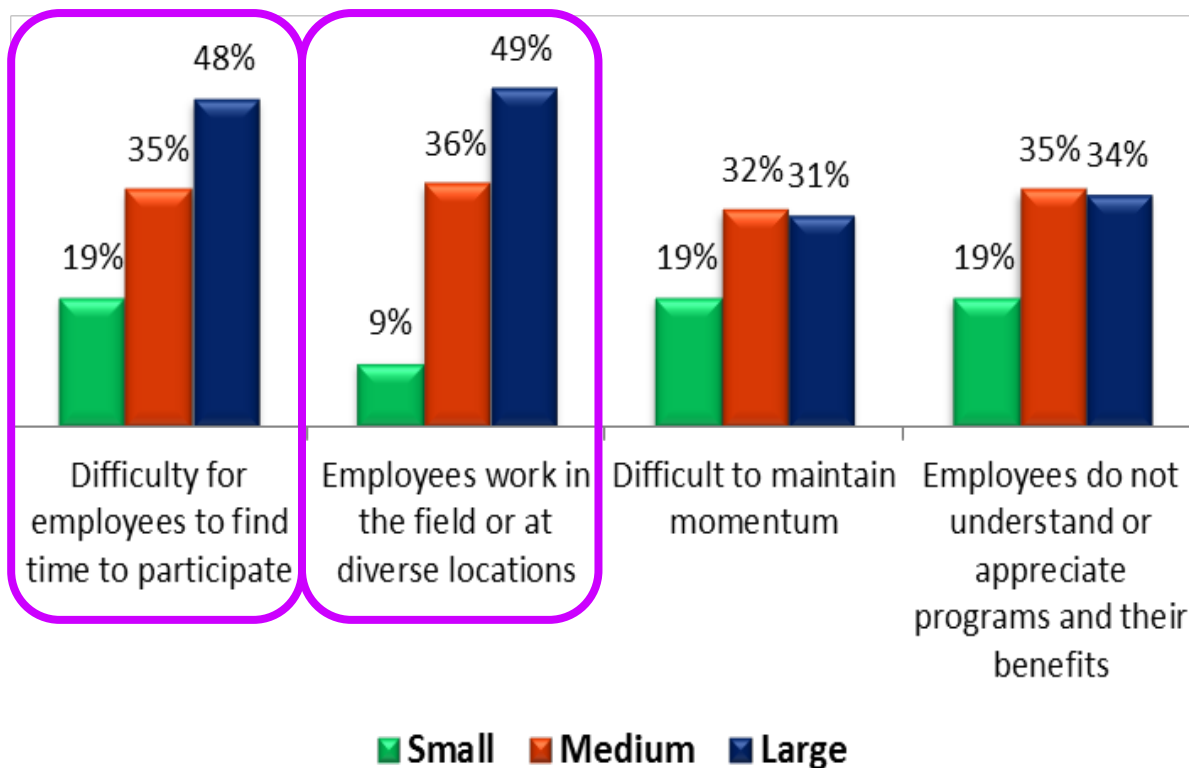




# Most Common Barriers

Most common barriers to worksite wellness participation:

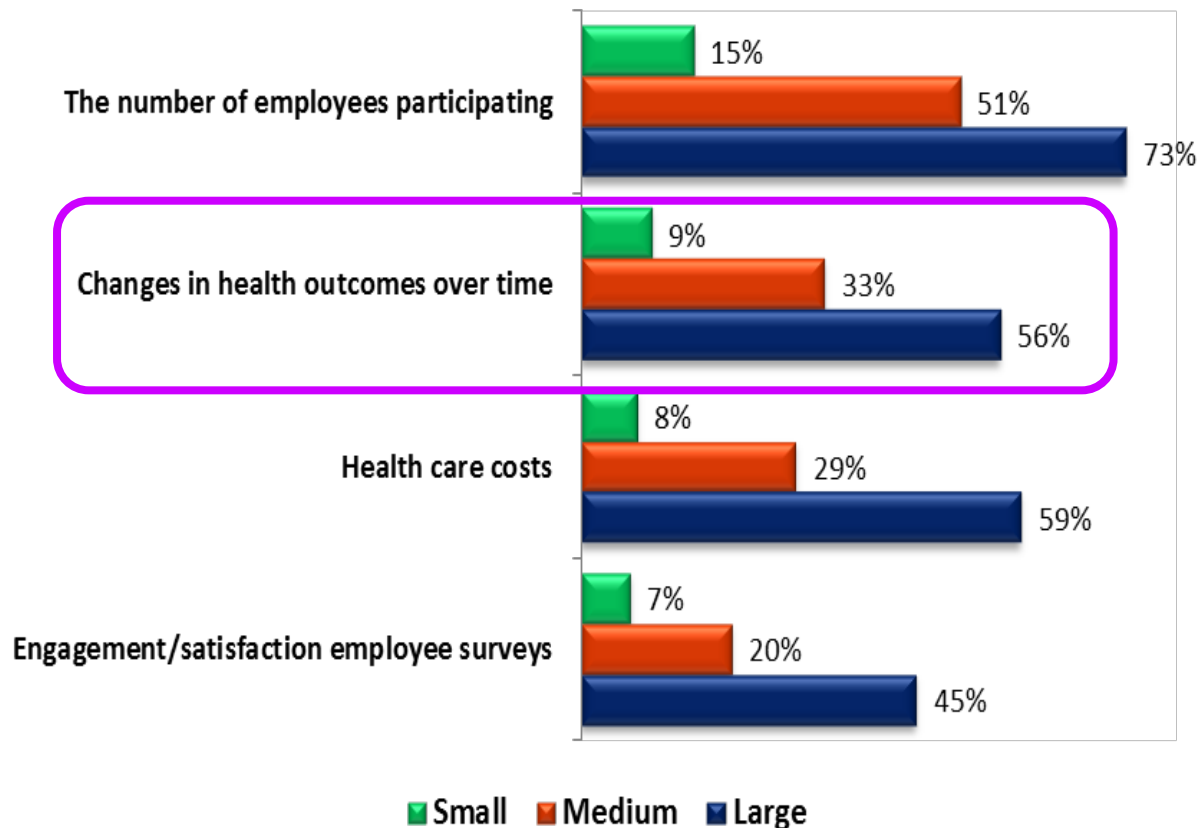
- ▶ Difficulty finding time
- ▶ Difficulty getting there





# Most Common Wellness Metrics

- ▶ Participation rate is most common metric of success
- ▶ Lower healthcare costs and improvement in health outcomes are gaining ground





# **TBGH-DSHS**

## **2015 Worksite Wellness Survey**

### **Report**

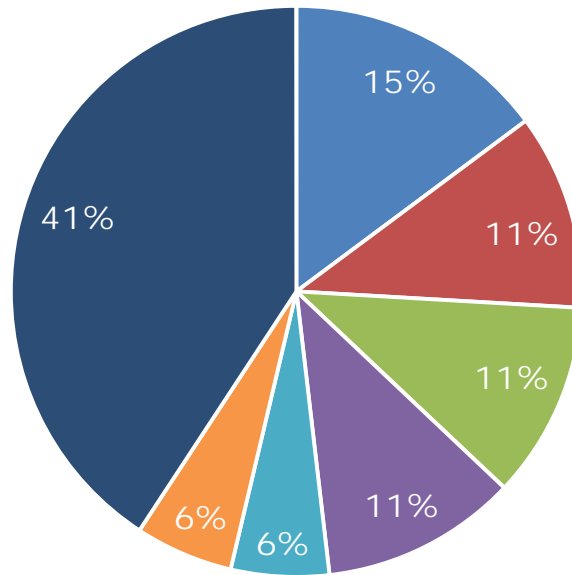
**is available at Registration Desk**  
**and on TBGH website:**

**[www.tbgh.org](http://www.tbgh.org)**



## Surveyed Employers by Industry

Health Service Region 6/5S



■ Health Care & Social Assistance

■ Finance & Insurance

■ Manufacturing

■ Educational services

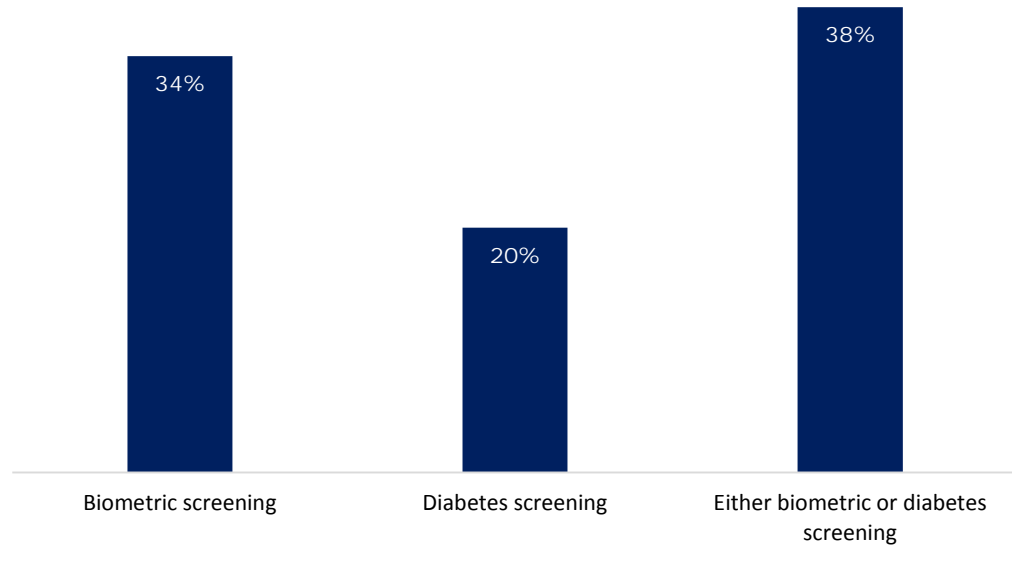
■ Prof., Scient., and Techn. Services

■ Public Administration

■ Other

## On-site Health Screening

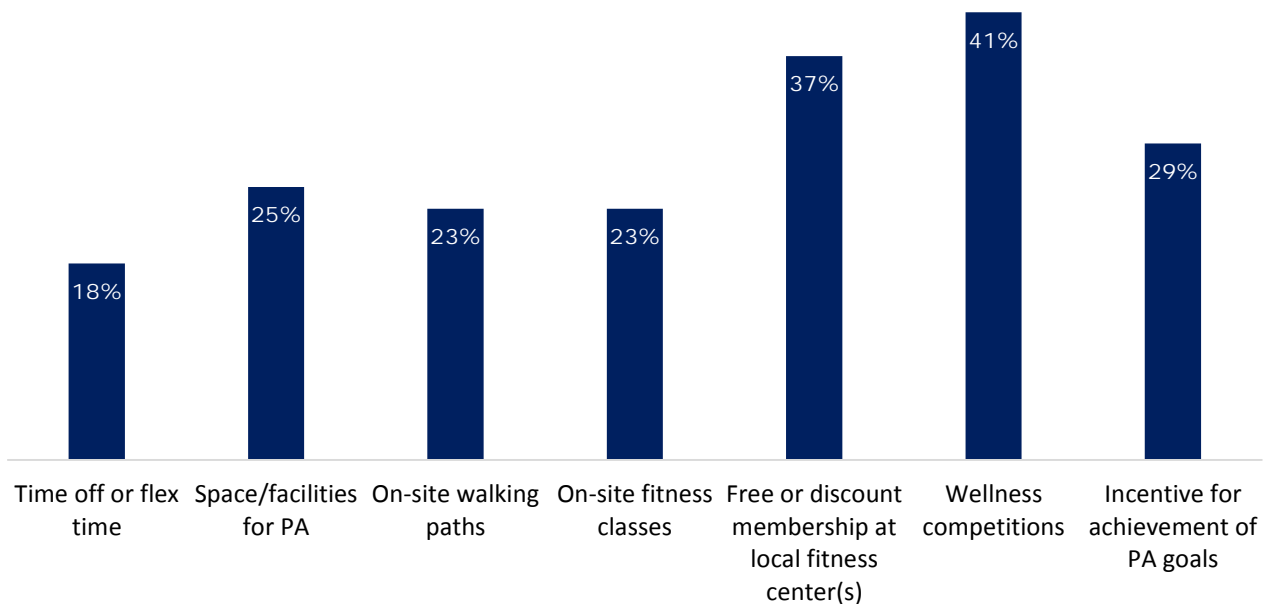
Health Service Region 6/5S



# Physical Activity Strategies

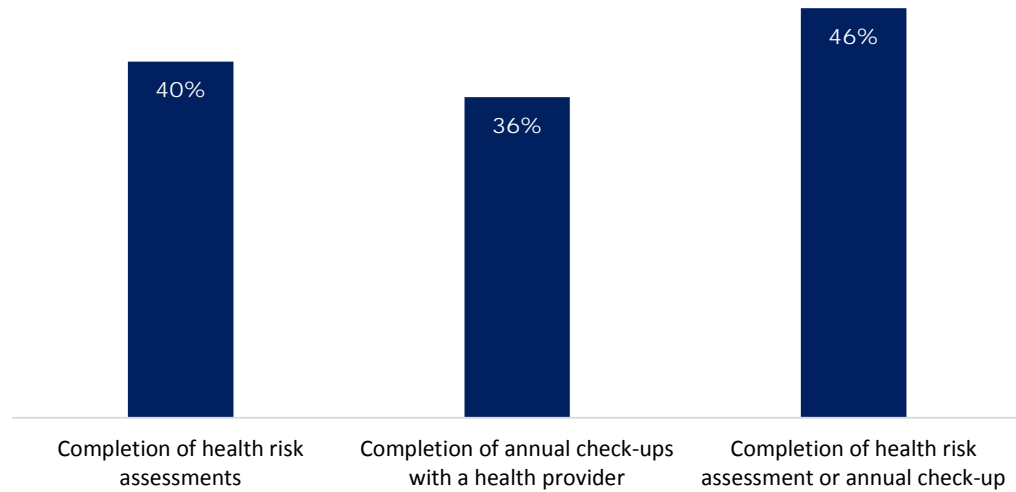
Health Service Region 6/5S

Approximately 70% of responding employers actively support physical activity.



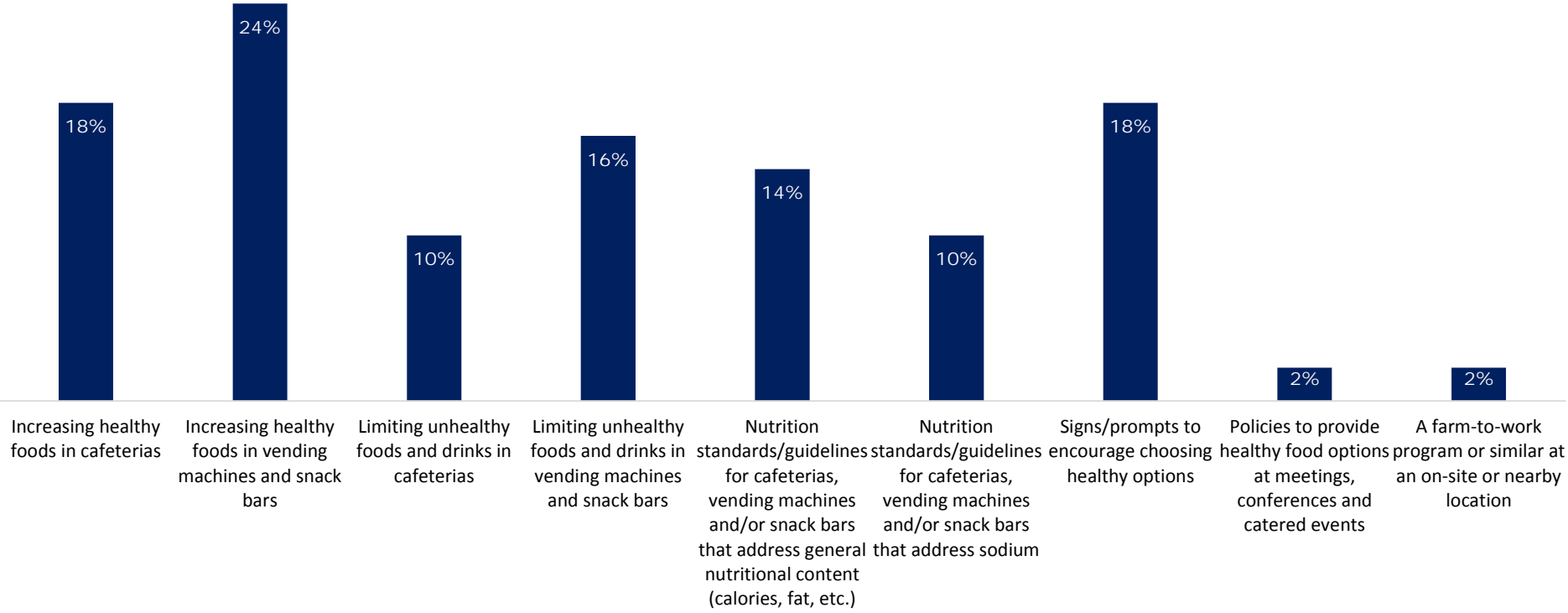
## Incentives for Completion of Annual Health Risk Assessment or Annual Medical Exam

Health Service Region 6/5S



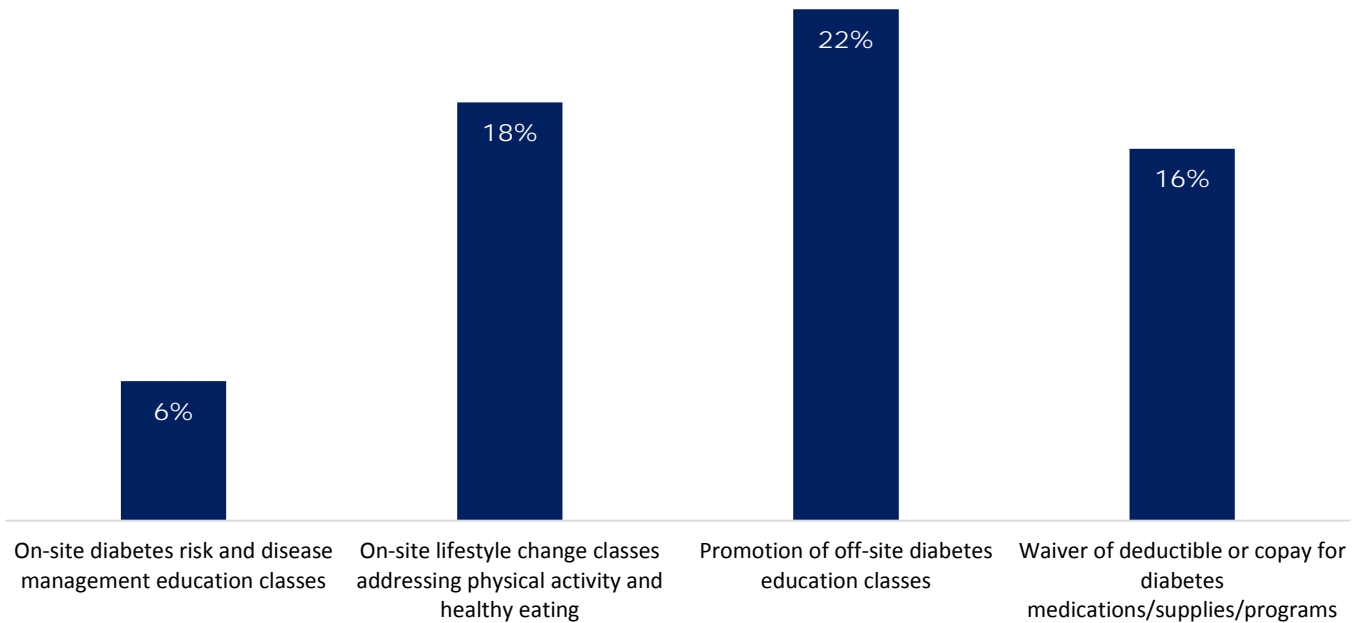
# Healthy Food Initiatives

Health Service Region 6/5S

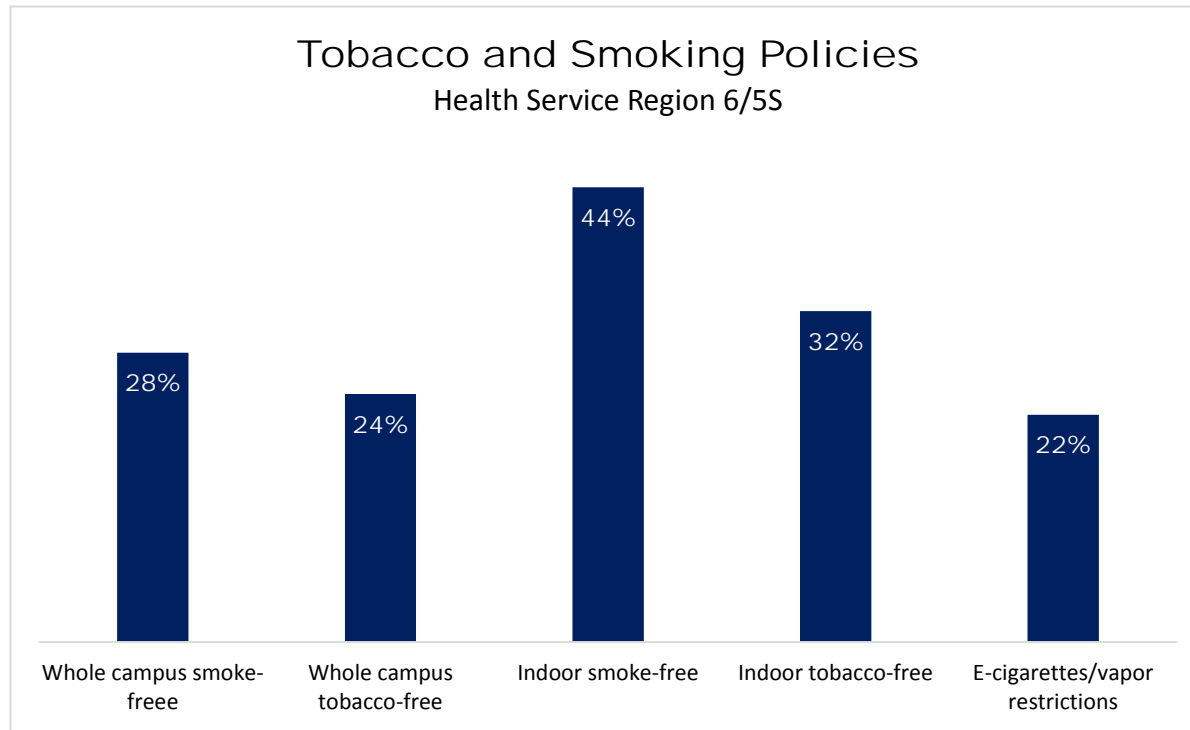


## Diabetes Programs and Policies

Health Service Region 6/55

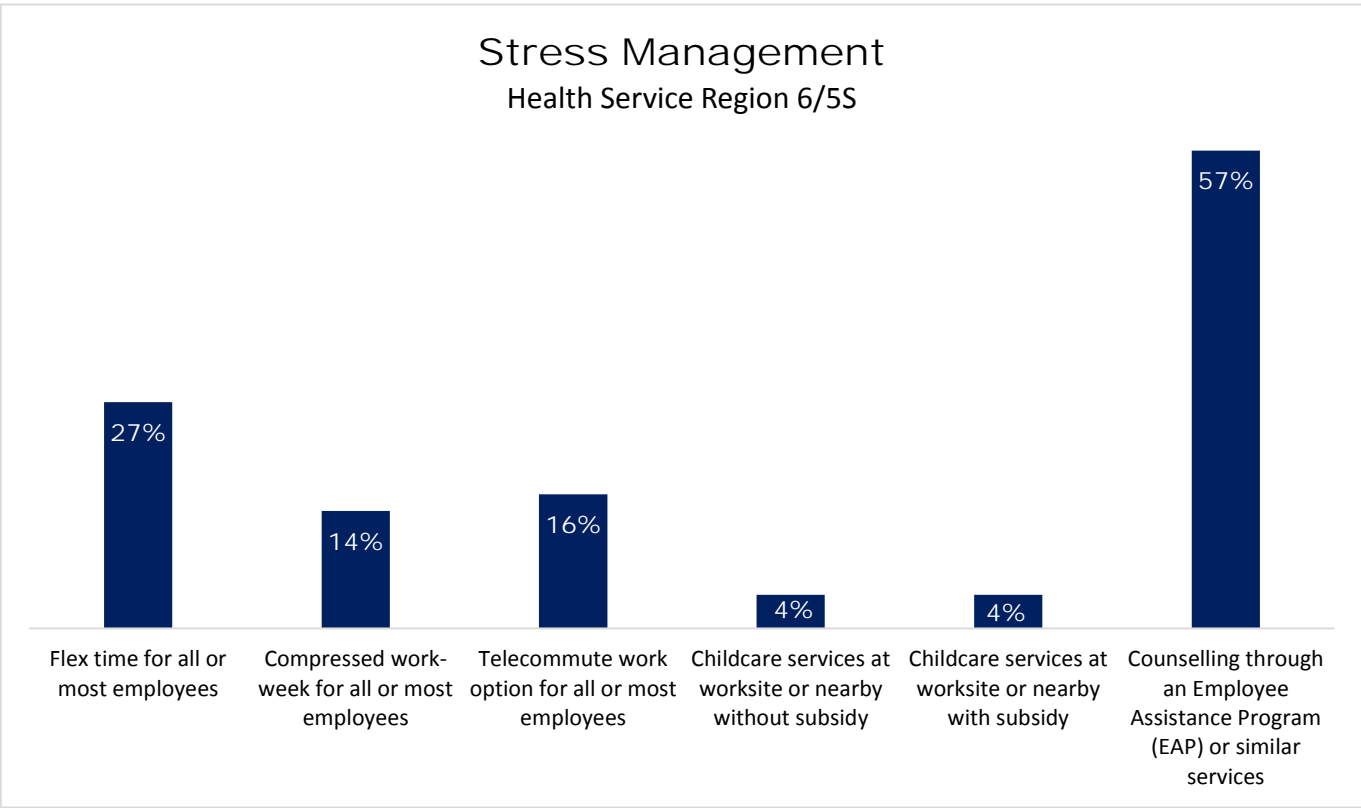


## Tobacco and Smoking Policies Health Service Region 6/5S



# Stress Management

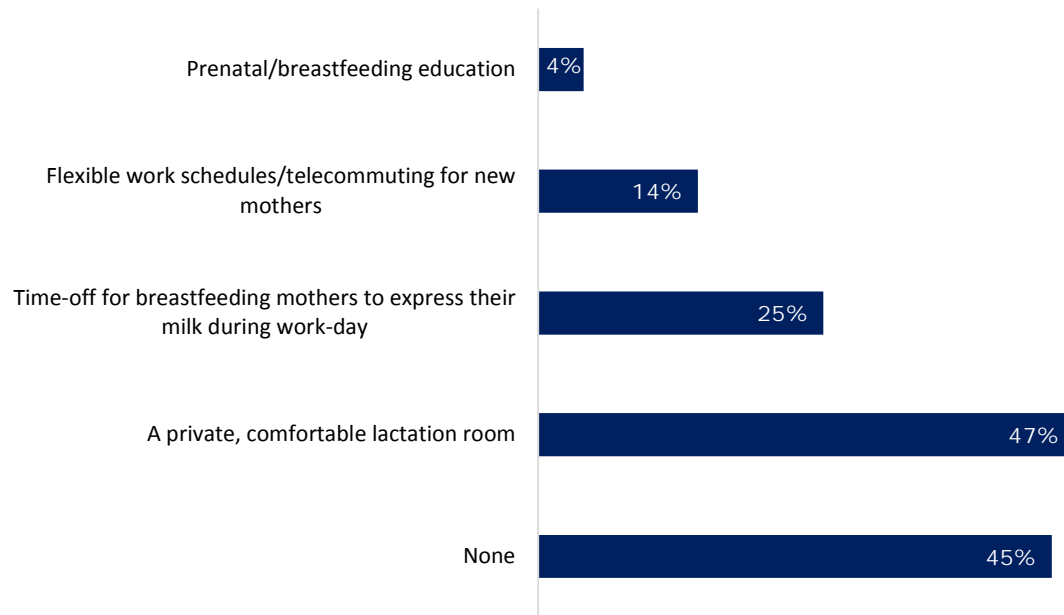
Health Service Region 6/5S





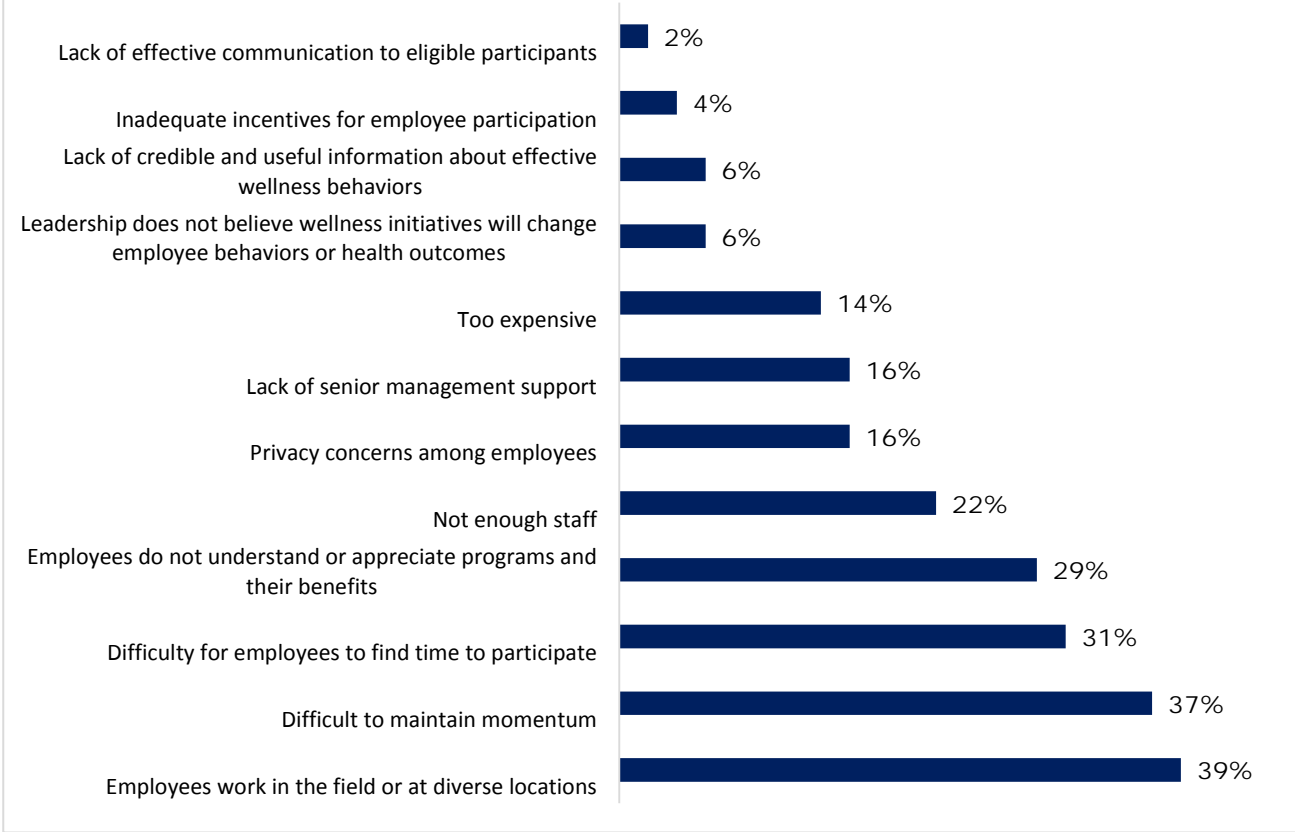
## Mother-Friendly Worksite Policies

Health Service Region 6/5S

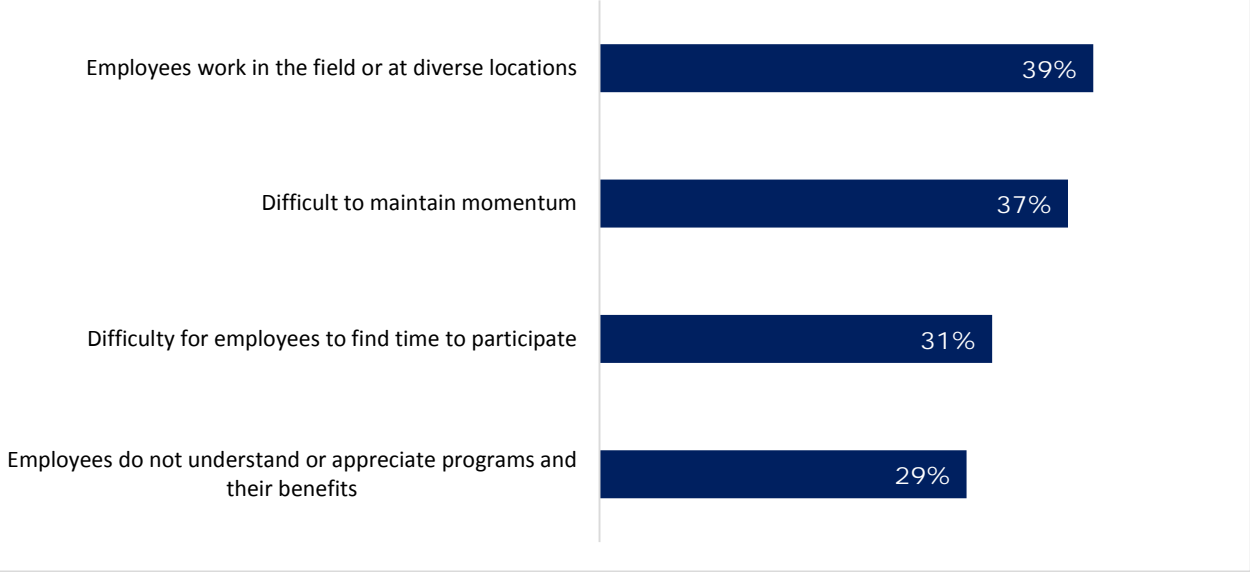


# Barriers to Success

## Health Service Region 6/5S



## Most Common Barriers to Success Health Service Region 6/5S



## Most Common Metrics to Evaluate Worksite Wellness Initiatives Health Service Region 6/5S

